Why you should take your medicine

Taking your medicine every time as prescribed by your doctor can help you manage your conditions and reduce the risk of complications.

Forgetting to take your medicine or skipping doses for conditions such as high blood pressure or heart disease may lead to unwanted results.

For example, missing doses may increase your risk for:

- Alzheimer's disease, a brain disorder, **up to 148%**[1]
- Dementia, memory loss, **up to 105%**[1]
- Heart attack, stroke, kidney failure, or other health problems

Tips to remember taking medications



Use your smart phone: Smart phone apps are available to help remind you to take your medication(s) at the right time. Some examples are Medisafe, DoseCast, Mango Health, and EveryDose.[2]



Use plastic pill box organizers to help keep your medications organized and let you see if medications are missed.



Combine taking your medication with a daily activity like eating breakfast or brushing your teeth.



Set an alarm(s) to take medication(s) at the same time daily.



Sign up for automatic refills and ask for 90-day or 100-day supplies.

Remember, taking your medications as prescribed is very important to your health including your brain health. You should never stop taking your medications without first talking to your provider or pharmacist.

Sources

1. Racsa PN, et al. Association of medication adherence quality measures for diabetes, hypertension, and hyperlipidemia with cognitive decline. Journal of Family Medicine and Primary Care. 2023;12(11):2667-75. Accessed August 5, 2026 doi: 10.4103/jfmpc.jfmpc_935_23 2.
2. Aungst TT. 6 Popular Medication Reminder Apps Available for Apple and Android. GoodRx Health. July 14, 2025. Accessed August 5, 2026 https://www.goodrx.com/healthcare-access/digital-health/medication-reminder-apps.

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