



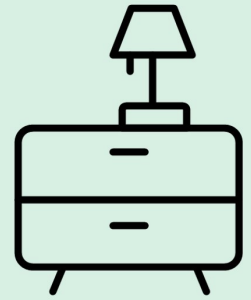
KNOW YOUR MEDS



KNOW How to Remember to Take Your Meds

PLACE YOUR MEDICATION IN EASY TO REMEMBER AREAS

You can place your medication at your **bedside table**, especially if you take your medication in the **morning or at bedtime**.

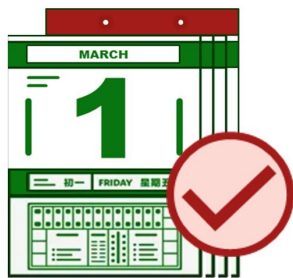
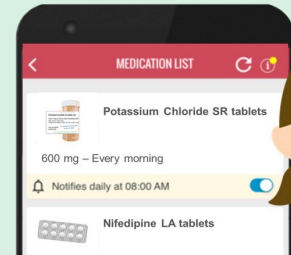


You can take your **morning medication** with your **morning walks**.

TAKE MEDICATION WITH YOUR DAILY ACTIVITIES

SET REMINDERS

Set **alarms** or **ask another person** to remind you to take your medication.



Helps you **track if you have missed any medication** and **avoid taking them too many times** accidentally.

CHECK OFF A CALENDAR

USE A PILL BOX

A pill box is helpful if you need to take **a few different medication regularly**. It can help you **avoid missing doses** of your medication.



Give these tips a try!



Learn basic skills to manage medications

moh.gov.sg/knowyourmeds



A National Pharmacy Strategy initiative
go.gov.sg/nps



In Collaboration with
Pharmaceutical Society of Singapore



MINISTRY OF HEALTH
SINGAPORE