

To help you feel better and control your blood sugar, your doctor may prescribe one or more medications. Please remember to take all medicines as prescribed to ensure you receive the intended benefits. A treatment program may seem complex, but there are simple ways help you manage it with ease and confidence.

## Give Information

My Medical History

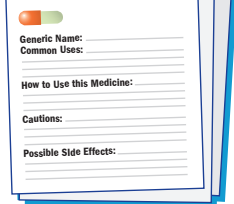


Tell your healthcare providers about you — specifically your medical and family histories. Inform them of all of the medications you take, both prescribed and over the counter, as well as any dietary supplements you take. It's important that your doctor knows:

- All of the medicines you take
- Whether you have had problems with any medicine
- If you are allergic to any foods or medicines
- About your use of alcohol

## Get Information

About This Drug



Ask your doctor or pharmacist for information about your medicine. You may also ask your diabetes educator for information. Find out the facts:

- Name of the medicine
- Why you should take it
- When to take it
- How many pills to take
- Whether the pill should be taken with or without food
- What you should and should not have or do while taking a medicine

## Ask Questions



Ask questions to get the information you need for making the most of your medications while taking them safely.

- What are the side effects?
- Is there written information about my medication?
- Will I need any tests or monitoring while I am on this medication?
- When I start a new medicine, is there a medicine I have been taking that I should stop taking?

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## Safety Tips



Follow these important safety tips when taking medications:

- Never take someone else's prescribed medications.
- Keep all medicines away from children.
- Take medicines as prescribed, and do not stop taking them unless your doctor tells you to.
- Make an instruction sheet for yourself. Tape a sample (or photograph) of each pill you take on a sheet of paper. Write down the information about that pill to remind you about it.
- Get some colored labels and stick them on your pill bottles to simplify your routine. Blue could be for morning, red could be for noon, yellow could be for dinner time, and green could be for bedtime.
- Timer caps can be purchased for pill bottles that remind you of the proper time to take medicines.
- Keep medicines in their original containers except those you have set up in a pill box.
- Keep a record of your medicines and be sure it is up to date. Place a copy in your wallet or purse. The information you record should include:
  - The generic and brand name
  - The dose and how often you take it
  - What health condition it is for
  - Who prescribed it
  - When you started taking it
  - Any drug allergies, side effects or sensitivities

**Medicare Part B patients:** Call **1-877-231-5199** and mention reference code **ED06500** to order your diabetes testing supplies.  
**Web site:** [www.RxSolutions.com/diabetes](http://www.RxSolutions.com/diabetes)

The information in this educational tool does not substitute for the medical advice, diagnosis or treatment of your physician. Always seek the help of your physician or qualified health provider for any questions you may have regarding a medical condition.

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