

Take Your Medicine & Take Care of Yourself



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IF YOUR DOCTOR HAS ASKED YOU TO TAKE MEDICINE TO HELP you with your mental health problems, you need to know some things about your medicine.

Don't Stop Taking Your Medicine Even if You Feel Better

If you stop taking your medicine, your problems will come back. You could even get sicker and might end up in the hospital.

If Your Medicine makes You Feel Bad, Call Your Doctor for Help.

Your doctor can tell you if your medicine needs more time to work. Sometimes your doctor may want you to try another medicine. Never stop taking your medicine without calling your doctor.

Don't Forget to Get More Medicine When You Run Out of It

Running out of medicine (even for a few days) is bad for your health. You may need to see your doctor to get a refill. Call for a doctor visit at least two weeks before you run out. Don't wait until the last minute or the doctor may not be able to see you in time.

Ask if You Don't Know

Did you understand your doctor when he or she told you about how much medicine to take? What time of day? Before or after you eat? It's important to you and your doctor, so go ahead and ask.

Don't Take Another Person's Medicine

What works for a friend may not work for you. It can even make you sick. Your doctor knows what's best for you. Only take the medicine your doctor tells you to take.

Call or visit ValueOptions today: **(877) 615-8503**



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