

Set your path for *better health*

Taking your medication as directed by your doctor is the key to feeling better. Your medication only lasts so long, which is why it is important to take it on time every day.

At Moda Health, we strongly support medication adherence, which means you are taking your medication based on your doctor's recommendations. Missing a dose can make it harder for your medication to work. If you skip or forget to take your medication, it can't deliver health benefits to you.

The following tips can help you get the full health benefits from your medication:

- Take your medication exactly as prescribed by your doctor, even if you feel fine and don't have any symptoms. Do not stop taking your medication unless directed by a doctor.
- Follow the schedule and always take the correct dosage.
- If you miss a dose, take it as soon as possible. If it is almost time for the next dose, skip the missed dosage and return to your regular medication schedule. Do not double-dose.
- Refill your medication early. It can take several days to get a refill from your doctor.

**With a little help, we know
you can manage your health.**



Questions?

We're here to help. Please call the Moda Health Pharmacy Customer Services team toll-free at 888-361-1610. TTY users, please call 711.

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