

HEALTH TIPS

Make Health Happen

Tips for Taking Behavioral Health Medications

MEDICATIONS CAN HELP YOU FEEL BETTER OR GET WELL. BE SURE TO TAKE THEM IN THE RIGHT WAY.

Your doctor may give you a prescription for one or more medications. Taking them in the right way will make them work better. It will also help you avoid problems. Here are some tips:

1. Tell your doctor if you:
 - Are pregnant or planning to get pregnant.
 - Are nursing.
 - Are taking other drugs.
 - Have any other health problems.
2. Work closely with your doctor:
 - Always keep your appointments.
 - Follow dosage instructions.
 - Ask questions.
3. Medications should not be taken with alcohol or any other drugs without your doctor's OK. That includes over-the-counter drugs and herbal medications.
4. Get your doctor's OK before driving or using machinery.
5. Ask your doctor what to do if you miss a dose.
6. Watch for side effects and tell your doctor about them.
7. Store medications in a cool, dry place. Keep them away from children and pets.
8. Your medications should never be shared with other people. You should not take someone else's medicine.
9. Be patient when taking a new medication. It may take a few weeks before you start feeling the effects of the medicine. Also, it may take a few weeks for side effects to go away.
10. If you want to stop taking your medications, talk to your doctor about the best way to do it.

You can keep track of your medications here. Use another piece of paper if you need more space.

| | Medication #1 | Medication #2 | Medication #3 |
|---------------------|---------------|---------------|---------------|
| Name of medication | | | |
| Reason for taking | | | |
| How much do I take? | | | |
| What time of day? | | | |



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Helpful phone numbers for UniCare members only

Customer Care Center: 1-800-782-0095 (TTY 1-866-378-1634)

MedCall: 1-888-850-1108 (TTY 1-800-368-4424)

We can translate this for you at no cost.

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