

Ask Questions

If your provider suggests a medication, don't forget to ask:

- What is the brand and generic name of my medication?
- Why do I need to take this medication?
- Will this medication work safely with all my other medication?
- Are there any blood tests I need to complete before I start the medication? How often do I have to complete the test while I am taking the medication?
- What are the side effects and how can I deal with them?
- How long does it take to work?
- How will I know the medication is working for me?
- How long must I take the medication?
- What should I do if I forget to take the medication?

Knowing more about your medications will increase your chances of taking your medication correctly.

How do I get help?

Please contact us at:

702-364-1484 or toll-free
1-800-873-2246, TTY 711

Do you have questions for your doctor? Would you like to talk to your doctor about your questions? Write them down here. Please use additional paper if necessary.

Take this brochure to your appointment.

Tiene derecho a recibir ayuda e información en su idioma sin costo. Para solicitar un intérprete, llame al número de teléfono gratuito para miembros que se encuentra en su tarjeta de identificación del plan o los documentos de su plan



BEHAVIORAL HEALTHCARE OPTIONS, INC.™

bhoptions.com

©2019 Behavioral Healthcare Options, Inc.



Medication Importance

Do you always take your medication as recommended by your provider? If not, you're not alone! Many people skip doses or take their medication incorrectly. If you're having problems taking your medication, there are things you and your provider can do to get you back on track.

Preparing for your Appointment

Set a goal for your appointment. Since medication appointments are short, try to set one goal for your appointment. Possible goals might include starting a medication, discussing a medication change, or finding a solution for unwanted side effects. It can be helpful to make a list of symptoms and questions you want to discuss prior to your appointment. Be specific about your concerns and any changes you've noticed since your last appointment.



Managing Your Medication

How to Make it Easier

Behavioral Healthcare Options, Inc.





Activities to Help You Manage Your Medication

M-A-S-K will help you remember activities for managing your medication. **M-A-S-K** stands for:

Medication log - Medication logs help you to remember all the medication you're taking and track behavior changes. It can help your provider when making adjustments to your treatment plan.

Ask for help - Ask your provider or pharmacist questions and involve your support system. Learn more about your medication at your appointment and each time you pick up or drop off a prescription. Ask a friend or family member to remind you to take your medicine and help with picking up or arranging for medication refills.

Set daily routine - Tie the times you take your medication with another daily routine. If you take your medication after you brush teeth, then brushing your teeth becomes a prompt to remind you to take the medication.

Keep medications where you'll notice them - If your medication suggests you take them with food, you might place your medication on the table.

Managing Your Medication:

Date and time	Medication name and dose	What is it for? (depression, mania, psychosis, etc.)	Was the symptom worse, somewhat better, or much better today?	Any side effects from the medication?	What activity did I do to help manage my symptoms? (exercise, deep breathing, talking to a friend)

Doctor/Office Contact Information:

Provider: _____

Phone number: _____

Address: _____

Hours: _____

Taking medication as prescribed is important. It gives you the best chances of managing your symptoms and staying healthy. Don't stop taking your medication without consulting your provider. Stopping some medications can cause symptoms to get worse, withdrawal, or increase your risk of suicidal thoughts and behaviors.

If you are experiencing a life-threatening emergency, please call 911 or go to the nearest emergency room.