

RESOURCES TO HELP WITH MY MEDICATION PLAN



- Bus Pass _____
- Call 2-1-1 _____
- Contact local senior center or ADRC _____
- Align medication refill dates _____
- Delivery or mail-out services _____
- Community cab/shuttle info: _____
- Family members/friends who could help pick up prescriptions: _____



- Goal to improve health (i.e. blood pressure goal): _____
- Home testing plan: _____
- OTC products/strategies to manage side effects _____
- Helpful tools or smart phone apps: _____



- Medication information, instructions, and visual aids that fit my needs _____
- Large font size _____
- Translation _____
- Pharmacy phone #: _____



- Single dosage form _____
- Different shapes or colors of prescription bottles _____
- Phone alarm _____
- Family members or friends to help remind me to take my medications _____
- Helpful websites and apps _____
- MyMedSchedule.com
- NexDose.com
- Epill.com
- Forgettingthepill.com
- Thedit.com
- Mango Health App
- MediSafe App



- Change Medication _____
- Tablet splitting _____
- Combination product _____
- Manufacturer coupons _____
- Savings cards _____
- Free or low cost clinics _____
- ForwardHealth WI (Medicaid) (1-800-362-3002) _____
- Federally Qualified Health Centers (FQHC) _____
- Community Support _____
- www.211.wisconsin.org
- Dial 2-1-1 on phone _____
- Local United Way _____
- Prescription discount and assistance websites _____
- pparx.org
- needymeds.org