

Learn How to Stay on Track with Your Medications

Taking your medications as prescribed is one of the simplest and most powerful ways to protect your health. Whether you're managing high blood pressure, diabetes, heart disease, or another chronic condition, every dose matters.

Here are some tips to make medication adherence easier and more manageable:



Make It Part of Your Daily Routine

- Take your medications at the same time every day, link it to something you already do (like brushing your teeth or eating breakfast)
- Use a pillbox or daily organizer to prepare doses in advance



Set Reminders

- Use your phone alarm or a medication reminder app
- Ask Gold Kidney about reminder services that can send you alerts when it's time for your dose



Simplify Your Refills

- Sign up for mail-order delivery so your medications come right to your door
- Refill before you run out, mark it on your calendar or set a recurring reminder



Talk to Your Doctor or Pharmacist

- If a medication is causing side effects, don't stop on your own. Ask your provider about alternatives.
- Is cost a problem? Let your provider know if you have trouble affording your medications, there may be lower-cost options or assistance programs available to you.



Remember Why It Matters

Consistent medication use helps keep your condition under control, prevents hospital visits, and protects your heart, kidneys, and overall well-being.

Need help with your medications? We're here for you.

 Call Gold Kidney at (844) 294-6535 (TTY 711), Monday–Friday, 8 a.m.–8 p.m. local time.
Or visit your Member Portal to send us a message.

