

Important Health Information for You

Ask About Your Medicines

How important are my medicines?

- Doctors prescribe medicines to help you.
- There are many different types of medicines:
 - Some medicines help control your health condition
 - Some help treat your symptoms so you can feel better
 - Others may be taken to reduce side effects
- But even the best medicine will only work if you take it the right way. Taking your medicines as your doctor tells you is 1 of the most important things you can do. This means:

The right medicine. The right dose. The right time.

- Taking your medicines as the doctor prescribes them may help you. For example:
 - Hypertension (high blood pressure) can damage your heart and kidneys and increase your risk of stroke. **Controlling your blood pressure can decrease your risk of stroke by 40 percent, your risk of heart attack by 25 percent and your risk of heart failure by 50 percent.**
 - High blood sugar can damage your body in many ways. **Keeping your blood sugar under control can lower your risk of eye, kidney and nerve disease.**

What happens if I don't take my medicines?

- Not taking your medicines as your doctor tells you means:
 - Your medicines will not work the way they should
 - Your health condition might get worse
 - You might not feel well
 - You might not be able to perform as well at home, in school or on the job



If you have any questions about your medicine, please call your doctor.

Ask About Your Medicines

What gets in the way of taking your medicines?

- There are many reasons why people don't take their medicines as ordered by their doctors. Do you ever find yourself saying these things?
 - “I don't know why I have to take medicines every day.”
 - “I just forget to take my medicines when I'm feeling better.”
 - “I just forget to take my medicines some of the time.”
 - “I don't understand my doctor's instructions.”

So what can I do?

Don't be afraid to ask questions about the medicines you take!

AmeriHealth Caritas District of Columbia has special programs for people with chronic diseases like asthma, diabetes and heart disease. Please call 1-877-759-6224 for more information about our care coordination programs. We also have nurses available 24/7 to answer questions about your medical condition when your doctor is not available. You can call the Nurse Call Line at 1-877-759-6279.

This is to help you learn about your medical condition. It is not to take the place of your doctor. If you have questions, talk with your doctor. If you think you need to see your doctor because of something you have read in this information, please call your doctor. Never stop or wait to get medical attention because of something you have read in this material.

If you need this information in English, contact Member Services by calling 202-408-4720 or 1-800-408-7511, 24 hours a day.

Si necesita esta información en español, comuníquese con Servicios al Miembro llamando al 202-408-4720 o 1-800-408-7511, las 24 horas del día.

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إذا احتجت إلى هذه المعلومات باللغة العربية، يرجى الاتصال بفريق خدمة الأعضاء على الرقم 202-408-4720 أو الرقم 1-800-408-7511، وذلك على مدار الساعة.

Si vous avez besoin de ces renseignements en français, veuillez contacter les Services aux membres en appelant au 202-408-4720 ou au 1-800-408-7511, 24 heures sur 24.

如果您需要用中文獲得此資訊，可每天 24 小時致電 202-408-4720 或 1-800-408-7511，聯絡會員服務部。

Se necessitar estas informações em Português, entre em contato com o Serviços para Associados ligando para 202-408-4720 ou 1-800-408-7511, 24 horas por dia.



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GOVERNMENT OF THE DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR



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