

8

Tips to Help You

Staying adherent to your HIV medication can be difficult. That's why it's important to get off to a good start when you begin your treatment. Missing even one dose a month can make treatment less effective. Proper planning is important for success.

1

Take Your Medications at the Same Time Every Day

Make it part of your routine. For example, if our medical provider prescribes taking your medicine every morning with food, make it a habit to take it as breakfast.

2

Keep All Your Medical Appointments

It is important to take care of your health. Form a good relationship with your doctor. Appointments give you the chance to talk openly with your provider about any adherence challenges or treatment concerns. You and your provider have the same goal – TO KEEP YOU HEALTHY!

3

Use a Pill Box to Organize Your Medicine

A pill box will help you keep track of exactly which doses you have taken. You can receive a 7-day pill box from PIHC Pharmacy for [free](#)!

4

Keep a Daily Log

Record each time you take your medicine. Not any side effects or reasons for missed doses to problem-solve with your provider.

5

Plan Ahead For Changes in Your Daily Routine

Carry an extra dose of your medicine, so you will have it when you work late, travel, or spend the night away from home. PIHC Pharmacy provides single dose medication key chains for [free](#)!

6

Take Advantage of PIHC Pharmacy Cycle Fill & Med Sync Programs

Pharmacy team members will begin attempting to reach you to schedule a refill on your medication 3-5 days prior to being out of medication. We can also match up all your medication refills so you will only have one pick-up/delivery a month.

7

Download RxLocal App

RxLocal is a mobile app that helps to support you taking your medicine exactly as prescribed. Use the app to set dose reminders and keep track of your medicine.

8

Ask Others for Help

Join a peer support group to connect with people taking HIV medicine and learn from their experiences. Ask family members and friends to encourage and remind you to take you medicine.

Talk to your pharmacist about the importance of taking your HIV medication every day!