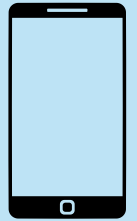


# Tips to remember to take your medicine on time

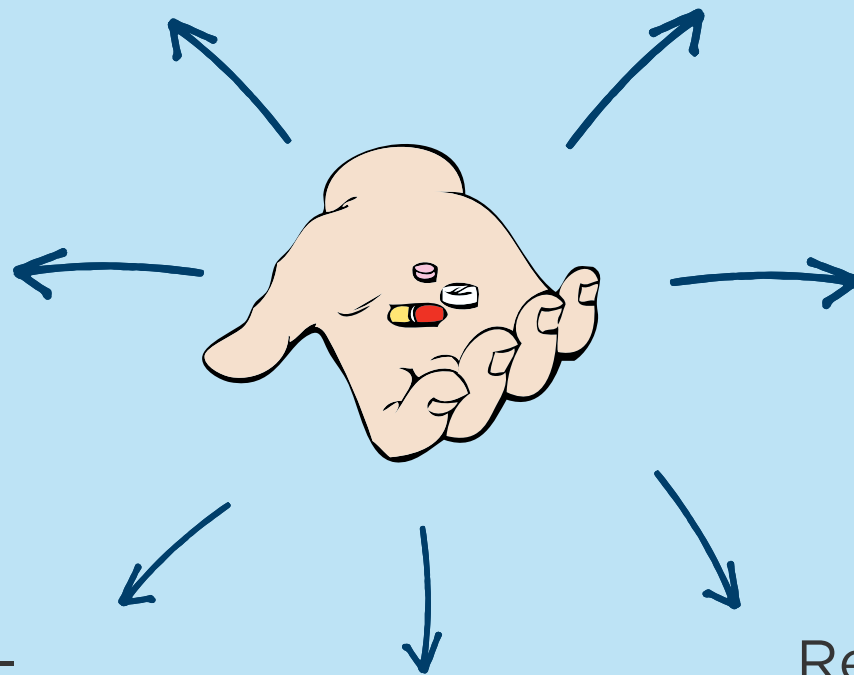


Use an alarm on your phone or device at times of dosing

Use a medication reminder app on your phone



Use a self-packed administration aid



Keep medication visible in a safe place that is easy to see



Use a pharmacist-packed administration aid



Create a routine - such as taking your medicine when you brush your teeth



Record each dose in a calendar or journal

