

Controlling your chronic disease is as easy as taking your medication daily

don't let it slip!



**PLATINUM
HEALTH**

The importance of taking chronic medication as prescribed, especially during the COVID-19 pandemic cannot be overstressed. This is especially important for members with comorbidities, or underlying conditions, such as hypertension (high blood pressure), diabetes, asthma, HIV and cardiac disease.

Why is it so important?

Members with existing chronic diseases who are exposed to COVID-19 are at a higher risk of developing complications. Simply put, not taking medication as prescribed by a doctor or instructed by a pharmacist could lead to the disease getting worse, hospitalisation, even death!

Consequently it is imperative for members to stick to their medication routine, which means taking the right dose, at the right time, in the right way and frequency.

Here are 8 tips that may help:

- Take your medication at the same time every day.
- Try taking your medications with a daily routine like brushing your teeth or getting ready for bed.
- Keep a "medicine calendar" with your pill bottles and note each time you take a dose.
- Use a pill container.
- When travelling, be certain to bring enough of your medication plus a few days extra, in case your return is delayed.

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because we care*

