



WHAT IS MEDICATION ADHERENCE?

Test Your Knowledge by Taking This Quiz

Medication adherence is defined as the extent to which a person takes their medications correctly and as prescribed. It is estimated that three out of four adults are not medication adherent – a problem that can lead to health issues, hospitalizations, high costs, and more.*

Test your knowledge on medication adherence, and see if you are taking the proper steps to be adherent by reading the statements below and circling **True** or **False**.

- | | | |
|---|------|-------|
| 1. Even if I feel fine and have no side effects, I shouldn't skip my medication. | True | False |
| 2. Even though it can save me money, I shouldn't split my medication in half. | True | False |
| 3. If I have side effects, I should continue taking my medication. | True | False |
| 4. I shouldn't skip a day or two of my medication, even though it will save me money. | True | False |
| 5. If I have concerns about taking my medication, I should continue to take it until the next time I see my doctor. | True | False |
| 6. In addition to my doctor, my pharmacist can answer questions about my medication. | True | False |
| 7. I should take my medications at the same time every day. | True | False |
| 8. I should ask my doctor about potential drug interferences when taking more than one prescription. | True | False |
| 9. Even if I feel my medicine is not working, I shouldn't take more than is prescribed. | True | False |
| 10. I shouldn't take a medication that was prescribed for a family member, even if I think it will help me feel better. | True | False |

Tally up the number of True and False responses and then flip this sheet over to see how you scored.

*Source: FDA.gov



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IF YOU ANSWERED MOSTLY FALSE

You may have a tendency to be non-adherent. You can improve your medication adherence by talking to your pharmacist today. Your pharmacist can help you:

- Understand when and how long you should be taking your medications
- Set up refill reminders
- Answer questions about side effects or drug interferences
- Answer questions about doses
- Review medication costs and copays
- Sync multiple medications so they are on the same pickup schedule

IF YOU ANSWERED MOSTLY TRUE

Congratulations, you are knowledgeable on medication adherence! Keep taking your medications as prescribed, and remember that your pharmacist is always available to answer any questions about your medication refills, side effects, drug interferences, dosages, and costs.

