

MANAGING YOUR DIABETES: Medication

10 Tips to Help You Get the Most from Your Meds

People with diabetes take several types of medicines that work together with diet and exercise to lower blood sugar levels, prevent problems and help you feel better.

Below are some tips to help you get organized and remind you to take your medicines regularly.



1. **Set a daily routine.** Take your medicines at the same time each day.
2. **Link your medicine with a daily activity.** Such as brushing your teeth.
3. **Use a calendar.** Write down when you have taken your medicines on a calendar.



4. **Find out if you can take your medicines together.** Ask your doctor or pharmacist which meds can be taken at the same time.
5. **Use a pillbox.** Keep your daily medicines organized.
6. **Keep your medicines visible.** Place your medicines where you will see them each day.
7. **Use sticky notes.** Place sticky notes on the refrigerator or other useful locations as reminders.



8. **Set an alarm.** Set the alarm on your watch, phone, or computer as a reminder.
9. **Use technology.** If you have a smartphone, use a mobile application reminder which can provide texts, emails, or other reminder to help you keep track of your medicine schedule. The common app used is MediSafe and has no cost.
10. **Refill medicines at the same time.** Talk to your pharmacist about scheduling all medicine refills at the same time to reduce the number of trips to the pharmacy.

MANAGING YOUR DIABETES: Staying Healthy

- **Check your blood sugar regularly**
 - Pre-meal blood sugar goal: 80-130 mg/dL
 - Post-meal blood sugar goal: below 180 mg/dL

- **Check your blood pressure regularly**
 - Goal blood pressure for most adults with diabetes is below 140/90

 - **All goals and levels may be different for each person. Ask your doctor what your goals should be. **

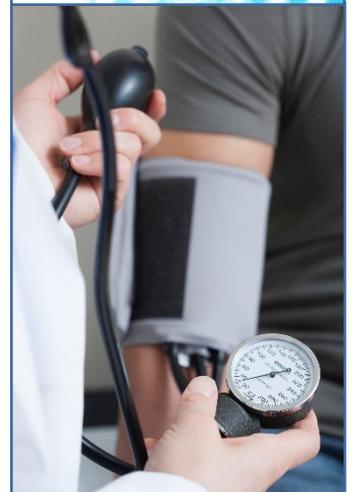
- **Have your blood cholesterol checked at least once a year**

- **Stop smoking**
 - For help, call 1-800-NO-BUTTS (1-800-662-8887)

- **Check your feet every day for any sign of injury**
 - Report any injury that does not heal

- **Get an eye exam every year by an eye-care specialist**

Partnership HealthPlan of California and your doctor are here to help keep you healthy! Talk to your doctor about ways you can keep your diabetes well controlled. Your doctor's phone number is on the front of your Partnership HealthPlan ID card.



**No
smoking**