












Tips To Help You Remember To Take Your High Blood Pressure Medicine

-  Put a favorite picture of yourself or a loved one on the refrigerator with a note that says, "Remember to Take Your High Blood Pressure Medicine."
-  Keep your high blood pressure medicine on the night stand next to your side of the bed.
-  Take your high blood pressure medicine right after you brush your teeth and keep it with your toothbrush as a reminder.
-  Put "sticky" notes in visible places to remind yourself to take your high blood pressure medicine, i.e., on the refrigerator, on the cabinet where you keep your favorite morning mug (you might even keep the medicine bottle inside the mug), on the bathroom mirror, on the front door.
-  Ask a friend or relative to call your telephone answering machine to remind you to take your high blood pressure medicine and DO NOT erase the message.
-  If you use the telephone company's voice mail service, record a reminder for yourself and the service can automatically call you every day at the same time.
-  Establish a buddy system with a friend who also is on daily medication and arrange to call each other every day with a reminder to "take your medicine."
-  Ask one or more of your children or grandchildren to call you every day with a quick reminder. It's a great way to stay in touch and little ones love to help the grown-ups.
-  Place your medicine in a weekly pill box, available at most pharmacies.
-  If you have a personal computer, program a start-up reminder to take your high blood pressure medicine or sign up with one of the free services that will send you reminder email every day.
-  Remember to refill your prescription. Each time you pick up a refill, make a note on your calendar to order and pick up the next refill one week before the medicine is due to run out.

Taken from the Department of Health and Human Services>National Institutes of Health>National Heart, Lung, and Blood Institute web site