



**Teaming Up for a Healthy Tomorrow<sup>SM</sup>**— a program from Aetna and Magic Johnson Enterprises. Our goal is to help improve health and wellness in our urban communities.

# Ask your pharmacist about your medicine

**Pharmacists can give good advice on prescription and over-the-counter medicines.**

**They also can help you learn more about these medicines. And they will be glad to answer your questions.**

**So talk with your pharmacist before you take any medicine.**

## Questions to ask

- Why am I taking this medicine?
- What are the benefits of taking this medicine?
- When do I start taking it? When do I stop?
- Does it cause side effects? How do I deal with the side effects?
- What else should I know about this medicine?
- How do I know if it is working?

Tell your pharmacist if cost is a concern. There may be a generic medicine that costs less and works the same.

## Check your medicines

Once a year, review your medicines with your pharmacist or doctor.

- Bring all the medicines you are taking, both prescription and over-the-counter drugs.
- Find out:
  - > what the medicines do
  - > if any of these medicines cause problems when you take them together.
- Throw out any medicines that are past the expiration date on the label.

## Keep records

- Keep a list of all the medicines you take. Put it somewhere easy to find.
- Write down any allergies you have to medicines.

Remember: ask questions till you get the information you need!



**Use the Web to get smarter about your health**

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[www.PlanForYourHealth.com](http://www.PlanForYourHealth.com)  
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