

Important Health Information for You

Ask About Your Medicines

How important are my medicines?

- Your primary care provider (PCP) prescribes medicines to help you.
- There are many different types of medicines:
 - Some medicines help control your health condition.
 - Some help treat your symptoms so you can feel better.
 - Others help to reduce side effects.
- But even the best medicine will only work if you take it the right way. Taking your medicines as your PCP tells you is 1 of the most important things you can do. This means:

The right medicine. The right dose. The right time.

- Taking your medicines as the PCP prescribes them may help you. For example:
 - Hypertension (high blood pressure) can damage your heart and your kidneys and increase your risk of stroke. **Controlling your blood pressure with medication can decrease your risk of stroke by 40 percent, your risk of heart attack by 25 percent and your risk of heart failure by 50 percent.**
 - High blood sugar can damage your body in many ways. **Keeping your blood sugar under control with medication can lower your risk of eye, kidney and nerve disease.**

What happens if I don't take my medicines?

- Not taking your medicines as your PCP tells you means:
 - Your medicines may not work the way they should.
 - Your health condition might get worse.
 - You might not feel well.
 - You might not be able to perform as well at home, in school or on the job.



If you have any questions about your medicine, please call your PCP.

Ask About Your Medicines

What gets in the way of taking your medicines?

- There are many reasons why people don't take their medicines as ordered by their PCPs. Do you ever find yourself saying these things?
 - “I don't know why I have to take medicines every day.”
 - “I just forget to take my medicines when I'm feeling better.”
 - “I just forget to take my medicines some of the time.”
 - “I don't understand my PCP's instructions.”

So what can I do?

Don't be afraid to ask questions about the medicines you take!

AmeriHealth Caritas Louisiana has special programs for people with chronic diseases like asthma, diabetes and heart disease. Please call Member Services at 1-888-756-0004, 24 hours a day, 7 days a week, for more information about our care coordination programs. We also have nurses available 24 hours a day, 7 days a week to answer health-related questions when your PCP is not available. You can call the Nurse Call Line at 1-888-632-0009.

This is to help you learn about your medical condition. It is not to take the place of your PCP. If you have questions, talk with your PCP. If you think you need to see your PCP because of something you have read in this information, please call your PCP. Never stop or wait to get medical attention because of something you have read in this material.

You can have this information in other languages and formats at no charge to you. You can also have this interpreted over the phone in any language. Call Member Services 24 hours a day, 7 days a week at **1-888-756-0004**. For TTY, call **1-866-428-7588**.

Quý vị có thể có thông tin này bằng các ngôn ngữ và định dạng khác miễn phí. Quý vị cũng có thể có thông tin này thông dịch ra bất kỳ ngôn ngữ nào qua điện thoại. Xin gọi Dịch vụ Thành viên phục vụ 24 giờ/ngày, 7 ngày/tuần theo số **1-888-756-0004**. Đối với người sử dụng TTY, xin gọi số **1-866-428-7588**.

Usted puede tener esta información en otros idiomas y formatos sin costo alguno para usted. También puede tener esto interpretado por teléfono en cualquier idioma. Llame a Servicios al Miembro al **1-888-756-0004** las 24 horas del día, los 7 días de la semana. Para TTY, llame al **1-866-428-7588**.

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Louisiana

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