

## Spring Into Better Health: Refresh Your Medication Routine

As spring brings new beginnings, it's a great time to refresh your prescription habits. Taking your medication every day and refilling it before you run out is important for several reasons. When medications are taken exactly as prescribed, they are more likely to work effectively, which makes it easier to manage your health and recover from illnesses. Sticking to the prescribed medication dose and refill schedule helps prevent health conditions from worsening or leading to complications. It reduces the risk of hospitalizations and other more intensive medical treatment, which can be costly and disruptive. <sup>[1][2][3]</sup> Taking medication consistently contributes to better health and better quality of life.

By following your medication schedule, you can avoid more expensive treatments that might be necessary if the condition becomes worse due to missing doses or forgetting to order refills.

By taking and refilling your prescription medications on schedule, you can enjoy these benefits:

- ✓ Effective Treatment
- ✓ Shorter Recovery Time
- ✓ Fewer Complications
- ✓ Lower Risk of Hospitalization
- ✓ Improved Health
- ✓ Better Quality of Life
- ✓ Cost Effective Management of Chronic Diseases (high blood pressure, high cholesterol, diabetes)

### What Steps Can I Take to Manage My Medications and Stay Healthy This Spring?

If you need help with remembering to take or refill your medication, please call the number on the back of your Humana ID card for personalized assistance or talk with your pharmacist about a personalized plan.

We understand that keeping track of prescriptions and appointments can sometimes feel overwhelming. If you have a trusted family member or caregiver who helps you with your health, we want to let you know about an option that may make things easier for you. Humana offers a process that allows you to appoint a designated caregiver to receive important notices regarding your medications and health care. If you would like to learn more about how to authorize a caregiver to assist with your medication information you can call Humana Group Medicare customer care or visit [Caregiver Access to Protected Health Information](#). A form can be submitted online, by mail or fax. We are here to support you and your health needs.

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<sup>[1]</sup> "Medication Adherence," AMA Ed Hub, last accessed November 2024, <https://edhub.ama-assn.org/steps-forward/module/2702595>

<sup>[2]</sup> Khalid et al. (2024) Exploring the relationship between medication adherence and hospitalization rate in patients with type 2 diabetes mellitus, *Journal of Pharmacology and Drug Development*, Vol. 2 No. 2. <https://jpdd.edu.iq/index.php/journal/article/view/19>

<sup>[3]</sup> Al Meslamani, A. Z., & Li, N. (2024). Assessing the economic impact of digital endpoints on medication adherence. *Expert Review of Pharmacoeconomics & Outcomes Research*, 24(7), 783–785. <https://doi.org/10.1080/14737167.2024.2334893>