



Taking medications? Be consistent.



If you have a health condition like high cholesterol, high blood pressure or asthma, your doctor may have prescribed medication to help you stay healthy. It's important to take your medication regularly. Some medications may even need to be taken at the same time each day.

Try these tips for remembering medications:

- Combine taking medication with a daily task such as brushing your teeth
- Keep your medication bottle within view
- Use a pillbox
- Use a phone to set calendar alerts, recurring alarms or text reminders

Have an inhaler?

There are 2 main types:¹

- **Quick-relief medicines (like albuterol)** — These stop asthma symptoms from getting worse. Your doctor may tell you to use this type only when needed.
- **Long-term medicines to help prevent symptoms** — This type should be used regularly, as prescribed by your doctor.

Taking a statin?

- Statins help lower LDL cholesterol by reducing how much cholesterol the liver makes and helping it remove cholesterol from blood.² Statins should be taken at the same time every day.²

Maximize your prescriptions

Tired of waiting in line at the pharmacy? Get a 90-day supply of medications delivered right to you with Optum Rx[®] home delivery. Sign up at myuhc.com[®] or call **1-800-718-1299**.

Consider lower-tier and generic medications. Choosing generic medications or those in the lower tiers of your Prescription Drug List (PDL) may help keep costs down. Sign in to myuhc.com > **Pharmacies & Prescriptions** to see pricing and options.



Have questions or need to find a doctor?

Visit myuhc.com, download the **UnitedHealthcare**[®] app or call **1-800-718-1299**.



1. [National Heart, Lung, and Blood Institute. Asthma: Treatment and action plan.](#) April 17, 2024.

2. [Centers for Disease Control and Prevention. Cholesterol lowering medications.](#) May 15, 2024.

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