# Here are some ways that people remember to take oral medications at about the same time each day



#### Routine

Make taking your medication part of your daily routine. For example, take your medication right after getting up in the morning or at meal time



## Reminders

Add a daily reminder on your smartphone/add to your phone's calendar app



#### Schedule

Create a system to schedule and track your medication



## Support

Involve others to help you take your medication

🖑 Bristol Myers Squibb