



Stewardship of Resources/Medication Adherence

Stewardship of Resources is when doctors and patients work together to remove barriers that prevent you from receiving and taking your medications. By partnering with your doctor, you will better understand ways to improve your overall health and medication adherence. Together, we can create a care plan that you feel good about.

Be Active

- Bring a list of your medications to your appointment.
- Engage with your doctors. Ask questions about medication options.
- Discuss the barriers that make it hard to remember to take medications consistently.
- When possible, schedule follow-up appointments before leaving your appointment.

Explore Options

- Talk openly with your doctor or pharmacist about medication cost.
- Consider the automated 30-day or 90-day refills.
- Ask your pharmacist about possible side effects of the medication(s).
- Talk with your doctor if there is something you don't understand about your condition.