

# 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

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## Reminders

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

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## Schedule

Create a system to schedule and track your medication

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## Support

Involve others to help you take your medication