



REMEMBER TO TAKE YOUR MEDS

What chronic medication compliance means

Dear [Title, Initials, Surname]

TAKING YOUR PRESCRIBED CHRONIC MEDICATION HELPS TO PREVENT DISEASE COMPLICATIONS

Your doctor prescribed a treatment plan requiring you to take prescribed medication daily, make some lifestyle changes, go for regular checkups and have certain blood tests done. If you do not follow this treatment plan, you could be seen as non-adherent and run the risk of disease complications that could have been avoided.

WHAT IS NON-ADHERENCE?

- You stopped taking your prescribed chronic medication without your doctor's input, e.g. when you "feel better" or when you have side effects.
- You don't fill or refill your prescription.
- You take your medication at the wrong time.
- You take the incorrect dose, e.g. half a tablet instead of a whole tablet.
- You skip doses.
- You take medication that has expired.
- You take someone else's medication.

WHAT IS DISEASE AUTHORISATION?

Polmed uses a process called **disease authorisation** to approve the treatment of your chronic condition as a whole and not just a single medication. This gives you access to a whole list of pre-approved medication for your condition, which is referred to as a basket.

When you need to **change or add** a new medication for your condition, just take your new prescription to your pharmacy, and they will see if it is linked to your existing condition basket. If the new prescription is not linked, contact the Chronic Medicine Management Programme on **0860 765 633** with your prescription details.

REMEMBER

Taking chronic medication is not always about treating your symptoms or making you feel better. Often, medication is needed to keep your condition under control and to prevent it from getting worse. If you stop your treatment because of side effects, it is important that you first discuss this with your doctor or pharmacist, so that he/she can prescribe an alternative.



TAKE RESPONSIBILITY FOR YOUR HEALTH

Make sure that you understand **why** you need your medication, **how** to take it, and **when** to take it. Missing some medication doses, or changing your prescribed medication dose without first discussing it with your doctor can have serious effects on your body. In some cases, your condition could worsen and you could even find yourself in hospital. In many instances, serious chronic conditions such as high blood pressure and high cholesterol, do not even have any symptoms until it is too late.

WHAT ARE OUT-OF-HOSPITAL CARE TEMPLATES?

Certain conditions have out-of-hospital care treatment plans that might include doctor consultations, radiology and pathology tests to help you manage your condition. These care treatment plans are also referred to as **care templates, baskets of care or care plans**.

NEED HELP OR MORE INFORMATION?

Contact the Chronic Medicine Management Programme on **0860 765 633**, or send an email to polmedccm@medscheme.co.za

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