

### WHY MEDICATION COMPLIANCE MATTERS

- Improves treatment outcomes: Helps your medicine work effectively.
- Reduces complications: Keeps conditions like hypertension, diabetes, and asthma under control.
- **Prevents hospital visits:** Missing doses can lead to flare-ups or setbacks.
- **Saves money:** Preventative care is more costeffective than emergency care.

#### **TIPS TO STAY COMPLIANT**

- **Set reminders** on your phone or use a pill organizer.
- **Link medication times** to daily routines (e.g., brushing teeth, meals).
- **Refill early:** Avoid gaps by refilling before you run out.
- **Ask questions:** Understand why you're taking each medicine.
- Keep your care team updated: Let us know about any side effects or changes in how you feel.

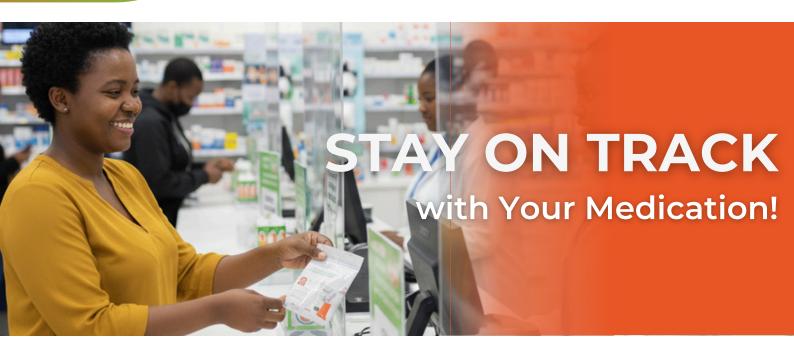


# A FRIENDLY REMINDER FROM YOUR WELLNESS TEAM

Your health matters — and sticking to your medication plan is a big part of staying well especially when you're managing a chronic condition. Your treatment works best when taken as prescribed.

- Managed Care Support: 0860 103 454
- Wellnessqueries@sizwehosmed.co.za
- www.sizwehosmed.co.za





### **NEED HELP? LET'S SUPPORT YOU**

- We're here to make it easier:
- Personalized support from our Wellness Case Managers
- Assistance navigating your Care Plan or benefit queries

## TAKE CHARGE OF YOUR HEALTH — ONE DOSE AT A TIME

If you've missed a dose or stopped taking your meds, it's never too late to restart.

**Contact us today** — your care team is here for you. Sizwe Hosmed- Your choice for quality care!





DON'T SKIP DOSES, SKIP SETBACKS.

- Managed Care Support: 0860 103 454
- Wellnessqueries@sizwehosmed.co.za
- www.sizwehosmed.co.za

