



STAY ON TRACK

with Your Medication!

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 cost-effective 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.



SIZWE HOSMED
MEDICAL SCHEME
Your choice for quality care



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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!



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**DON'T SKIP
DOSES, SKIP
SETBACKS.**



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