

Wellness Wire

January 2025

THIS MONTH'S TOPIC:

Medication Adherence

Anything we do on a regular basis – whether making a monthly car payment or taking a daily medication for an ongoing health condition - requires us to think about how well we do it.

Patients do *not* take their medicine *as prescribed* about *half* the time.

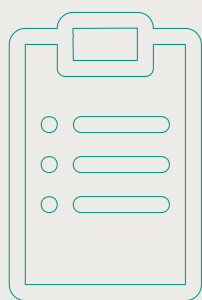
What is Medication Adherence?

Adherence can actually be measured and is traditionally defined as taking a medication as prescribed at least 80% of the time. This may seem easy to accomplish, yet nearly 50% of Americans do not achieve it!

We tend to over-evaluate our own compliance and may not realize how many doses we actually miss over time. Even if the goal of 100% adherence is not achieved, we need to follow a prescriber's orders and take our medication an average of at least 6 days out of every week to surpass the 80% threshold.

Taking a medication as directed will give us the best chance of experiencing the most benefits and improved quality of life. Managing a chronic medical condition can provide healthier outcomes both now, and in the future. Knowing this, let us be motivated to manage the various factors which can lead to non-adherence.

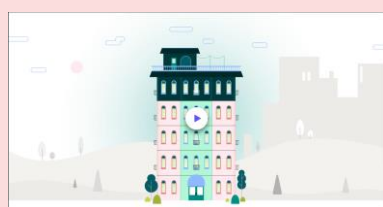
What Are Common Obstacles to Proper Medication Adherence?



- Forgetfulness (busy, distracted, low priority)
- Cost
- Complicated dosing regimens
- Incomplete understanding of medical condition
- Unclear clinical goals or endpoints
- Absence of noticeable symptoms
- Concerns about side effects

How Might Some of These Challenges be Solved?

- Organize Medications (pill box, strategic location)
- Reminders (calendar to-do, phone/watch alarm)
- Recruit a friend or family member to help keep you on track
- Simplify dosing regimens
 - Fewer # of tablets (combination pills, if appropriate)
 - Fewer doses per day (once/day dose, if possible)
 - Fewer trips to pharmacy (3-month supply and/or delivery, if possible)
- Understand clinical goals (ex., blood pressure, blood sugar levels)
- Recognize positive benefits of staying adherent as motivation



NEW! Make sure to check out our new [2 – minute animated video](#) that is designed to help patients consider common scenarios associated with medication adherence and understand the importance of taking their medication!

The team here at Express Scripts by Evernorth are dedicated to helping you achieve your health and overall wellness goals with the tools and resources we have available.

Please contact us via one of the methods below to get started on the pathway to a happy, healthy life!



Call 1-800-846-4008 to speak with one of our pharmacists



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