



Gaps in Prescription Care

IT'S ONLY TWO DAYS...

Effects of missing only two days of medication:



Antidepressants

Flu-like symptoms including dizziness and upset stomach. Known as discontinuation syndrome, a wide range of symptoms can occur if a person suddenly stops taking or changes their dose of an antidepressant medication.



Diabetes medication

When a diabetic skips medication, the effects may not show up immediately. In the long run, skipping your medicinal dosages can harm your body and invite several other health complications, including increased risk for blindness, kidney damage, heart or cardiovascular disease, and severe sexual health complications. One of the most serious effects of skipping diabetes doses is foot problems due to nerve damage.



High blood pressure/hypertension

Your hypertension can get out of control, increasing your risk of heart attack or stroke. Immediate symptoms may include headache and dizziness.

DID YOU KNOW?

According to doctors, nerve damage is one of the most serious impacts of skipping diabetes medicines. Why? Nerve damage is irreversible and can end up being fatal.

Helpful Tips:

- ▶ Remind yourself why you're taking the medication(s) and use that as motivation.
- ▶ Keep your medication in a convenient location, such as the kitchen, office desk, or bathroom sink. Keep extra pills at work in case you forget.
- ▶ Communicate any side effects you're experiencing with your doctor.
- ▶ Ask your pharmacy to auto-renew your prescriptions or consider using a mail-order pharmacy to avoid running out of refills.
- ▶ Check to see if your pharmacy delivers.
- ▶ Reach out to your HR department or employee benefits advisor for more information about your pharmacy benefits.