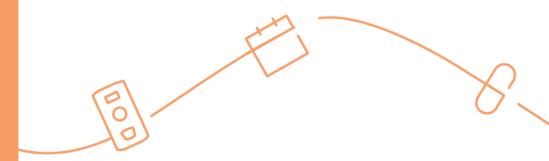
In partnership with





© 2020 Hero Health. Inc

Remembering your medication may be the most important thing you can do to stay in control of your own health.



THE CONSEQUENCES OF SKIPPING YOUR MEDS

Each year in the United States - not sticking to your medication regimen accounts for:

2 125,000
PREMATURE DEATHS

7

25%

OF HOSPITALIZATIONS

Nonadherence also leads to a higher costs of care (per year), a lot of which falls on the patient:

\$4,337

\$4,413

\$8,881

HIGH BLOOD PRESSURE

DIABETES

HEART FAILURE

THE PROBLEM

of people with prescription meds don't take them as prescribed.

Why does this happen?

Forgetfulness:

- It's easy to miss a dose or accidentally take it twice
 Price:
- Out-of-pocket costs can be prohibitive

Physical ability:

 Opening pill bottles and reading the small print can be tough

Complexity:

- Every medication has a different set of instructions
 Filling prescriptions:
- Making the trip to the pharmacy is a hassle
 Side effects:
- Meds can trigger unwanted consequences

SOLUTIONS TO THE PROBLEM

- Talk to your doctor
- Take medications alongside routine activities
- Ask a family member to keep you accountable
- Use a technology-enabled medication dispenser

DATA SOURCE: Kim J. Combs K, Downs J, Tillman F. Medication adherence: the elephant in the room. US Pharm.2018;43(1)30–34. Roebuck MC, Liberman JN, Gemmill-Toyama M, Brennan TA. Medication adherence leads to lower health care use and costs despite increased drug spending. Health Aff. 2011;30:91–9



Meet Hero

- Hero is easy to configure and dispenses your medications according to your schedule.
- The Hero app reminds you to take your medications and alerts your loved one or caregiver if you miss a dose.
- Hero's Member Experience team is available
 24/7 for chat, email and phone support.
- Learn more by calling (866) 904-0608.



Use link: https://bit.ly/3eFAUnv

Use discount code: GRAY60

