

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



In partnership with



HERO[®]

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THE CONSEQUENCES OF SKIPPING YOUR MEDS

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



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



THE PROBLEM

50% 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.

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