

Controlling your chronic disease is as easy as taking your medication daily



PLATINUM
HEALTH

The importance of taking chronic medication as prescribed, especially during the COVID-19 pandemic, cannot be overemphasised.

Why is it so important?

Members with existing chronic conditions (e.g. hypertension, diabetes, asthma, HIV and cardiac disease) who are exposed to COVID-19 are at a higher risk of developing complications.

Simply put, not taking medication as prescribed by a doctor or instructed by a pharmacist, could lead to the disease getting worse, hospitalisation, even death.

Therefore, it is imperative for members to stick to their medication routine, which means taking the right dose, at the right time, in the right way and frequency.

Here are some tips that may help:

- Take your medication at the same time every day.
- Try taking your medication with a daily routine like brushing your teeth or getting ready for bed.
- Use a pill container.
- When travelling, be certain to take enough of your medication plus a few days' extra, in case your return is delayed.

