



# Meet Your **ExactPack**<sup>®</sup>





## **Welcome to ExactCare!**

We are excited to be a part of your health care team to provide you with your medications and help you improve your health!

**This guide will walk you through how to use your ExactPack.**


# Your medication routine just got simpler

Your ExactPack helps you know what medications you are taking and when.

Name, strength and dosage  
for each medication.


Number of each type of pill  
in this packet. There is half  
of this pill in this packet.

Descriptions below  
each medication  
name. May include  
color, shape and  
what is printed on it.

 **Wednesday Morning** 1/1  
*Smith, John*

<b>Aspirin Ec 81mg</b> <i>Yellow/Round/A</i>	x	1
<b>Esomeprazole DR 40mg</b> <i>Purple/H71</i>	x	1
<b>Hctz 25 mg</b> <i>Orange/TEVA 2003</i>	x	1/2
<b>Januvia 50mg</b> <i>Beige/112</i>	x	1
<b>Lisinopril 10mg</b> <i>Round/Pink/Tab/lupin 10</i>	x	1
<b>Metformin 500mg</b> <i>White/Round/70 Z</i>	x	1
<b>Multivitamin</b> <i>Red/Oval</i>	x	1
<b>Potassium Chloride ER 8meq</b> <i>White/Cap/Andrz 559</i>		1

TEAR THIS SIDE



# STEP 1

Your medications are sorted by the day and time you should take them.

Look at the **top of your packet** for the day, time of day and icon, and number of packets to make sure you are taking the right packet(s) for that day and time.

If you take more than eight medications for a certain time of day, you may have more than one packet for that time of day.



This section tells you the day and time to take this packet.

Icons represent different times of the day.

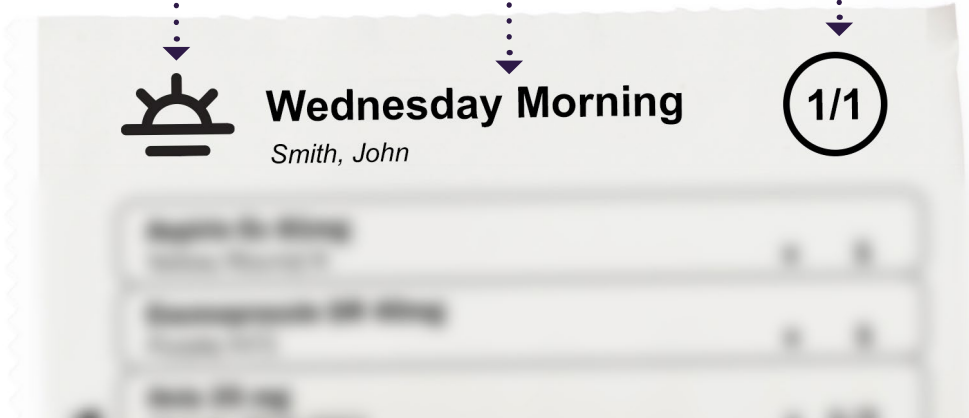
Number of packets to take at this time of day.



**Wednesday Morning**

*Smith, John*

**1/1**



# STEP 2 .....

Tear the packet away from the other packets by **tearing on the straight edge.**



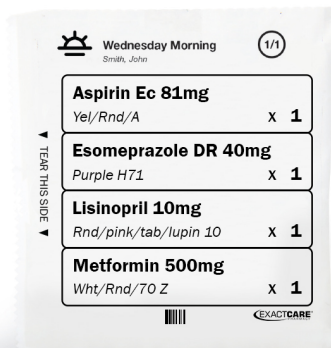
# STEP 3 .....



To get your medication out of the packet, **tear from the the side where it says “Tear this side.”**



## Large Print



## Regular Print



Let us know if you need your packet in larger print!

Questions? Call us or visit our website

**1-877-355-7225**

[www.exactcare.com](http://www.exactcare.com)