

A Simple Guide to Your Medication Packets

Welcome to ExactCare, a pharmacy by AnewHealth!

Your medications will come in packaging that makes it easier to know what medications to take and when. This sheet will show you how to use your medication packets.

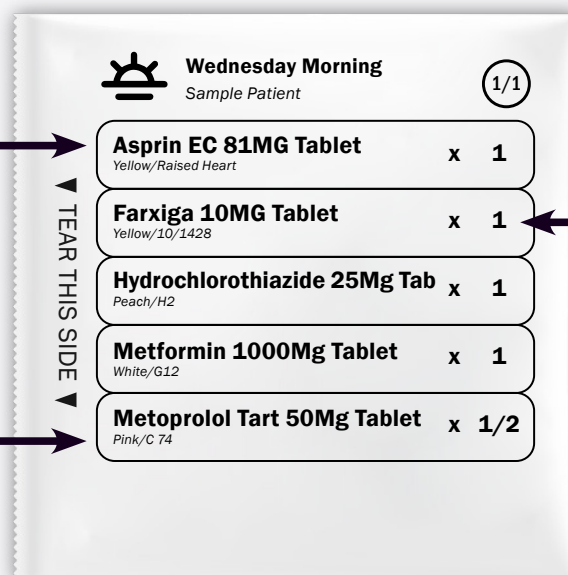


Your Medication Routine Just Got Simpler

Your medication packets help you know what medications you are taking and when.

Name, strength, and dosage for each medication.

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



Number of each type of pill in this packet.

There is one of this pill in this packet.

Using Your Medication Packet is Easy!

Your medications are sorted by the day and time you should take them.
You will have a packet for each time of day you take medication.

Step 1

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

Icons represent different times of the day.



Number of packets to take at this time of day.

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

Step 2

Separate 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 side where it says, "Tear this side."

