

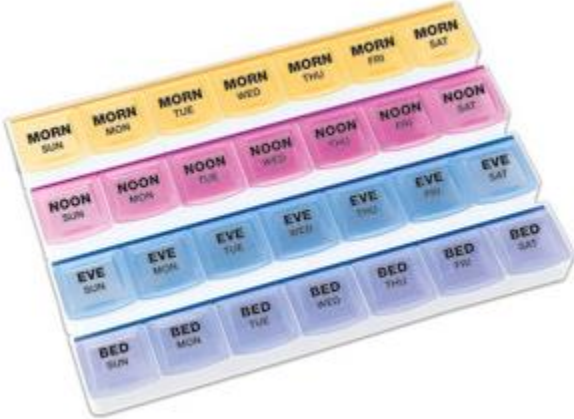


Pill Box Examples

- Pill boxes are available at your local pharmacy, Wal- Mart, and even the dollar store
- Always choose a pill box based on how many times a day you take your medications
- You can also use an organization container that you may already have, but be sure that it is clearly labeled

<p>If taking Medications 1 or 2 times per day, these example pill boxes would be great options</p>	
<p>If taking Medications 3 times per day, be sure to pick a pill box with 3 compartments for each day</p>	
<p>When taking medications 4 times per day, purchase a medication box with 4 compartments per day</p>	

Pill Box Examples



For ease of travel, many medication boxes come with the option of removable days



- If you have dexterity challenges with your hands, ask your pharmacist for the EZ or non-child resistant caps for increased independence opening the medication bottles. Use caution when storing your medication bottles and keep them out of children's reach.
- If you are working on independently managing your medications and filling your pill box, it is always a good idea to have someone else check it for accuracy.