

# You *Can* Do It

Remember, taking your pills safely can make a big difference in your blood sugar. Choose one of these easy ideas or write down 1 or 2 ways of keeping track of your pills.

- I will take my medicine bottles to my next doctor's appointment.
- I will use a pill box to help me keep track of my pills.
- I will ask my family to help me keep up with my pills.
- I will ask my pharmacist for a list of all my medicines and what they are for.
- I will make a list of my pills and keep it in my wallet.
- \_\_\_\_\_
- \_\_\_\_\_



*“I stopped taking my medicine because it gave me diarrhea, but I didn’t want to tell my doctor. When I told him, he wasn’t upset. He just changed my medicine!”*



*“I was worried I couldn’t pay for my medicines. When I told my doctor, she helped me find a way.”*