

adherence.

tips for remembering to take your meds



SET YOUR ALARM FOR AN ODD TIME SO YOU WON'T GET MIXED UP WITH OTHER ALARMS



ASK YOUR CHEMIST IF YOU CAN PICK YOUR PILL(S) UP DAILY, WITH YOUR DOSE



IF YOU EAT A MEAL AT A PARTICULAR TIME, TAKE YOUR PILL(S) AT THAT MEAL



TAKE YOUR PILL(S) EVERY DAY AT THE SAME TIME THAT YOUR REGULAR TV SHOW/RADIO PROGRAM OR PODCAST IS ON



hep c treatment things have changed.

Ask your doctor about starting hep c treatment now.

FOR MORE INFORMATION WWW.FACEBOOK.COM/HRVIC.TREATME
a page by hep c+ people for hep c+ people

