

Medications: Use as Directed

Prescription drugs help millions of people live longer and healthier lives. But if you don't take your medicines as directed or if you take someone else's medications, the results can be deadly.

- **Always follow prescribed directions** and read all information provided by the pharmacist.
- **Never stop a medication or change doses** without discussing first with your doctor.
- **Be aware of potential interactions** with other drugs. Tell your healthcare professional about all medications and dietary and herbal supplements you're taking.
- **Never use someone else's prescription.**
- **Safeguard medications by keeping track of amounts left** and safely disposing of drugs you don't need.



Express Scripts offers a Telephonic Pharmacist Specialist who can answer your questions about any prescription drugs you are taking. Call 1-800-818-0155.

This benefit is available to all UT SELECT Medical Plan members: Employees, dependents, retirees, surviving spouses, and COBRA participants.