



# Pillboxes

Do you sometimes have trouble remembering to take your medicine? Many people find that pillboxes help them remember to take their medicine every day.

## To buy a pillbox:

- Go to your local drug store
- Select a pillbox that best meets your needs. For example, if you take your medicines several times per day, buy a pillbox that has multiple slots for each day.
- Pillboxes usually cost between...
  - \$0.99-\$3.99 for boxes with 1 slot for each day
  - \$7.99-\$16.99 for boxes with 2 or more slots for each day

## To use your pillbox:

- At the start of the week, think about the times each day when you take your medicines (morning, noon, evening, bedtime).
- Then, place your medicine in the pillbox slots that show the time you would usually take your medicine.
- When you are due for medicine, empty the right part of the pillbox.

Pillboxes can be a real time-saver, especially if you are on many medicines!

