

READ ME FIRST

September Wellbeing Tip: The importance of taking medications as directed

Here are some additional resources on medication adherence.

Here are some ways you can support your employees:

- Use the included flyers to educate employees about medication adherence and prescription drug abuse
- Promote mail order Rx (benefits vary depending on your drug plan)

Here are some additional resources:

- Food & Drug Administration, [Drug Take Back Locations](#)
- American Heart Association, [Medication Adherence](#)
- Excellus BlueCross Blue Shield, [Take As Directed](#)