

# DID YOU KNOW?

GOOD ADHERENCE CAN REDUCE  
LONG-TERM  
MORTALITY  
RISK BY UP TO **21%<sup>1</sup>**

HIGHLIGHTING ITS LIFE-SAVING POTENTIAL

## TIPS TO STAY ADHERENT<sup>2</sup>

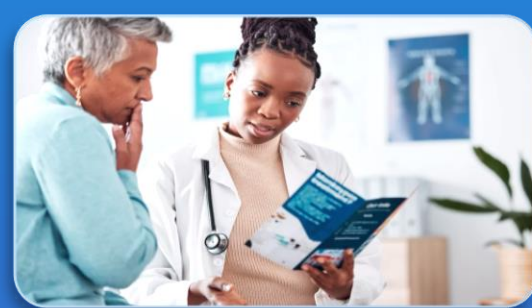
Here are some **practical tips** to stay on track:



Use phone alarms, calendar apps, or medication reminder apps to help keep track.



Pair taking medications with daily routines like brushing your teeth or having breakfast.



Learn about your medications and treatment plan.



Share your healthcare goals with friends or family who can encourage you.



Make lifestyle changes enjoyable, such as joining a group exercise class or exploring healthy recipes.

## PRIORITISE YOUR HEALTH

### Stay on course

Taking your medications **as prescribed** and **not missing** doses gives you the best chance for better health<sup>3</sup>.

### Signs of Non-Adherence:

1. Skipping or changing medications



2. Ignoring lifestyle changes (e.g. diet, exercise, quitting smoking, stress reduction).



3. Missing follow-up appointments, hindering progress monitoring and care adjustments.



**Non-adherence can weaken the overall effectiveness of your medication and treatment plan.**

1. Walsh CA, Cahir C et al. Br J Clin Pharmacol 2019;85:2464–2478. 2. Jimmy B, Jimmy J. Oman Med Jnl 2011;26(3):155–159. 3. 2024 ESC Guidelines. European Heart Journal 2024;24:3912–4018.