

Medication Adherence

Best Practice Recommendations

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[See the list below for the top ten tips to improve your patients' Medication Adherence:](#)

1. **Prescribe 90-day supply.** This reduces the change of missed days between fills.
2. **Consider home delivery.** The patient's insurance may have a preferred pharmacy delivery service.
3. **Prescribe generic when possible.** This improves medication compliance by making the cost of ongoing medication more affordable.
4. **Prescribe sufficient refills.** This helps avoid missed days while waiting for refill authorizations.
5. **Send new prescriptions with dose changes.** This helps provide proper claims data. The pharmacy must know the exact dose to calculate the days' supply and submit a claim. Send a new prescription to the pharmacy that reflects the dose change and adds a notation that this prescription replaces the previous one.
6. **Avoid variable dose regimens.** The variable dose regimen day's supply has to be calculated at the max daily dose. If a patient takes less than that, they appear non-compliant.
7. **Simplify medication regimen.** This improves adherence when patients take medication fewer times per day.
8. **Discuss medication adherence.** Ask open-ended questions such as 'How often do you take your medicine?'. Create a blame-free environment to talk about medication issues at each patient visit.
9. **Counsel on new medications.** Educate patients about new medications, including side effects, when to expect effects, and importance of not stopping or skipping doses, etc.
10. **Follow up.** Reach out to patients to ask how they feel. Ask if they are taking their medications as prescribed.