

You have a hand in your health...



**with the safe and effective
use of your medicines.**

When you use your medicines as directed, you increase their safety and effectiveness. But, if your treatment plan doesn't fit your schedule, lifestyle, or habits, following it can be hard. Other concerns important to you, such as cost, convenience, and side effects, can make it even harder.

Speak up

Ask questions

Find the facts

Evaluate your choices

...with your health care professionals

Have a hand in your health decisions. Together with your health care professionals, agree on a medicine treatment plan that works for you.



U.S. Department of Health and Human Services
Food and Drug Administration
www.fda.gov/cder
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