



EBOOK

# TAKE CONTROL OF YOUR MEDICATIONS

YOUR GUIDE TO A SAFER, SIMPLER ROUTINE WITH FRIENDLYCARE PHARMACY

[WWW.FRIENDLYCARE.COM.AU](http://WWW.FRIENDLYCARE.COM.AU)

# WHY MEDICATION MANAGEMENT MATTERS

## GET THE MOST OUT OF YOUR MEDICATIONS

Managing multiple prescriptions can be confusing and even risky.

A free medication review and script management helps you:

- Avoid harmful interactions
- Understand your medicines better
- Stay organised with digital tools like MedAdvisor
- Feel more confident and in control



# WHAT IS A MEDICATION REVIEW?

## YOUR PERSONAL MEDICATION CHECK-UP

A medication review is a free, one-on-one consult with a pharmacist. We look at all your prescriptions, over-the-counter products, and supplements to ensure:

- They work safely together
- You're getting the best results
- You're not missing anything

It's relaxed, supportive, and personalised.



# COMMON MEDICATION MISTAKES WE CAN HELP WITH

## DID YOU KNOW...?

We often uncover:

- Expired or duplicated medications
- Dangerous interactions with over-the-counter items
- Unnecessary side effects or poor timing
- Confusion leading to missed doses.

Let's help you clean up, simplify, and stay safe.



# WHAT IS MEDICATION PACKING?

## ORGANISED, SAFE, AND STRESS-FREE

We sort your medications into clearly labelled packs by date and time so you never miss a dose!

- No sorting or guesswork
- Great for travel or caregiving
- Improves safety and confidence
- Packs checked by trained pharmacists



# MEDADVISOR & DIGITAL SCRIPTS

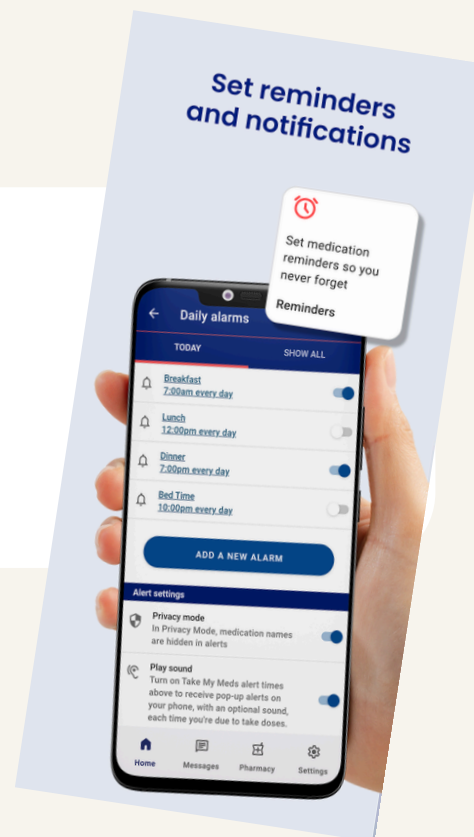
## MANAGE YOUR MEDS FROM YOUR PHONE

FriendlyCare offers MedAdvisor, a FREE app that makes medication management simple:

- Receive script reminders
- Request repeats from home
- Manage digital prescriptions
- Stay connected with your FriendlyCare pharmacist

Benefits of digital scripts:

- No paper to lose
- Easy renewals
- Seamless doctor-to-pharmacy communication
- Great for travel or hospital visits



# WHO BENEFITS FROM THESE SERVICES?

## IS THIS RIGHT FOR YOU?





These services are ideal if you:

- Take five or more medications or having had a major medical event affecting medication use or risk
- Care for a loved one
- Have memory or vision issues
- Need help keeping track of repeats.



# BOOK YOUR REVIEW & START TODAY

## READY TO SIMPLIFY YOUR HEALTH?

-  Book your FREE MedsCheck review
-  Ask us how medication packing can simplify your routine
-  Download MedAdvisor to manage your meds anytime
-  Visit your nearest FriendlyCare Pharmacy to get started



# THANK YOU FOR TRUSTING US

WE'RE WITH YOU EVERY DOSE OF THE WAY

Your health matters to us!

Whether it's a conversation, a pack, or a tap on your phone, FriendlyCare is here to make your medication routine simple, safe, and supported.

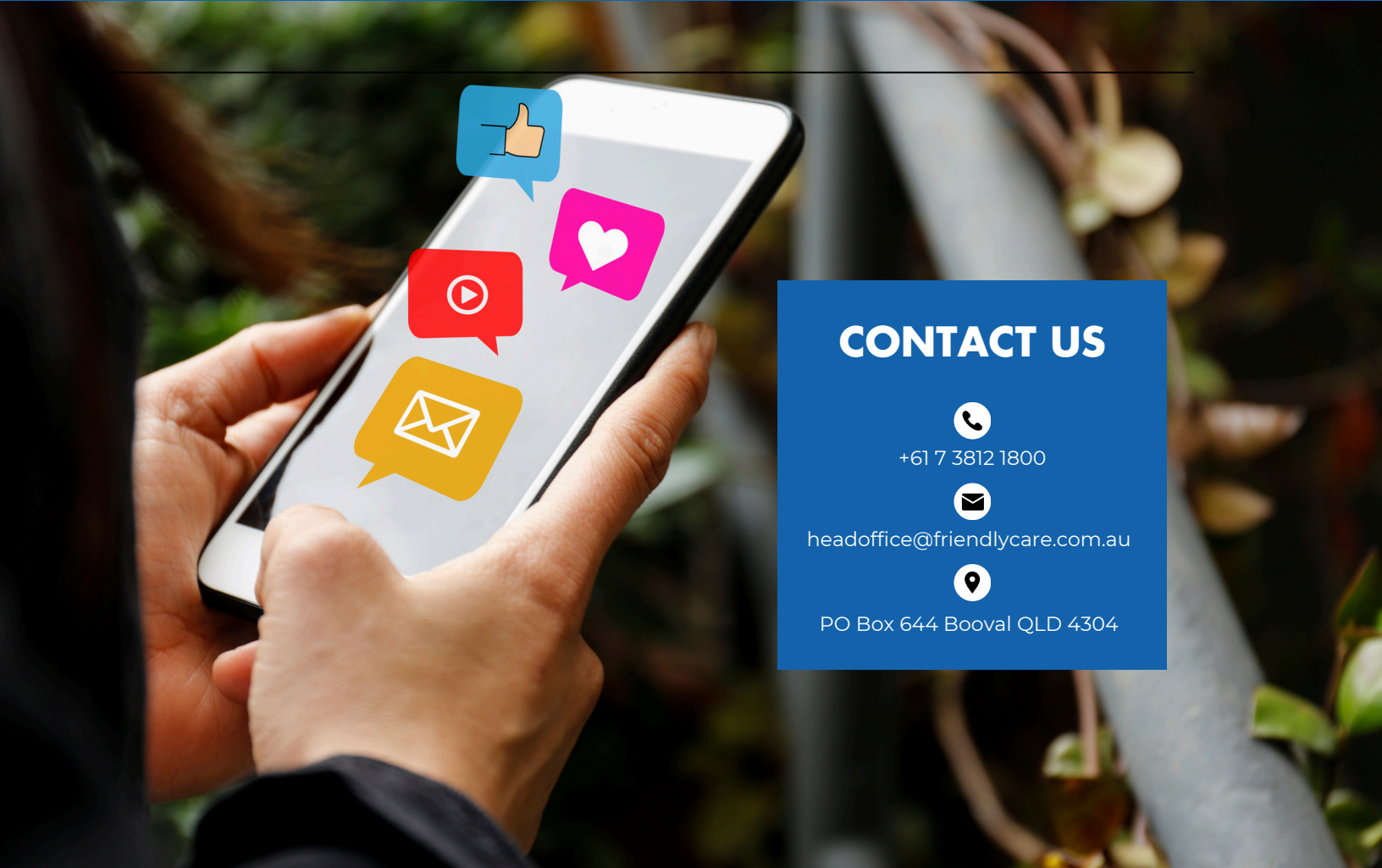
Drop by anytime - we're here to help.



This eBook is intended to provide general health and wellness information only. It does not constitute medical advice and should not be relied upon as a substitute for consultation with a qualified healthcare professional. Always speak with your pharmacist, GP, or healthcare provider regarding your health needs before starting any new treatment, supplement, or health plan.



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