

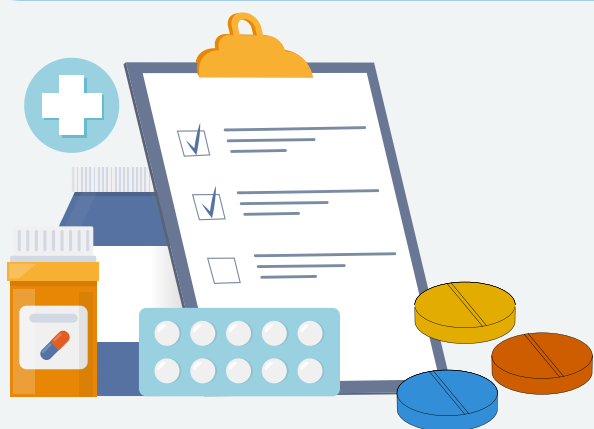
SIMPLE Method

✓ Simplify the Regimen

Encourage patients to use medication adherence tools, such as reminder charts, pill organizers, and mobile reminder applications



Impart Knowledge ✓



Provide medication instructions clearly and reinforce them verbally; write down medication instructions; source additional info for patients to read on medications

✓ Modify a Patient's Beliefs & Behaviors

Understand and address a patient's concerns or fears regarding medication usage, and use positive reinforcement when patient is adhering to medication regimen



Provide Communication & Trust ✓



Involve patients in decision making and use plain language when speaking with them

✓ Leave the Bias

Understand the predictors of nonadherence and address them as needed



Evaluate Adherence ✓

Ask patients whether they are taking their medication as prescribed

