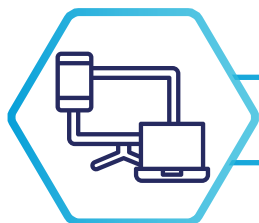


Never Miss a Dose of Your Resource®!

Adhering to prescribed oral nutritional supplements is essential for improving your health a recovery. We help you remember to take your supplements consistently. Effective reminder systems can enhance compliance and support your health management. Below are strategies to assist you in remembering to take your Resource®.



Digital Reminders:

Phone Alarms: Set alarms on your phone to remind you when it's time to take your supplements.

Smart Home Devices: Use voice assistants like Alexa or Google Home to remind you to take your supplements.



Visual Reminders:



Calendar Checkmarks: Mark each day you take your supplement on a calendar to visually track your progress and stay on schedule.

Color-Coded Stickers: Place stickers on bottles, fridge, or kitchen cabinets to signal intake times, to remind you to take your supplements.



Building Good Habits:

Daily Routine: Try to take your supplements at the same time each day, and between meals.

Reward Yourself: Create a simple system to reward yourself when you remember to take your supplements.



Support from Others:

Family Help: Ask family members to remind you to take your supplements.

Check-ins with Your Doctor: Regular visits with your healthcare provider can help you stay on track and address any challenges you might have.