



Medication Tracking and Adherence Guide

Medication Adherence

Medication adherence is vital for maintaining health, yet nearly 50% of patients do not take their medications as prescribed—whether intentionally or unintentionally. Sticking to your medication plan can lead to better health outcomes, lower health care costs, and a reduced risk of serious complications¹. This guide contains a Medication List and Tracking Log to help you stay on track and healthy.

This tool is intended only as an in-home guide to help you manage your care. While this guide provides useful information to support your efforts to log and track your medication, please do not upload it to MyKelseyOnline (MKO). Ensure that MKO remains updated with the most current information, and use it as a source to complete this guide. Keep this guide in a convenient location for quick access when needed.

Tips for Success

1. **Stay Consistent:** Take your medications at the same time every day.
2. **Use a Reminder:** Pair with a routine (like brushing your teeth) or set an alarm.
3. **Keep Track:** Use this tracking log daily to monitor your progress.
4. **Ask for Help:** A family member or caregiver can assist with tracking or reminders.
5. **Be open with your provider about your medication use.** If you're not taking them or if you're facing side effects or cost barriers, they want to know and help.

Emergency Essentials

- Carry a copy of your medication list with you at all times.
- Keep your doctor's and pharmacy's contact information handy.
- For additional important information—allergy details, emergency contacts, and insurance information, for example—refer to the Caregiver Guide.

This is intended as a personal resource and is not a legal document. The information provided is for general informational purposes only and should not be considered medical, professional, or legal advice. Please consult with your provider to determine your specific needs.

¹ Centers for Disease Control and Prevention, Overcoming Barriers to Medication Adherence for Chronic Diseases, <https://youtu.be/sEMCR7LhcA>

Medication List

List your medications with the needed details for accurate tracking. Keep it updated and share it with your care team on your next visit. Print extra sheets as needed.

View this Information in MyKelseyOnline (MKO):

1. Log in to [MyKelseyOnline](#) or the MyKelsey app
2. Click *Your Menu*
3. Under *My Record*, select *Medications*

Medication Name	Color
Dose and Number	Frequency
What it's for	
Special Instructions	
Prescribing Doctor	
Pharmacy	Refill Information

Medication Name	Color
Dose and Number	Frequency
What it's for	
Special Instructions	
Prescribing Doctor	
Pharmacy	Refill Information

Medication Name	Color
Dose and Number	Frequency
What it's for	
Special Instructions	
Prescribing Doctor	
Pharmacy	Refill Information

Medication Name	Color
Dose and Number	Frequency
What it's for	
Special Instructions	
Prescribing Doctor	
Pharmacy	Refill Information

Medication Name	Color
Dose and Number	Frequency
What it's for	
Special Instructions	
Prescribing Doctor	
Pharmacy	Refill Information

Medication Name	Color
Dose and Number	Frequency
What it's for	
Special Instructions	
Prescribing Doctor	
Pharmacy	Refill Information

Medication Name	Color
Dose and Number	Frequency
What it's for	
Special Instructions	
Prescribing Doctor	
Pharmacy	Refill Information

Day	Medication Name	Check the box each time you take your medication.						
		Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Bedtime	Notes
Sun								
Mon								
Tues								
Wed								
Thurs								
Fri								
Sat								



Questions? Call the Member Concierge team at 713-442-4878 (TTY: 711). From October 1 through March 31, hours are 8 a.m. to 8 p.m., seven days a week. From April 1 through September 30, hours are 8 a.m. to 8 p.m., Monday through Friday. Messaging services are used on weekends, after hours, and on federal holidays.

KelseyCare Advantage, a product of KS Plan Administrators, LLC, is an HMO and POS Medicare Advantage plan with a Medicare contract. Enrollment in KelseyCare Advantage depends on contract renewal. © 2025 KelseyCare Advantage. All rights reserved.

H0332_MEDADHER25_C