If you are one of the millions of Americans who takes a prescription medicine, ask yourself:

**Do I fully understand the benefits and potential risks of the medicines I’m taking?**

If your response is no, take the time to talk with your healthcare provider.

**Here are 4 tips to guide your conversation:**

1. Talk to your healthcare provider and ask questions about the benefits and potential risks of prescription medicines you take.

2. Tell your healthcare provider about all of the medicines you are taking—including over-the-counter medicines, vitamins, and dietary supplements.

3. Tell your healthcare provider about any allergies or sensitivities that you may have.

4. Read and follow the medicine label and directions.

For more information, visit TalkBeforeYouTake.org.