

# Ideas for Observing “Talk About Your Medicines” Month

The BeMedWise Annual “Talk About Your Medicines Month” (TAYMM) is an opportunity to spotlight safe medicine use issues for the general public, patients and caregivers. For the past 35 years, TAYMM has chosen topics ranging from *Taking Action to Prevent Opioid Medicine Misuse and Abuse*; *Think Before Your Drink* and *Communication is Key* to stimulate conversations between patients and their healthcare providers. The goal of TAYMM is simply better health outcomes through education.

The TAYMM theme for 2020 is **Medication Adherence – On Track with Your Meds and Your Health**. Medication adherence is a vital part of maintaining your health. Our goal this year is to empower patients to maximize the benefits while minimizing the risks of the medications they are taking, and provide the tools they need to talk about their medicines.

**Talk About Your Medicines Month** each October is a great time for healthcare professionals, students and health educators to organize a safe medicine use program in your community. Here are some ideas and links to resources to get started.

1. Host a medication check-up or other community outreach health event at your clinic, pharmacy, library, school, community college campus health center, adult education class, senior center or retirement community. Use [social-media](#) or post flyers to promote your event. Tell attendees to bring all of their medications, so they can be reviewed for possible drug interactions, no longer being used or expired. Help attendees learn best practices for [safe disposal of medications](#) and remind them to always keep their medications [Up and Away](#). Most importantly, if you are part of an in-person event, please make sure to adhere to all current [CDC gatherings and community event COVID-19 guidelines](#) and use the communication resources they have to ensure the safety and health of all attendees.
2. Add a **Talk About Your Medicines Month** [image](#) to your website and promote it on your social media channels, using the hashtags: #TalkAboutYourMedicines; #TAYMM; #MedicationAdherence and tagging the @BeMedWise account (Facebook, Twitter, and/or Instagram). [Click here](#) for the social media toolkit messages and graphics.

Tag @BeMedWise [<https://twitter.com/BeMedWise>] & @NeedyMeds [<https://twitter.com/NeedyMeds>]

Customize your posts with: [Name of Organization] is excited to participate in the 2020 Talk About Your Medicines Month: **Medication Adherence – On Track with Your Meds and Your Health**.

3. Contact your local television (or radio) station’s public affairs director, and offer to provide speakers for their community issues programs during October. The program’s topic could be “Educate Before You Medicate: Knowledge is the Best Medicine – Learn About Medication Adherence and Why it’s Important for Your Health.” Speakers could be healthcare professionals, healthcare professional students, health educators, health reporters, communication experts, hospital risk managers, and/or industry and managed care patient education representatives. [Click here](#) for free downloadable resources on [www.BeMedWise.org](http://www.BeMedWise.org).
4. Contribute an “Educate Before You Medicate” article or column to your community newspaper, employee e-newsletter, employer website, blog, or student e-newsletter, religious bulletin. [Click here for downloads](#) and safe medicine use tips. Write your own tips for safe medicine. (If you use a BeMedWise article or download, please acknowledge BeMedWise and refer readers to [www.talkaboutyourmedicines.org](http://www.talkaboutyourmedicines.org) or [www.BeMedWise.org](http://www.BeMedWise.org) for more information.

