



# 6 Ways Pharmacists Can Help You

While you should always see a doctor when you're seriously ill or injured, there's no copay for expert advice from your local pharmacist. Pharmacists do more than just fill prescriptions — they can work closely with your medical provider to give you valuable information and healthcare guidance.

## Pharmacists support your health by:

- **Talking to you about medications and supplements.** Your pharmacist can review your medication record for potential interactions, see if you're taking drugs with duplicate effects, and check on prescription refills. They can also advise on the best time to take medications and supplements to maximize effectiveness. If you're a family caregiver (i.e., you legally have access to a family member's health information), pharmacists can also help answer your questions about your family member's medications and supplements.
- **Suggesting ways to help you take your medicine.** Your pharmacist can help you learn how to take your medications as directed, as well as solve any problems you might have doing so. For example, your pharmacist can suggest routines or tools such as a daily pillbox to help you take your medicine at the right time and in the right dose.
- **Advising you about medicine safety.** Your pharmacist can give you important advice on which over-the-counter medicines, such as pain medications and dietary supplements, are safe to use in combination with your prescription drugs.
- **Identifying or helping you manage health problems.** For example, if you get your blood pressure checked at the drugstore, share your numbers with your pharmacist.
- **Helping you to save money.** Pharmacists can help you find over-the-counter medications that offer the best value for the symptoms you need to treat, as well as connect you to prescription discounts and aid programs. Your pharmacist can also work with your doctor to switch prescription medication to a product that is equally effective but less expensive.
- **Providing immunizations, training on health equipment, and recommending over-the-counter treatments.** Pharmacists can provide certain immunizations, such as flu shots and COVID-19 vaccines, and can also teach you how to use health equipment, such as blood glucose monitors for diabetes or inhalers for asthma. If you're trying to manage a runny nose, sinus congestion, coughing or other minor symptoms, your pharmacist can determine the best over-the-counter treatment with the fewest side effects for you. Tell your pharmacist about significant notes in your medical history, or medications that might interfere with over-the-counter treatments.

Sources:  
<https://www.cdc.gov/heartdisease/pharmacist.htm>  
<https://www.webmd.com/a-to-z-guides/features/pharmacists-they-do-more-than-fill-prescriptions>