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HEALTH better



freebie **Mind your Meds**

Ever find yourself staring at the bottom of a pill bottle only to realize you forgot to refill your prescription? Those days could be over thanks to a helpful new Web site called *mymedschedule.com*. The free site sends you reminders, via text message or e-mail, to refill your medications. It can also remind when to take your medicine if you have a complex dosing schedule. One other great feature: You can make and print out a personalized medication chart that you can bring with you to your next doctor visit.

Print and save your own medication list!
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