Zip ’Em Up

July 1, 2005

As a jazz pianist, I travel frequently, with rehearsals and performances dominating my schedule. To keep up with my HIV combo, I use three-inch-square ziplock bags. I prepack my morning and evening pills instead of carrying all those bottles. Designed for jewelers,these are smaller, less bulky and more durable than the snack size sold in supermarkets—and they’re reusable. I buy them through a jewelry-supply website for about $4.50 for 100 bags, or you can get them at crafts or jewelry supply stores. For combos with fewer pills than mine, the bags come even smaller. Adherence is in the bag.

—Fred Hersch, New York City, has been an AIDS activist for more than 17years. He has two Grammy nominations and 20 albums on his musical résumé.

© 2026 Smart + Strong All Rights Reserved.

http://beta.docker.poz.com/article/Zip-Em-Up-1893-8023