Adherence Tip: It’s In the Bag

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While HIV med regimens have grown less complicated, with fewer pills and doses, taking them faithfully remains critical. To make it trickier, many positive people take drugs for other conditions as well.

A new plastic-bag system called onePAC might make adherence easier. It lets pharmacists pack all your meds—including vitamins and supplements—in clearly labeled bags, one for each dosing time (see photo, left, and myonepac.com). Many drugstores already offer onePAC, most at no additional charge.

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