



Pre-Shift Skill:

Medication Auto Refills

Managing Prescriptions (Auto Refills): A Guide for Minnesota Teens

Managing prescriptions can feel overwhelming—especially if you take multiple medications and lead a busy life. Between work, family, and daily responsibilities, it's easy to forget when your next refill is due.

Many pharmacies now offer **automatic refill programs** to make life easier. Instead of calling or visiting the pharmacy to request a refill, your medications are prepared on schedule and ready when you need them. This guide will explain how automatic refills work and how you can set them up at your local pharmacy!

What Are Automatic Refills?

Automatic refills are a pharmacy service that ensures your ongoing prescriptions are refilled automatically before you run out. Once enrolled, your pharmacy will:

- Track your medication schedule
- Refill prescriptions on time
- Notify you when they're ready for pickup or delivery

This takes the guesswork out of medication management and helps you stay consistent with getting your prescriptions.

Setting-Up Automatic Refills

Setting up automatic refills is usually quick and simple. Here's how the process typically works:

1. Enroll in the Program

Ask your pharmacy about their automatic refill service. Enrollment can often be done in person, online, or over the phone.

2. Choose Eligible Prescriptions

Not all medications qualify for automatic refills. Generally, long-term maintenance medications (like those for blood pressure, diabetes, or cholesterol) are included. Short-term treatments or controlled substances may not be eligible,

3. Set Up Notifications

Most pharmacies will notify you by text, email, or phone call when your prescription is ready. You can choose the method that works best for you.

4. Pick Up or Schedule Delivery

Once refilled, your medications will be available for pickup. Some pharmacies also offer delivery or mail options.

Questions to Ask Before Enrolling

Before signing up, consider asking your pharmacist these questions:

- Which of my prescriptions qualify for automatic refills?
- How will I be notified when my medication is ready?
- What happens if my prescription runs out of refills from my doctor?
- Can I pause or cancel the service if I don't need a refill?
- Does this program work with insurance coverage?

Final Thoughts

Automatic refills are one of the simplest ways to save time, reduce stress, and help you stay consistent with your medications.

Ask your local pharmacy today about enrolling in an automatic refill program. It only takes a few minutes to set up!