



## 6 Tips for Managing Common Medication Side Effects

If you've ever seen a TV commercial for a prescription medication, you've no doubt heard that very long and kind of alarming list of side effects to watch out for. Though luckily many side effects are quite rare, some are quite common. That's why it's important to make sure you understand everything about the medicines you're taking.

The article *6 Tips for Managing Common Medication Side Effects* is available on the new *Health & Wellness Centre*<sup>\*</sup>, and offers tips to help manage medications, including:

- Keep a list of all your meds
- Ask questions
- Take control of mild side effects

**Did you know?** The Pillcheck test is available at a discounted price to Canada Life members, available through My Canada Life at Work – Options for You. Members get DNA analysis and online medication review by expert pharmacists. Results also show which medications will be most effective with reduced or no adverse side effects.

<sup>\*</sup>Access the Health & Wellness Centre through your [My Canada Life at Work](#) profile today.