5. Put the pills in your hand and hold your hand to the camera so your nurse can see the pills. You may take one at a time or all at once. Be sure to show your empty hand to the camera after putting pills in your mouth. Also, open your mouth to the camera to show the pills on your tongue before swallowing with water.

6. Swallow pills with a few swallows of water from a clear container.

7. When you are done, open your mouth and show your nurse that you swallowed all the pills.

8. Say: "Thank you. I will record again on ___(day)___ at _____ (time) ________. Good-bye."

9. Turn off the video application.
Mat Section 2

1. Turn on the video application. Your face, hands and pills should never leave the video. Say: "Hello, this is (say your full name)."

2. Say: "Today, I feel __________." **Do not take your medication if you don't feel well, feel different than usual or have concerns. please quickly call your Registered Nurse Case Manager.**

3. Show each medication bag to the camera so that your name and name of your medicine can be easily read. It is important to make sure the writing is facing the camera and can be read.

4. Remove the correct number of pills from each bag.
Mat Section 3

Align shapes at line from mat section 2 to mat section 3

Center phone holder along line and mark location in permanent ink.

Place your logo here