

## Your Starter Kit



Your kit includes: 26 blisters and cards, filling foam and sealing roller.

## Tips

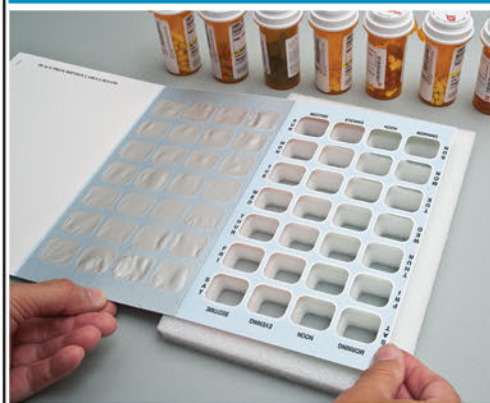
- Using the reverse side day and time of day as a guide fill the appropriate blister with the correct medication.
- This blister packaging is not child resistant, please store beyond the reach of children.
- Keep unused cards in a clean, dry and air condition location.

### 1. Remove Liner



Remove the pressure sensitive liner from **RIGHT TO LEFT** revealing the sealing surface.

### 2. Filling Foam



Place the card on the filling foam template (dry glue side up).

### 3. Insert Blisters



Insert the blister sheet into the card starting with the top row. Lower the rest of the sheet into the remaining holes.

### 4. Filling Pill #1



Say you take 7 medications a day and one pill twice a day. Pill #1 you take in the morning. Place one pill in each of the morning blisters, Sunday thru Saturday.

### Filling Pill #1



You also take the same (pill #1) each evening as well. Place one pill in each of the evening blisters, Sunday thru Saturday.

### Filling Pill #2



Pill #2 you take each morning. Place one pill in each of the morning blisters, Sunday thru Saturday.



### Filling Pill #3



You also take pill #3 every morning. Place one pill in each of the morning blisters, sunday thru saturday.

### Filling Pill #4



Next, you take pill #4 at noon each day. Place one pill in each of the noon blisters, sunday thru saturday.

### Filling Pill #5



You also take pill #5 each day at noon. Place one pill in each of the noon blisters, sunday thru saturday.

### Filling Pill #6



Pill #6 you take each day before you go to bed. Place one pill in each of the bedtime blisters, sunday thru saturday.

### Filling Pill #7



You also take pill #7 at bedtime each evening as well. Place one pill in each of the bedtime blisters, sunday thru saturday.

### Fold



Once all of your medications are loaded into the card, fold the foil flap over to seal the card.

### Seal



Using the roller, apply even pressure to seal.

### Finished



You're Done!  
Your fresh clean disposable pill box card is filled and ready to use.

### Filling Multiple Cards

- You shouldn't proceed to make multiple cards until your prescriptions have stabilized over several months. Once stabilized you can make a few weeks worth of cards in advance. This is especially helpful if you're a caregiver.
- If you have a medication change half way through a card, here are a few suggestions. **1.** Slice the foil for that time period and push through a pill. A piece of tape will seal the blister. **2.** Make a new card using the pills from your old card and add or subtract the new dose.