



play with him  
'til dinnertime.

check his science  
homework.

lend him the car.

wait up until  
he gets home.

help him pick  
out a tux.

chase his kids  
around the yard.

take my meds.

**I WILL**

If you have a long-term health problem, like diabetes, asthma or high blood pressure, your future depends on taking your medicine. Learn helpful tips at [ScriptYourFuture.org](http://ScriptYourFuture.org).

**TAKE THE PLEDGE. TAKE YOUR MEDS.**





play with him  
'til dinnertime.

check his science  
homework.

lend him the car.

wait up until  
he gets home.

help him pick  
out a tux.

**I WILL**

chase his kids  
around the yard.

take my meds.

If you have a long-term health problem like asthma, your future depends on taking your medicine. Learn helpful tips at [ScriptYourFuture.org](https://ScriptYourFuture.org).

**TAKE THE PLEDGE. TAKE YOUR MEDS.**

**SCRIPT  
YOUR  
FUTURE<sup>x</sup>**



drive her to the  
orthodontist.

cheer her on at soccer.

try not to cry when  
she goes to college.

proofread  
her résumé.

burst with pride  
at her wedding.

spoil her  
kids rotten.

take my meds.

# I WILL

If you have a long-term health problem like high blood pressure, your future depends on taking your medicine. Learn helpful tips at [ScriptYourFuture.org](https://ScriptYourFuture.org).

**TAKE THE PLEDGE. TAKE YOUR MEDS.**

**SCRIPT  
YOUR  
FUTURE<sup>x</sup>**



cook for her tonight.

show her I really  
can dance.

take her picture  
at Niagara Falls.

cry at our  
anniversary party.

paint the living room  
her favorite color.

grow old with her.

**I WILL**

take my meds.

If you have a long-term health problem like diabetes, your future depends on taking your medicine. Learn helpful tips at [ScriptYourFuture.org](https://ScriptYourFuture.org).

**TAKE THE PLEDGE. TAKE YOUR MEDS.**

**SCRIPT  
YOUR  
FUTURE<sup>x</sup>**