

**NEW ERA HEALTHY HABITS CLUB: Easier-to-swallow pills**

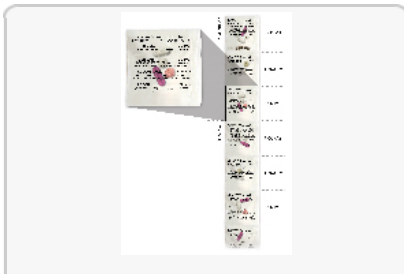
Lancaster New Era  
Published: Oct 28, 2008  
10:32 EST

Article Photos Related Share It

Don't Link Tags

By SUSAN JURGELSKI, Staff Writer

**ONE-PACK PRESCRIPTIONS**



Thanks to onePAC prescription packaging from Parata systems, daily medications can be prepared and sea... (more)

1 of 1

Taking prescription pills just got easier.

Thanks to onePAC prescription packaging from Parata systems, daily medications can be prepared and sealed in a clear plastic packet.

Each easy-open packet is custom-printed with the person's name, day and time of dose, medication name, strengths and descriptions.

According to Parata, half of Americans take more than one prescription medication daily. Nearly one-quarter of long-term care admissions are due to the inability to safely follow a medication regimen.

Failure to take medication as prescribed impacts the effectiveness of the medication and contributes to an estimated \$100 billion in additional health-care costs annually, from increased hospitalizations to doctor visits, lab tests and nursing-home admissions, according to the National Community Pharmacists Association.

Consumers can request onePac from their local pharmacy, and pharmacists can verify the medication.

A 30- to 90-day onePAC supply comes to patients as a perforated strip of individual onePAC packages, one for each dose, prepared in a dispensing box that displays the next dose to be taken.

OnePAC packaging is available at pharmacies across the United States and Canada.

To learn more, and to request a sample, go to [www.myonepac.org](http://www.myonepac.org) or call (888)-onePAC1.

**Related Topics**

- Your Life ▾ (595)
- health ▾ (410)
- healthy ▾ (239)
- workout ▾ (144)
- fitness ▾ (96)
- exercise ▾ (72)
- HEALTHY HABITS CLUB ▾ (54)
- New Era Healthy H... ▾ (25)

A sample can be passed along to local pharmacists who don't currently offer onePAC packaging.

**THE BEAT**

**Fibromyalgia education**

The Lancaster (LGH) Fibromyalgia Awareness and Education Group will meet 7 to 8 p.m. Tuesday, in the third-floor conference room at the Lancaster General Health Campus, 2100 Harrisburg Pike, Lancaster.

Lancaster General Hospital and the Arthritis Foundation are group sponsors.

Jeannie Peck will speak about tai chi.

Call 397-6271.

**Cancer awareness**

This month, The Phillips Group, a central Pennsylvania office products company, is teaming up with some of its vendors, in recognition of National Breast Cancer Awareness Month.

Through sales of certain products, money will be donated to City of Hope, an independent biomedical research, treatment and education center near Los Angeles, dedicated to preventing and curing cancer and other life-threatening diseases.

Go to [www.buyphillips.com](http://www.buyphillips.com).

**Recent Posts**

TalkBack comments about this article

[Comment on this article](#)

No comments currently in TalkBack, be the first one to post!

[Comment on this article](#)

**Related Stories**

- In Kyrstin's name  
FITNESS Q&A: Fibro...
- ASK DR. WEIL: Makeup w...
- ANNIE'S MAILBOX: Lawye...
- Brubaker hails Pa.'s d...

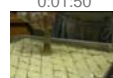
**Local Video**



Hiking to ancient church  
0:01:55



Little engine (shop)...  
0:01:50



50 years of great Gr...  
0:00:48



Pet of the Week:  
Fabio  
0:00:38



Section 1, week 9 fo...  
0:07:47



Section 2, week 9 fo...  
0:06:11



**Goodwrench & Co Maintenance Package**

Lube, Oil & Filter, Four-Tire Rotation and Goodwrench Multi-Point Vehicle Inspection all for one price at participating dealers.

- Request Appointment Online
- GM-trained experts
- 30-Day Price Guarantee on Tires

[CLICK FOR DETAILS](#)

**Photo Gallery**