My medication list

Name (First, and Last)	
Provider name	Phone number

Here's how to find out if your particular combination of medications are safe:

- List all your medications below, including:
  - Over-the-counter medicines
  - Vitamins
  - Herbal supplements
- Review your medication list once a year with your Provider
- Ask your Provider to explain each medicine:
  - Why you are taking it
  - How long you can expect to take it
  - Describe any possible side effects

Medicine	Dose	Directions for use	Why am I taking it?
Example:	0.05 mg	Once daily for 90 days.	Thyroid

Physicians and providers: Please review this list and instruct the Member on any changes you make.