



Personal Medication List For:

DOB:

Your **Medication List** will help you keep track of your medications and how to take them.

- * Use blank rows to add new medications. Then fill in the dates you started using them.
- * Cross out medications when you stop using them.
- * Ask your doctors, pharmacists, and other healthcare providers to update this list at every visit.
- * Keep this list up to date with:
 - prescription medications
 - over the counter drugs
 - herbals
 - vitamins
 - minerals

If you go to the hospital or emergency room, take this list with you. Share this with your family or caregivers too.

PREPARED ON:

Medication	How I take it	Why I use it	Prescriber

Medication	How I take it	Why I use it	Prescriber

Medication	How I take it	Why I use it	Prescriber

 **Allergies:**

 **Side effects I have had:**



My notes and questions:

If you have any questions about your medication list, call: Optimum HealthCare, Inc.'s Member Services at 1-866-245-5360 for additional information. TTY users should call 711. From October 1 to March 31 from 8 a.m. to 8 p.m. 7 days a week and April 1 to September 30 from 8 a.m. to 8 p.m. Monday through Friday. Member Services also provides free language interpreter services for non-English speakers or visit www.youroptimumhealthcare.com.

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