

<b>PERSONAL MEDICATION LIST FOR</b>	<b>DOB:</b>
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This medication list may help you keep track of your medications and how to use them the right way.

- Use blank rows to add new medications. Then fill in the dates you started using them.
- Cross out medications when you no longer use them. Then write the date and why you stopped using them.
- Ask your doctors, pharmacists, and other healthcare providers in your care team to update this list at every visit.

<p>Keep this list up-to-date with:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> prescription medications</li> <li><input type="checkbox"/> over the counter drugs</li> <li><input type="checkbox"/> herbals</li> <li><input type="checkbox"/> vitamins</li> <li><input type="checkbox"/> minerals</li> </ul>
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If you go to the hospital or emergency room, take this list with you. Share this with your family or caregivers too.

**DATE PREPARED:**

<b>Allergies or side effects:</b>
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<b>Medication:</b>	
<b>How I use it:</b>	
<b>Why I use it:</b>	<b>Prescriber:</b>
<b>Notes:</b>	
<b>Date I started using it:</b>	<b>Date I stopped using it:</b>
<b>Why I stopped using it:</b>	

<b>PERSONAL MEDICATION LIST FOR</b>	<b>DOB:</b>
(Continued)	

<b>Medication:</b>	
<b>How I use it:</b>	
<b>Why I use it:</b>	<b>Prescriber:</b>
<b>Notes:</b>	
<b>Date I started using it:</b>	<b>Date I stopped using it:</b>
<b>Why I stopped using it:</b>	

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<b>How I use it:</b>	
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<b>Notes:</b>	
<b>Date I started using it:</b>	<b>Date I stopped using it:</b>
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<b>Why I stopped using it:</b>	

<b>Other Information:</b>

If you have any questions about your medication list, call your physician, pharmacist, or medication therapy management provider. Alternatively, Part D sponsors may direct inquiries to their applicable beneficiary support center.