



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

- 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 to update this list at every visit.

Keep this list up to date with:

- Prescription Medications
- Over the Counter Drugs
- Herbals
- Vitamins
- Minerals

First Name	Last Name
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Allergies or side effects

Medication :

How I Use It :

Why I Use It :

Prescriber :

Date I Started Using It :

Date I Started Stopped Using It :

Why I Stopped Using It :

Medication :

How I Use It :

Why I Use It :

Prescriber :

Date I Started Using It :

Date I Started Stopped Using It :

Why I Stopped Using It :

Medication :

How I Use It :

Why I Use It :

Prescriber :

Date I Started Using It :

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Why I Stopped Using It :

Medication :

How I Use It :

Why I Use It :

Prescriber :

Date I Started Using It :

Date I Started Stopped Using It :

Why I Stopped Using It :

Other Information :

Saint Alphonsus Health Plan (HMO/PPO) is a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on contract renewal. Benefits vary by county. Saint Alphonsus Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sexual orientation, sex (defined as sex at birth, legal sex and/or sex stereotyping), and gender (includes gender identity, gender expression and/or pregnancy).
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.
Llame al 1-800-240-3851 (TTY: 711). 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-800-240-3851 (TTY: 711).