

**PERSONAL MEDICATION LIST FOR:**  
DOB:

This medication list was made for you after we talked. We also used information from claims data.

- 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.

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.

**DATE PREPARED:**

**Allergies or side effects:**

**Medication:**

**How I use it:**

**Why I use it:**

**Prescriber:**

**Notes:**

**Date I started using it:**

**Date I stopped using it:**

**Why I stopped using it:**

**PERSONAL MEDICATION LIST FOR :** \_\_\_\_\_ **DOB:** \_\_\_\_\_

(Continued)

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

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

<b>Medication:</b>	
<b>How I use it:</b>	
<b>Why I use it:</b>	<b>Prescriber:</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>Why I use it:</b>	<b>Prescriber:</b>
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(Continued)

<b>Medication:</b>	
<b>How I use it:</b>	
<b>Why I use it:</b>	<b>Prescriber:</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 the Medication Management Center toll free at 1-844-866-3735, Monday through Friday, 7 a.m. to 5 p.m. Pacific Time. TTY/TDD users, please call 1-800-367-8939.

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