

My Information

Name:

Emergency Contact Person's Name:

Phone:

Allergies

(to medicines, foods, insect bites or anything else):

Health Care Provider's Name: _____

Phone:

Pharmacy: _____

Phone: _____

Address: _____



How to Remember to Take Your Medicine

- Take it at the same time as something else you do every day, like brushing your teeth, walking the dog, or watching the news.
- Keep medicines in a pill box.
- Use this medication list and keep it updated.
- Set your cell phone or watch alarm to remind you to take your medicines at the right times.
- Ask your pharmacy to label your medicine bottles in the language you'd like to read.
- Have a friend or family member remind you.



My Medication List

- Keep It Handy

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