



My List of Medications

This medication chart is a great tool to help you keep track of everything you are taking, including prescriptions, vitamins, pain relievers and more. Fill it out completely and bring it to all medical visits to keep your health care team up-to-date on everything you are taking. **Tell your health care team if the cost of medicine keeps you from taking it as prescribed.**

My Medication	How Much Do I Take?	When Do I Take It?	What Do I Use It For?
<i>Example: ABC Medication – XX mg</i>	<i>XX pills</i>	<i>bedtime</i>	<i>Helps XYZ body part</i>
Be sure to include ALL prescription drugs, over-the-counter drugs, vitamins and supplements			
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(Use a pencil so it is easy to change dosages or remove items)

To print this list, visit eBrightHealthACO.org