## My**MedsList**

helps me and my family keep track of everything I take to keep me healthy — my pills, vitamins and herbs. Having all of my meds in one place also helps my doctor, pharmacist, hospital or other healthcare workers take better care of me.

## Keep MyMedsList up-to-date

It is very important to keep this information current. I can do this with my doctor, pharmacist, nurse or other healthcare professional.

## My Meds List



Name	
Birth date	
Phone	
E-mail	
Emergency contact	
Phone	
E-mail	
I also have some other problems with medici	
I also have some other problems with medici	nes
I also have some other problems with medici My Doctor is	nes
I also have some other problems with medici	nes

## **MyMedsList**

was developed by the Northeast Indiana Patient Safety Coalition Addressing common safety issues and improving healthcare for patients living in Northeast Indiana.

My <b>MedsList</b>									
Drug name (brand name, generic name, dose)	This looks like	When do I take it?	How much/ many?	Times per day?	How do I take it?	I started taking this on:	l stop taking this on:	Why do I take it?	Who told me to take it?
Example Zocor, simvastatin, 40mg	Yellow pill	At bedtime	1	Once	With water	June 2015	Until doctor says to stop	High cholesterol	Dr. Jones, Heart doc