

PERSONAL MEDICATION LIST FOR:

DOB:

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

Date I started using it:

Date I 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 stopped using it:

Why I stopped using it:

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| Medication: | |
| How I use it: | |
| Why I use it: | Prescriber: |
| Date I started using it: | Date I stopped using it: |
| Why I stopped using it: | |

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| Medication: | |
| How I use it: | |
| Why I use it: | Prescriber: |
| Date I started using it: | Date I stopped using it: |
| Why I stopped using it: | |

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| Medication: | |
| How I use it: | |
| Why I use it: | Prescriber: |
| Date I started using it: | Date I stopped using it: |
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| Why I use it: | Prescriber: |
| Date I started using it: | Date I stopped using it: |
| Why I stopped using it: | |

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| Other Information: |
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If you have any questions about your medication list, call El Paso Health Medicare Advantage Dual (HMO D-SNP) toll free 1-833-742-3125, TTY Users: 711. We are available October 1 – March 31, 8 a.m. to 8 p.m. Mountain Time (MT) 7 days a week, and April 1 – September 30, 8 a.m. to 8 p.m. MT Monday through Friday.

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