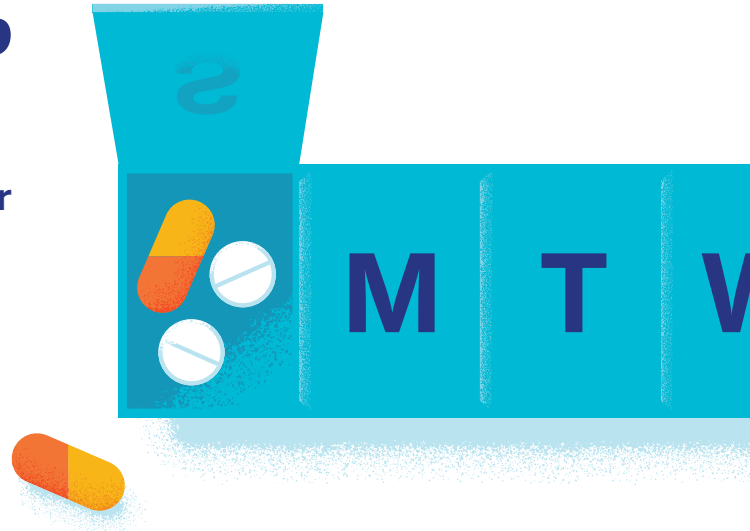


A simple tool to help keep your doctor up to date

It's important to talk to your personal doctor about your medications, even if they were prescribed by a different provider

Use this helpful medication tracker to note all your medications and share it at your next appointment, such as your annual physical and wellness visit.



List your medications here

Note all your prescription drugs, over-the-counter medications, supplements and vitamins, and bring this to your next appointment.

Medication name: _____	Dosage/frequency: _____
Medication name: _____	Dosage/frequency: _____
Medication name: _____	Dosage/frequency: _____
Medication name: _____	Dosage/frequency: _____
Medication name: _____	Dosage/frequency: _____
Medication name: _____	Dosage/frequency: _____
Medication name: _____	Dosage/frequency: _____
Medication name: _____	Dosage/frequency: _____
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Medication name: _____	Dosage/frequency: _____
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Medication name: _____	Dosage/frequency: _____
Medication name: _____	Dosage/frequency: _____
Medication name: _____	Dosage/frequency: _____

