- List medicines here.
- Keep it up to date.
- Carry it with you.
- Share with your doctor/ pharmacist.
- Always take your medicine as directed.

For helpful tips and resources, visit ScriptYourFuture.org today.

Million Hearts™ Team Up. Pressure Down. word and logo marks are owned by the U.S. Department of Health and Human Services (HHS), Participation does not imply endorsement by HHS.





QUESTIONS

to ask my doctor/pharmacist

- 1. What's my medicine called and what does it do?
- 2. How and when should I take it? And for how long?
- 3. What if I miss a dose?
- 4. Are there any side effects?
- 5. Is it safe to take it with other medicine or vitamins?
- 6. Can I stop taking it if I feel better?





MY MEDICINES	including prescriptions, over-the-counter medicines, vitamins and supplements			Y	
MEDICINE EXAMPLE: Naproxen	WHY I TAKE IT Arthritis	START DATE	REFILL DATE	HOW MUCH DO I TAKE?	when do I take It? twice a day