

Keeping track of your medications helps keep you healthy.

Use this to track all of your medications, including all over-the-counter drugs and supplements.

Show this card to your doctor every time you visit, and keep it up to date. Download and print additional copies at www.seniorsurgeryguides.com

This program was funded through a Patient-Centered Outcomes Research Institute (PCORI) Eugene Washington PCORI Engagement Award (EADI #30051)

Address _____

Phone _____

Emergency Contact

Name _____

Phone _____

Primary Care Physician

Phone _____

Pharmacy _____

Phone _____

Allergies? _____

Insurance _____

ID # _____



Personal Medicine List

Name _____

