

Instructions:

1. Print form
2. Enter your information
3. Cut along the dotted lines
4. Fold in half, lengthwise
5. Fold in 5ths like an accordion & place into your wallet



Medical Information

Name: _____
 Date of Birth: _____
 Phone: _____
 Address: _____
 City, State: _____

Fold this card and keep it in your wallet at all times.

Show this card to your physician every time he or she talks about a medication with you.

*For a FREE medication risk assessment visit:
www.SafeMedService.org*

Emergency Contact

Name: _____
 Relationship: _____
 Phone: _____
 Name of Primary Doctor: _____
 Doctor's Phone: _____
 Name of Pharmacy: _____
 Pharmacy Phone: _____
 Hospital Preference: _____

Medical Conditions

(List medical conditions such as diabetes, epilepsy, heart problems, etc.)

Allergies

(Medicines, foods, latex, etc.)

 Blood Type: _____
 Flu Vaccine: '10 '11 '12
 Pneumonia Vaccine Date: _____
 Tetanus/Diphtheria/Pertussis
 Date: _____

The Checklist:

- At the Doctor's Office:**
- Always give them a list of ALL the medications you take
 - Ask how you are supposed to know if your meds are working or causing side effects
 - Never leave with a prescription you cannot read
- At the Pharmacy:**
- Always use the same pharmacy
 - Double check to ensure you received the correct medication
 - Never waive your right to speak with the pharmacist
- At Home:**
- Take your meds only as told by your doctor & pharmacist
 - Keep an eye out for side effects

Medications

Don't forget to list your **over-the-counter** and **herbal/nutritional** products. Write in **pencil** if your medication changes frequently. Erase or cross out anything you are no longer taking. **UPDATE THIS LIST REGULARLY.**

Medication	Dose	Directions	Reason & Start Date
<i>Example:</i> Tylenol	500mg	Every 4 hours	Arthritis 1/1/10

Medication Dose Directions Reason & Start Date

How to keep your CURES from KILLING

Every day, 34 Americans die in their *home* because of a *preventable* medication mistake. Don't think it could happen to you? Neither did they.

Always remember that medications have the ability to heal *and* harm. As a patient & caregiver, the power to do both is in *your* hands.

Carry out the simple checklist (on the back) to reduce your risks. For a FREE medication risk assessment visit:

www.SafeMedService.org