

Medication Schedule

In case of an emergency, it is important to keep a copy of your medication and health profile with you at all times. Some people choose to keep a paper copy in their wallet or purse and others keep their information stored on a smart phone or tablet. Having a document already created that lists all of your current medical conditions, allergies, medications you are taking, and emergency contacts will ensure that your healthcare provider has all of the information that they need to effectively manage your care.

Creating a medication schedule and using these simple tips will help you or your loved one:

- Keep you organized
- Ensure that you are taking the right medications at the right times
- Quickly, safely, and efficiently fill your pill box
- Communicate an accurate list of all of your medications to your healthcare provider

At a minimum, be sure to list the name of the medication (both brand and generic), dosage, reason for taking, when/how often to take it, and any monitoring that is required.