



Add new medications, over-the-counter drugs, herbals, vitamins, or minerals in the blank rows below.

Medication	How I take it	Why I use it	Prescriber

Allergies:

Side effects I have had:

Other information:



If you have any questions about your medications, call Member Services at **866.987.4213** for BlueJourney PPO, Capital Blue Cross PPO, and Capital Blue Cross | WellSpan Health Plan or **800.779.6962** for BlueJourney HMO, Capital Blue Cross HMO, and Capital Blue Cross | WellSpan Health HMO (TTY: 711), 24 hours a day, seven days a week.

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