

## **Medication list**

Prepared on:

Bring your medication with your family or o	Bring your medication list when you go to the doctor, hospital, or emergency room. Share it with your family or caregivers.				
Note any changes to how you take your medications. Cross out medications when you no longer use them.					
Medication	How I take it	Why I use it	Prescriber		



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:			
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Side effects I have ha	nd:		
Other information:			

My notes and questions:

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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