



Personal Medication List for

- Use blank rows to add new medications. Then fill in the dates you started using them.
- Cross out medications when you no longer use them. Then write the date and why you stopped using them.
- Ask your doctors, pharmacists, and other healthcare providers in your care team to update this list at every visit.

- Keep this list up-to-date with:***
- ▶ prescription medications
 - ▶ over-the-counter drugs
 - ▶ herbals
 - ▶ vitamins
 - ▶ minerals

If you go to the hospital or emergency room, take this list with you. Share this with your family or caregivers too.

Date Prepared:
Allergies or side effects:

Medication:	
How I use it:	
Why I use it:	Prescriber:
Other Information:	
Date I started using it:	Date I stopped using it:
Why I stopped using it:	

Medication:	
How I use it:	
Why I use it:	Prescriber:
Other Information:	
Date I started using it:	Date I stopped using it:
Why I stopped using it:	

(continued)

Personal Medication List for

Medication:	
How I use it:	
Why I use it:	Prescriber:
Other Information:	
Date I started using it:	Date I stopped using it:
Why I stopped using it:	

Medication:	
How I use it:	
Why I use it:	Prescriber:
Other Information:	
Date I started using it:	Date I stopped using it:
Why I stopped using it:	

Medication:	
How I use it:	
Why I use it:	Prescriber:
Other Information:	
Date I started using it:	Date I stopped using it:
Why I stopped using it:	

(continued)

Personal Medication List for

Medication:

How I use it:

Why I use it:

Prescriber:

Other Information:

Date I started using it:

Date I stopped using it:

Why I stopped using it:

Medication:

How I use it:

Why I use it:

Prescriber:

Other Information:

Date I started using it:

Date I stopped using it:

Why I stopped using it:

Medication:

How I use it:

Why I use it:

Prescriber:

Other Information:

Date I started using it:

Date I stopped using it:

Why I stopped using it:

(continued)

Personal Medication List for

Medication:

How I use it:

Why I use it:

Prescriber:

Other Information:

Date I started using it:

Date I stopped using it:

Why I stopped using it:

Medication:

How I use it:

Why I use it:

Prescriber:

Other Information:

Date I started using it:

Date I stopped using it:

Why I stopped using it:

Other Information:

If you have any questions about your medication list, call CDPHP® member services at (518) 641-3950 or 1-888-248-6522 (TTY users should call 711). Our hours are 8 a.m.–8 p.m. seven days a week, October 1–March 31. From April 1–September 30, Monday–Friday, our hours are 8 a.m.–8 p.m. A voice messaging service is used weekends, after-hours, and federal holidays. Calls will be returned within one business day.

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