

Speak up at your doctor's office and pharmacy

Help your doctor and pharmacist get the information they need.



- Tell them about all prescription and non-prescription medications you're currently taking.
- Mention any herbal products, homeopathic remedies or vitamins.
- If you take several medications, make a list to take with you to appointments.
- Inform your medical team of any food or drug allergies or reactions you have had in the past.
- Mention your eating habits — these things may affect the way your medicine works.

**PRESCRIPTION AND/OR
OVER-THE-COUNTER
MEDICATION I AM CURRENTLY
TAKING INCLUDES:**

1. _____

2. _____

3. _____

4. _____

5. _____



**Blue Cross
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