

Buckeye Health Plan – MyCare Ohio (Medicare-Medicaid Plan) 4349 Easton Way, Suite 300  
Columbus, OH 43219

<b>PERSONAL MEDICATION LIST FOR</b>	<b>DOB:</b>
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This medication list may help you keep track of your medications and remind you how to use them the right way.

- 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 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:**

  
  
  

<b>Medication:</b>	
<b>How I use it:</b>	
<b>Why I use it:</b>	<b>Prescriber:</b>
<b>Notes:</b>	
<b>Date I started using it:</b>	<b>Date I stopped using it:</b>
<b>Why I stopped using it:</b>	

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<b>How I use it:</b>	
<b>Why I use it:</b>	<b>Prescriber:</b>
<b>Notes:</b>	
<b>Date I started using it:</b>	<b>Date I stopped using it:</b>
<b>Why I stopped using it:</b>	

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<b>Other Information:</b>
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If you have any questions about your medications, talk to your doctor or pharmacist or you may call and speak with a pharmacist at 1-866-549-8289. TTY users should call 711. We are here Monday through Friday, 8:00 a.m. – 8:00 p.m., Eastern Time. After hours, on weekends and on holidays, you may be asked to leave a message. Your call will be returned within the next business day.