

# I WILL

SIGN HERE

# TAKE MY MEDS.

# I WILL

SIGN HERE

# TAKE MY MEDS.

- List medicines here.
- Keep it up to date.
- Carry it with you.
- Share with your doctor/pharmacist.
- Always take your medicine as directed.

## QUESTIONS to ask my doctor/pharmacist

1. What's my medicine called and what does it do?
2. How and when should I take it? And for how long?
3. What if I miss a dose?
4. Are there any side effects?
5. Is it safe to take it with other medicine or vitamins?
6. Can I stop taking it if I feel better?

**SCRIPT YOUR FUTURE** For helpful tips and resources, visit **ScriptYourFuture.org** today.

## MY MEDICINES including prescriptions, over-the-counter medicines, vitamins and supplements

MEDICINE	WHY I TAKE IT	START DATE	REFILL DATE	HOW MUCH DO I TAKE?	WHEN DO I TAKE IT?
EXAMPLE: Naproxen	Arthritis	6/11	7/11	1 tablet, 250 mg	twice a day


- List medicines here.
- Keep it up to date.
- Carry it with you.
- Share with your doctor/pharmacist.
- Always take your medicine as directed.

## QUESTIONS to ask my doctor/pharmacist

1. What's my medicine called and what does it do?
2. How and when should I take it? And for how long?
3. What if I miss a dose?
4. Are there any side effects?
5. Is it safe to take it with other medicine or vitamins?
6. Can I stop taking it if I feel better?

**SCRIPT YOUR FUTURE** For helpful tips and resources, visit **ScriptYourFuture.org** today.

## MY MEDICINES including prescriptions, over-the-counter medicines, vitamins and supplements

MEDICINE	WHY I TAKE IT	START DATE	REFILL DATE	HOW MUCH DO I TAKE?	WHEN DO I TAKE IT?
EXAMPLE: Naproxen	Arthritis	6/11	7/11	1 tablet, 250 mg	twice a day


# I WILL

SIGN HERE

# TAKE MY MEDS.

# I WILL

SIGN HERE

# TAKE MY MEDS.

- List medicines here.
- Keep it up to date.
- Carry it with you.
- Share with your doctor/pharmacist.
- Always take your medicine as directed.

## QUESTIONS to ask my doctor/pharmacist

1. What's my medicine called and what does it do?
2. How and when should I take it? And for how long?
3. What if I miss a dose?
4. Are there any side effects?
5. Is it safe to take it with other medicine or vitamins?
6. Can I stop taking it if I feel better?

**SCRIPT YOUR FUTURE** For helpful tips and resources, visit **ScriptYourFuture.org** today.

## MY MEDICINES including prescriptions, over-the-counter medicines, vitamins and supplements

MEDICINE	WHY I TAKE IT	START DATE	REFILL DATE	HOW MUCH DO I TAKE?	WHEN DO I TAKE IT?
EXAMPLE: Naproxen	Arthritis	6/11	7/11	1 tablet, 250 mg	twice a day


- List medicines here.
- Keep it up to date.
- Carry it with you.
- Share with your doctor/pharmacist.
- Always take your medicine as directed.

## QUESTIONS to ask my doctor/pharmacist

1. What's my medicine called and what does it do?
2. How and when should I take it? And for how long?
3. What if I miss a dose?
4. Are there any side effects?
5. Is it safe to take it with other medicine or vitamins?
6. Can I stop taking it if I feel better?

**SCRIPT YOUR FUTURE** For helpful tips and resources, visit **ScriptYourFuture.org** today.

## MY MEDICINES including prescriptions, over-the-counter medicines, vitamins and supplements

MEDICINE	WHY I TAKE IT	START DATE	REFILL DATE	HOW MUCH DO I TAKE?	WHEN DO I TAKE IT?
EXAMPLE: Naproxen	Arthritis	6/11	7/11	1 tablet, 250 mg	twice a day
