

Be Smart About Your

Meds!



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This card has space for you to list 11 medications, but you may need space for more. A version of the card with space for 18 medications is also available from your county Extension office.

For more information on medications, contact your county UT Extension office or the Tennessee Poison Center.

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Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

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This brochure contains a wallet-size medication reminder card and tips on how to use it.

Medications are an important tool for your good health. You should know what medications you are taking and when and how to take them. This card will help you remember this about your medications as well as other important health information. This is how to use the Med Minder card:

1. This card provides 11 places to write down all the medications you take. Include both prescription and over-the-counter drugs. Don't forget to include any herbals and vitamin/mineral supplements you take.

- Write down the name, strength, directions and purpose (why you take it) for each medication you take.
- Share the card with all of your health care providers — especially if you have more than one doctor who is prescribing medicine for you. This helps your doctor(s) figure out whether any symptoms you might have could be caused by a drug reaction.
- Share this card with your pharmacists. It will help them be alert for drugs (prescribed and over-the-counter, including herbals and vitamin/mineral supplements) that may interact with or counteract (cancel or decrease the benefit) other drugs you take.
- Fold the card on the fold lines to make it wallet size. Keep this card in your wallet.

2. This card has places for you to write down other important information so you can keep it handy.

- Write down the name, address and telephone number of your pharmacy.
- Write down the name of the person (and his/her relationship to you) you want to have contacted in case of an emergency.
- Write down the name and the phone number of your primary doctor.
- List any allergies or drug intolerances you have.
- Write down the date you had your blood pressure, blood cholesterol and blood sugar checked and the numbers. Your health care provider should share with you the results of these health screenings as numbers.
- Write your name, address and telephone number on the card.

3. This card has the address of a University of Tennessee website where you can learn more about medications. This site also has links to other reliable and factual websites.

4. This card includes the toll-free telephone number for the network of Poison Control Centers throughout the United States. You can call this number anytime, day or night, if you suspect a poisoning or have a question about the contents of a product.



Pharmacy Information

Name _____
Address _____
Phone Number (____) _____
Please contact in case of emergency:
Name _____
Relationship _____
Phone Number _____
Primary Doctor _____
Phone _____
Allergies or Intolerance _____

Health Screenings

Date	Blood Pressure	Cholesterol	Blood Sugar

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Brought to you by



Visit our website at
<http://bemedwisetn.tennessee.edu>

Remember to update your Med Minder card.
Bring this card and share it with your doctor
every time you visit.

POISON CONTROL CENTER — 1-800-222-1222

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Med Minder Card

For _____
Address _____

Phone _____

Front of card