

## My health care team

My doctor	Phone
Other practitioner	Phone
Other practitioner	Phone

## Emergency contact information

Emergency contact — Relationship	Phone
Emergency contact — Relationship	Phone

## My allergies

List everything you're allergic to such as medications, food, and insect bites.

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Independence Blue Cross offers products directly, through its subsidiaries Keystone Health Plan East and QCC Insurance Company, and with Highmark Blue Shield – independent licensees of the Blue Cross and Blue Shield Association.



# My medication information

## Why it's important to take your medicine

When it comes to your health, taking your medications as prescribed by your doctor can make a difference in how you feel. Your doctor prescribed medications to help you manage your conditions and to help prevent additional health problems. To get the full benefits and avoid complications from your medication, you need to take the right dose at the right time each day for the length of time your doctor ordered.

We know this isn't always easy. Maybe it's hard to remember how to take your medications or what to take when. Or you might not want to bother with all those pills. Maybe you feel your medications aren't helping — some drugs like those for lowering blood pressure or cholesterol don't change the way you feel even though they can make a big difference in your health.

Talk to your doctor about your concerns. If you're experiencing side effects, your doctor may be able to adjust the amount or type of medication. And if cost is an issue, ask your doctor if there's an alternative.



## What you need to know about your medications

Read your prescription labels carefully and make sure you know the answers to the following questions. Talk to your doctor, nurse, or pharmacist today if you need help getting answers.

- What is the name of the medicine?
- Why am I taking this medicine?
- Should I take this on an empty stomach or with food?
- When should I take it and how often?
- How much should I take?
- Is it safe to drink alcohol with it?
- If I forget to take it, what should I do?
- How long am I supposed to take it?
- What side effects should I watch for?
- What should I do if a side effect occurs?

