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Aligning Forces for Quality | Improving Health & Health Care Across Albuquerque

An initiative of the Albuquerque Coalition for Healthcare Quality and the Robert Wood Johnson Foundation.

My Medication Card & Making The Most of My Doctors Appointments

Get Ready for Your Appointment

- Make a list of your symptoms.
- Make a list of questions you want to ask.
- Bring a list of your family medical history, medications, and allergies to your appointment.
- Consider asking a friend or family member to go with you. (When you make your appointment, ask for a interpreter if needed.)

During Your Appointment

- Take notes (or have someone with you take notes).
- Ask plenty of questions and if you don't understand the answers ask again. (To check your understanding, it helps to repeat what you've heard using your own words.)
- Ask for a summary of what you should do or know. You can ask for written information to review when you get home.
- Know what happens next in your treatment or care and when it needs to be done.

After Your Appointment

- Do your part. You've agreed to do something. Be sure to follow through.
- Watch for possible problems. If you notice a reaction to medication or new or worsening symptoms, let your doctor know immediately.
- Call your doctor if you have questions or concerns.

www.abqhealthcarequality.org

Name _____

Health Insurance _____

Primary Doctor _____

Doctor's Phone Number _____

Pharmacy Phone Number _____

This card was updated on _____
(date)

Allergies

List any allergies to medication, food, or insects (such as bee stings).

Medication List

List prescriptions, vitamins and over the counter medicines or supplements you take regularly. Include how often you take this medicine and why you take it.

Medicine Name _____
Dosage _____ How often? _____
I use this for _____.

Medicine Name _____
Dosage _____ How often? _____
I use this for _____.

Medicine Name _____
Dosage _____ How often? _____
I use this for _____.

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Dosage _____ How often? _____
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