

## How to use the Medication List (MedList):

This list can help you and your family keep track of everything you take to keep you healthy—your pills, vitamins, and herbs. Having all your medications listed in one place helps your doctor, pharmacist, hospital, or other healthcare providers take better care of you. Start using the MedList today!

EMERGENCY RESPONSE INFORMATION	Name:	Family Doctor's Name:	Medical History:
	_____	_____	<input type="checkbox"/> diabetes
	Address:	_____	<input type="checkbox"/> high blood pressure
	_____	Phone: _____	<input type="checkbox"/> heart disease
	_____	Emergency Contact:	<input type="checkbox"/> breathing problems
	_____	_____	<input type="checkbox"/> other medical problems (list below)
	Date of Birth: (yyyy/mm/dd)	_____	_____
	_____ / _____ / _____	Phone: _____	_____
	Gender: _____ M _____ F	Secondary Emergency Contact:	_____
	Alberta Personal Health Card #:	_____	_____
_____ - _____	_____	My allergies to medications and what happens to me when I take these:	
Medical Plan #: (e.g., Alberta Blue Cross)	Phone: _____	_____	
_____	Pharmacy Name:	_____	
_____	_____	_____	
_____	Pharmacy Number:	_____	
_____	_____	List the medications you take on other side.	

*Adapted from 'It's Safe to Ask Medication Card' Manitoba Institute for Patient Safety.*

