

Goshen Health is all for helping you improve your health, and knowing your medications is an important key.

Why a current medication list is important

- Improves communication
- Streamlines your visit
- Saves time
- Reduces the risk of medication errors
- Allows for shared decision making in adding new medications

Get started today! Here's how –

Keep a list of all medications including:

- Name of medication and dosage
- When medication is taken
- How long it will be taken
- Who prescribed the medication
- Include supplements

Keep your list of medications with you at all times

- Wallet card
- Print out
- Smart phone app

Other helpful tips

- Bring your medication list to all appointments, hospital visits, pharmacy visits
- Give an updated copy to a family member or care giver
- Use the same pharmacy for all of your meds
- Take medication as directed