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# Medication list

Current medications only. Print a fresh copy each time something changes, and bring it to every appointment.

NAME

LAST UPDATED

| MEDICATION | DOSE | PURPOSE | TIMES | PRESCRIBER | REFILL BY |
|---|---|---|---|---|---|
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**Tip.** Rewrite the page when something changes instead of crossing items out. Ask the pharmacist to check it against their records.


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# Appointment tracker

Upcoming and recurring appointments. Note who is driving so no visit depends on someone assuming.

| DATE AND TIME | PROVIDER | REASON | DRIVER | DONE / NOTES |
|---|---|---|---|---|
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# Care team contacts

Everyone involved, in one place. Add the best way to reach them.

| NAME | ROLE | PHONE | BEST WAY TO REACH |
|---|---|---|---|
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