Medical Information Wallet Card

This Card Belongs To:
________________________________

Medication errors are one of the main reasons for health care complications. Carry this card with you at all times.

My Medications
Prescription medications, non-prescription medications, over-the-counter medications, herbals, vitamins and supplements.

<table>
<thead>
<tr>
<th>Name of medicine</th>
<th>Dose (amount)</th>
<th>How often and when (morning, noon, evening)</th>
<th>How to take (with or without food)</th>
<th>Reason for taking</th>
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My Allergies

Allergic to:
Reaction:

Allergic to:
Reaction:

Allergic to:
Reaction:

Allergic to:
Reaction:

Allergic to:
Reaction:

Allergic to:
Reaction:

Severity of reaction: Mild, moderate, severe, life-threatening

How to Use Your Medical Information Wallet Card:

- Fill out your important Patient Information.
- Fill out the list of Medications. Include how to take them, what time of day, and the reason for taking them. Include prescription medications, non-prescription medications, over-the-counter medications, herbals, vitamins, and supplements.
- Fill out the list of Allergies that you have, including what your reaction is and how severe it is.
- Cut out and fold the Wallet Card and keep it in your wallet.
- Always carry the Wallet Card with you.
- Bring the Wallet Card to every medical appointment.
- Keep the lists up to date and review them with your doctor and pharmacist.

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