

Stay Healthy and Participate in Check Your Meds Day

STEP 1

Gather ALL your prescription medications, over-the-counter medications, herbal supplements or natural products, vitamins or minerals and any lists of medications and vaccinations you have.



STEP 2

Place all the items and information in a bag and take them to your local pharmacist.



STEP 4

Always have your list and medications with you for your visits to your doctor, pharmacist, hospital or ANY healthcare professional.



STEP 3

A pharmacist will help you complete an updated medication list to take with you. They will ask how and when you take each medication and record that on the medication list.