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 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.

**STEP 4**
Always have your list and medications with you for your visits to your doctor, pharmacist, hospital or ANY healthcare professional.