The MEDS™ Chart is easy to use. It helps you, your doctor and your pharmacist manage your medications in four simple steps:

1. Begin by writing your name, your doctor’s name, and listing any allergies on the chart.

   Name: Mary Martin
   Date filled out:
   PCP: Dr. Baker
   Allergies: Peanuts

2. Next, list one medicine per line. Why are you taking it? How many and when? Use as many pages as you need.

   Drug Name & Strength
   When & How Many
   Aspirin
   Why Taking? For my heart
   DAILY

3. Does the medicine make you feel better? Circle how you feel about each medicine.

   YOU
   😊 😞 😞

4. When you’ve filled out the MEDS Chart, talk to your doctor or pharmacist about it. They can add comments.

The MEDS Chart helps you make sense of your medicines. It will help you stay organized and learn what works best for you. You can share your MEDS Chart with anyone who helps you. Have your medications changed or have you started seeing a new doctor? Repeat the four steps, and share your chart again. You can repeat as often as needed.