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**: Aspirin
   - **When & How Many**: 1
     - **Why Taking:** For my heart
     - **Frequency**: Daily

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

   - **YOU**
     - 😊
     - 😞
     - 😞
   - **NOTES:**

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.**

[QR code to watch a quick video.](www.careoregon.org/MEDS-quickstart)