

The MEDDS™ 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: <i>Mary Martin</i>
	Date filled out:
	PCP: <i>Dr. Baker</i>
	Allergies: <i>Peanuts</i>

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			
<i>Aspirin</i>	1			
WHY TAKING? <i>For my heart</i>	<input checked="" type="checkbox"/> DAILY	<input type="checkbox"/> OTHER	<input type="checkbox"/> WEEKLY	<input type="checkbox"/> AS NEEDED


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 MEDDS 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.**



Use this QR code to watch a quick video.
www.careoregon.org/MEDS-quickstart



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