

## Allergies, Conditions and Immunizations

### Drug allergies:

### Food/Environmental allergies:

### Medical Conditions:

- |                                   |  |   |
|-----------------------------------|--|---|
| <input type="checkbox"/> asthma   | <input type="checkbox"/> glaucoma            | <input type="checkbox"/> liver disease      |
| <input type="checkbox"/> cancer   | <input type="checkbox"/> heart disease       | <input type="checkbox"/> thyroid disease    |
| <input type="checkbox"/> COPD     | <input type="checkbox"/> high blood pressure | <input type="checkbox"/> other (list below) |
| <input type="checkbox"/> diabetes | <input type="checkbox"/> kidney disease      |   |

### Dates of last immunizations:

- |   |       |
|---|-------|
| <input type="checkbox"/> Flu                | _____ |
| <input type="checkbox"/> Pneumonia          | _____ |
| <input type="checkbox"/> MMR                | _____ |
| <input type="checkbox"/> Tetanus/diphtheria | _____ |

## Things you should know about your medications

1. The brand and generic names of the medication.
2. The purpose of the medication.
3. The dose.
4. How often to take it. What to do if you miss a dose.
5. How to take this medication (e.g., with food).
6. Tests needed while taking your medication.
7. Side effects and what to do if they occur.
8. If this is a new prescription, find out if you should stop taking any other medications that you are currently taking.
9. Interactions with other medications including over-the-counter medications and foods.
10. How to store your medications.

The following active ingredients and medications can be found in many prescription and over-the-counter products. Be sure to read all medication labels to avoid taking more of these products than you need:

- |                    |                   |
|--------------------|-------------------|
| • acetaminophen    | • ibuprofen       |
| • aspirin          | • phenylephrine   |
| • dextromethorphan | • pseudoephedrine |
| • diphenhydramine  |                   |

If you have a chronic medical condition, taking some over-the-counter medications and herbal supplements increases the likelihood that you will experience harmful side effects. Talk with your doctor before taking over-the-counter medications or herbal products.

You can print additional Medication Charts from our Web site at [www.harvardpilgrim.org](http://www.harvardpilgrim.org) or order them by calling (800) 287-9793.



## Medication Chart

Your Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Blood Type: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Height: \_\_\_\_\_

Weight: \_\_\_\_\_

Harvard Pilgrim ID #: \_\_\_\_\_

Pharmacy: \_\_\_\_\_

Phone: \_\_\_\_\_

Primary Care Doctor: \_\_\_\_\_

Phone: \_\_\_\_\_

Other Physicians/Specialists: \_\_\_\_\_

Other Physicians/Specialists: \_\_\_\_\_

Phone: \_\_\_\_\_

Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone: \_\_\_\_\_



Show this chart to your doctor at each visit and update as needed (use pencil).

Prescription medications								
Start date	Name of medication Brand name (Generic name too if available)	Prescribed by	Dose (mg, units, puffs, drops)	When do you take it? How many times per day? Morning and night? After meals?	Purpose Why do you take it?	Call your prescribing doctor immediately if you experience these danger signs*	Monitoring/tests required (e.g., lab test every__weeks)	Notes (e.g., dose changes; side effects; if stopped taking medication, why?)

Over-the-counter medications (such as aspirin, cough/cold medications, pain relievers and vitamins). Indicate all that you take.

Name of medication	Dose	When do you take it?			Name of medication	Dose	When do you take it?	
		Daily	As needed				Daily	As needed

\*Check the detailed drug sheets provided with each medication, or talk to your doctor or pharmacist about potential side effects, danger signs and interactions. After any hospitalization, check with your doctor to review this medication list. You can print additional Medication Charts from our Web site at [www.harvardpilgrim.org](http://www.harvardpilgrim.org) or order them by calling (800) 287-9793.