

SHARE THIS WITH YOUR DOCTOR OR A FAMILY MEMBER

The SmartList™					
Name: Ellen Morris		Date of Birth: 6/24/1928			
Address: 18 Colgrove St, San Mateo, California 94403					
Home: 650-573-1234		Mobile:			
Last Updated: May 23, 2010 (Your should update your SmartList™ at least once a month)					
Key Health Measures: BP:162/86 (last updated 05/23/2010 4:56pm)					
MEDICATION	UNITS	FREQUENCY	PRESCRIBER	REASON TAKEN	QUESTIONS FOR YOUR DOCTOR
amlodipine /benazepril	10/20	8am	Dr. C. Diaz	high blood pressure	<ul style="list-style-type: none"> • Can any of my medicines affect my memory? • Is it safe for me to take a sleeping pill? • Is it OK for me to have alcohol? • What over-the-counter medicines can cause anxiety? • What pain relievers should I avoid? • Is it OK to take a decongestant if I get a cold? • What should I do if I have swollen ankles? • Are there herbal agents I should avoid? • How much acetaminophen (as in Tylenol) is safe to take? • When are the best times for me to take my medications?
levothyroxine	100 mcg	7am	Dr. C. Diaz	low thyroid	
warfarin	2.5 mg	8am	Dr.M. Benson	blood thinner	
Pepcid AC	1 pill	5pm	self	stomach	
Viactiv	1 pill	8am and 5pm	self	calcium supplement	
Centrum Silver	1 pill	8am	self	supplements	
Tylenol PM	2 pills	8am, 12 noon, 4pm, 8pm	self	pain; sleep	
Sudafed nasal PE	1 pill	9pm a week at a time	self	cold	
Alcohol	1 Drink	12 noon, 5pm, 6pm	self		



Other important information:

Emergency Contact Name and Phone Number: _____ (proxy if provided) _____

Primary Care Physician Name and Phone Number: _____ (as provided in registration) _____

Pharmacy (Location and Phone Number): _____

Other important medical information: _____

Physicians or nurses: Visit www.adheretx.com/solutionsforprimarycare/ to learn more about how you can help your patients improve their response to therapy.