



Test Patient
123 Main Street
BUFFALO, NY 14205

PREVIEW



December 28, 2022

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123 Main Street
BUFFALO, NY 14205

Dear Test Patient:

Thank you for talking with me on December 28, 2022 about your health and medications. As a follow-up to our conversation, I have included two documents:

1. Your **Recommended To-Do List** has steps you should take to get the best results from your medications.
2. Your **Medication List** will help you keep track of your medications and how to take them.

If you want to talk about these documents, please call the Medication Management Center toll free at 1 (877) 205-8550 (TTY 711) between 9 a.m. and 7 p.m. Eastern Time, Monday - Thursday, 9 a.m. and 5 p.m. Eastern Time on Friday or 9 a.m. and 1 p.m. Eastern Time on Saturday.

I look forward to working with you and your doctors to make sure your medications work well for you.

Sincerely,

Jessica M. Glasgow

Jessica M. Glasgow, PharmD
Pharmacist, CSS Health
on behalf of Medical Mutual

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Recommended To-Do List

Prepared on: 12/28/2022

You can get the best results from your medications by completing the items on this **"To-Do List."**



Bring your **To-Do List** when you go to your doctor. And, share it with your family or caregivers.

My To-Do List

<p>What we talked about:</p> <p>Amlodipine Tablet 5 mg</p> <p>In our review, you said that you have noticed swelling in your legs, feet, or ankles. This may be a side effect of one of your heart medicines. Please talk to your doctor about this at your next visit. Your doctor may need to adjust your treatment plan. If you notice any shortness of breath, trouble breathing, or chest pain, see your doctor as soon as possible.</p>	<p>What I should do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Please talk with your doctor about your current treatment plan. Based on our review and/or what we talked about, you may be due for a test or follow-up visit. <input type="checkbox"/> Tests can include: blood pressure readings, blood glucose ("sugar") readings, lab work, health questionnaires, or checking for new symptoms. <input type="checkbox"/> If you have a visit with your doctor and/or pharmacist already set up, make sure to keep your appointment.
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<p>What we talked about:</p> <p>Amitriptyline Hydrochloride Tablet 50 mg</p> <p>Some drugs for mood may have more side effects when you are age 65 or older. These drugs may dry your mouth or make you feel tired, dizzy, weak, or confused. Please review this with your doctor or pharmacist at your next visit.</p>	<p>What I should do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Please talk with your doctor about your current medicine list. Based on our review and/or what we talked about, you and your doctor may want to talk about any changes that may be helpful to better your treatment plan. <input type="checkbox"/> Make sure to mention any new symptoms you have noticed since your last check-in. <input type="checkbox"/> Make sure to mention if you have any problems with the cost of your medicines. <input type="checkbox"/> There may be a generic version or a less costly and similar medicine available to help lower your costs.
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Medication List

Prepared on: 12/28/2022



Bring your Medication List when you go to the doctor, hospital, or emergency room. And, share it with your family or caregivers.



Note any changes to how you take your medications.
Cross out medications when you no longer use them.

Medication	How I take it	Why I use it	Prescriber
Amitriptyline Hydrochloride Tablet 50 mg	Take 1 tablet by mouth nightly	Sleep	James Notaro
Amlodipine Tablet 5 mg	Take 1 tablet (5 mg) by mouth once daily	Heart / Blood Pressure	James Notaro
Donepezil Tablet 10 mg	Take 1 tablet by mouth nightly	Memory	James Notaro
Lisinopril Tablet 20 mg	Take 1 tablet (20 mg) by mouth once daily	Blood Pressure	James Notaro
cholecalciferol (Vitamin D3 (cholecalciferol) OTC Capsule) 5000 iu	Take 1 capsule (5000 iu) by mouth once daily	Supplement	Self-Prescribed/otc



Add new medications, over-the-counter drugs, herbals, vitamins, or minerals in the blank rows below.

Medication	How I take it	Why I use it	Prescriber

! Allergies:

- No known allergies

! Side effects I have had:

- No known side effects

PREVIEW



My notes and questions:

PREVIEW