

Test Patient
123 Main Street
BUFFALO, NY 14205



November 27, 2023

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BUFFALO, NY 14205

Dear Test Patient:

Thank you for talking with me on November 22, 2023 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,

Sara Fornasiero

Sara Fornasiero, PharmD
Pharmacist, Clarest Health
on behalf of Medical Mutual

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According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB number for this information collection is 0938-1154. The time required to complete this information collection is estimated to average 40 minutes per response, including the time to review instructions, searching existing data resources, gather the data needed, and complete and review the information collection. If you have any comments concerning the accuracy of the time estimate(s) or suggestions for improving this form, please write to: CMS, Attn: PRA Reports Clearance Officer, 7500 Security Boulevard, Baltimore, Maryland 21244-1850

Recommended To-Do List

Prepared on: 11/22/2023

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>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 medication you use for mood. 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 of dry mouth, tiredness, dizziness, weakness, or confusion that you have noticed since your last check-in.
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How to Safely Dispose of Unused Prescription Medications

Prepared on: 11/22/2023

Safe Disposal of Prescription Drugs

Unneeded, unused, or expired medications should be disposed of as soon as possible. This is especially important for Controlled Substance medications to avoid accidental poisoning, misuse, or abuse. The best way to dispose of most types of medications is to take them to a local Drug Take Back Site or Program.

Drug Take Back Sites

The U.S. Drug Enforcement Administration (DEA) and its partners collect and safely dispose of medications as a service to communities. Based on your address, we have provided two sites in your community; we suggest visiting the DEA website for more locations that may be convenient for you at:

<https://www.deatakeback.com>

Site 1

*RITE AID OF NEW YORK, INC.
452 MAIN STREET
BUFFALO, NY 14202

Site 2

*EHS, INC.
206 S ELMWOOD AVE
BUFFALO, NY 14201

Sites collected on Nov 27, 2023 from

<https://apps2.deadiversion.usdoj.gov/pubdispsearch/spring/main?execution=e2s1>

Drug Take Back Programs

The U.S. Drug Enforcement Administration (DEA) sponsors National Prescription Drug Take Back Days in communities nationwide, usually in April and October. Many communities also have their own Drug Take Back Programs. Local law enforcement officials and pharmacies are a good source of information on Drug Take Back Days. More information is available online at:

<https://www.fda.gov/consumers/consumer-updates/where-and-how-dispose-unused-medicines> or
https://www.deadiversion.usdoj.gov/drug_disposal/takeback/

How to Dispose of Medicines at Home

When a take back option is not readily available, two options for disposing of medications at home are:

Flush the medication down a sink or toilet if the drug is on the FDA Flush List. The FDA Flush List is available online at:

<https://www.fda.gov/media/85219/download>

Trash Disposal if the drug is **NOT** on the FDA Flush List, follow these steps:

1. Remove the drugs from their original containers and mix them with something undesirable, such as used coffee grounds, dirt, or cat litter. This makes the medicine less appealing to children and pets and unrecognizable to someone who might intentionally go through the trash looking for drugs.
2. Put the mixture in something you can close (a re-sealable zipper storage bag, empty can, or other container) to prevent the drug from leaking or spilling out.
3. Throw the container in the garbage.
4. Scratch out all your personal information on the empty medicine packaging to protect your identity and privacy. Throw the packaging away.

More information on the safe disposal of medications is available from the U.S. Department of Health and Human Services online at:

<https://www.hhs.gov/opioids/prevention/safely-dispose-drugs/index.html>. Other options may be available for safe disposal of medications, such as disposal packets and addressed envelopes for mailing. Ask your pharmacist or other health care provider for more information.

Medication List

Prepared on: 11/22/2023



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 Softgel) 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



My notes and questions:

Multi-Language Interpreter Services & Nondiscrimination Notice



This document notifies individuals of how to seek assistance if they speak a language other than English.

Spanish

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-382-5729 (TTY: 711).

Chinese

注意:如果您使用繁體中文,您可以免費獲得語言援助服務。請致電 1-800-382-5729 (TTY: 711)。

German

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-800-382-5729 (TTY: 711).

Arabic

ترال كتحداث اذماغه، فإن خدمات الة عدالمسلا غوية تتوافر لك
قرم هاتف الصم البوكم (711). ما ذا: حوطة كنت
5729-382-800-1 برقم (بص تن. الامجال برقم

Pennsylvania Dutch

Wann du Deitsch schwetzscht, kannscht du mitaus Koschte
ebber gricke, ass dihr helft mit die englisch Schprooch. Ruf
selli Nummer uff. Call 1-800-382-5729 (TTY: 711).

Russian

ВНИМАНИЕ: Если вы говорите на русском языке, то
вам доступны бесплатные услуги перевода.
Звоните 1-800-382-5729 (телетайп: 711).

French

ATTENTION: Si vous parlez français, des services
d'aide linguistique vous sont proposés gratuitement.
Appelez le 1-800-382-5729 (ATS: 711).

Vietnamese

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ
miễn phí dành cho bạn. Gọi số 1-800-382-5729 (TTY: 711).

Navajo

Díí baa akó nínízin: Díí saad bee yáníłti' go Diné
Bizaad, saad bee áká'ánída'áwo'déé', t'áá jik'eh, éí ná
hóló, kójjí' hódíłniih 1-800-382-5729 (TTY: 711).

Oromo

XIYYEEFFANNAA: Afaan dubbattu Oroomiffa,
tajaajila gargaarsa afaanii, kanfaltiidhaan ala, ni
argama. Bilbilaa 1-800-382-5729 (TTY: 711).

Korean

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를
무료로 이용하실 수 있습니다. 1-800-382-5729 (TTY:
711)번으로 전화해 주십시오.

Italian

ATTENZIONE: In caso la lingua parlata sia l'italiano,
sono disponibili servizi di assistenza linguistica gratuiti.
Chiamare il numero 1-800-382-5729 (TTY: 711).

Japanese

注意事項:日本語を話される場合、無料の言語支援を
ご利用いただけます。1-800-382-5729 (TTY: 711) ま
で、お電話にてご連絡ください。

Dutch

AANDACHT: Als u nederlands spreekt, kunt u gratis
gebruikmaken van de taalkundige diensten. Bel
1-800-382-5729 (TTY: 711).

Ukrainian

УВАГА! Якщо ви розмовляєте українською мовою, ви
можете звернутися до безкоштовної служби мовної
підтримки. Телефонуйте за номером 1-800-382-5729
(телетайп: 711).

Romanian

ATENȚIE: Dacă vorbiți limba română, vă stau la
dispoziție servicii de asistență lingvistică, gratuit.
Sunăți la 1-800-382-5729 (TTY: 711).

Tagalog

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari
kang gumamit ng mga serbisyo ng tulong sa wika nang
walang bayad. Tumawag sa 1-800-382-5729 (TTY: 711).

Please Note: Products marketed by Medical Mutual
may be underwritten by one of its subsidiaries, such
as Medical Health Insuring Corporation of Ohio or
MedMutual Life Insurance Company.

QUESTIONS ABOUT YOUR BENEFITS OR OTHER INQUIRIES ABOUT YOUR HEALTH INSURANCE SHOULD BE DIRECTED TO MEDICAL MUTUAL'S CUSTOMER CARE DEPARTMENT AT 1-800-382-5729.

Nondiscrimination Notice

Medical Mutual of Ohio complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex in its operation of health programs and activities. Medical Mutual does not exclude people or treat them differently because of race, color, national origin, age, disability or sex in its operation of health programs and activities.

- Medical Mutual provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters, and written information in other formats (large print, audio, accessible electronic formats, etc.).
- Medical Mutual provides free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages.

If you need these services or if you believe Medical Mutual failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, with respect to your health care benefits or services, you can submit a written complaint to the person listed below. Please include as much detail as possible in your written complaint to allow us to effectively research and respond.

Civil Rights Coordinator

Medical Mutual of Ohio
100 American Road
Cleveland, OH 44144

Email: CivilRightsCoordinator@MedMutual.com

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights.

- Electronically through the Office for Civil Rights Complaint Portal available at:
ocrportal.hhs.gov/ocr/portal/lobby.jsf
- By mail at:
U.S. Department of Health and Human Services
200 Independence Avenue, SW Room 509F
HHH Building
Washington, DC 20201-0004
- By phone at:
1-800-368-1019 (TDD: 1-800-537-7697)
- Complaint forms are available at:
hhs.gov/ocr/office/file/index.html

Products marketed by Medical Mutual may be underwritten by one of its subsidiaries, such as Medical Health Insuring Corporation of Ohio or MedMutual Life Insurance Company.