

Test Patient
123 Main Street
BUFFALO, NY 14205



April 8, 2022

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BUFFALO, NY 14205

Dear Test Patient:

Thank you for talking with me on April 8, 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
Pharmacist, CSS Health
on behalf of Medical Mutual

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Recommended To-Do List

Prepared on: 04/08/2022

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

What we talked about:

Lisinopril Tablet 20 mg

Lisinopril (Prinivil, Qbrelis, Zestril) works best if you take it as directed by your doctor. This is a heart medicine that is taken daily (unless otherwise directed by your doctor) and can help to lower your blood pressure. You may be using this medicine for another heart-related reason, so make sure you know why you are taking lisinopril. Many times, high blood pressure does not have obvious symptoms to show something that is wrong until serious issues occur. High blood pressure can lead to serious issues such as heart attacks, stroke, and kidney damage if not treated. Taking this medicine can lead to good control of your blood pressure and lowering your risk of serious issues or damage to your body. Please tell your doctor if you have any problems with lisinopril. These may include side effects, cost, or forgetting doses. Checking your blood pressure at home can help you and your doctor know how your medicine is working.

What I should do:

Medication education

There are options to help you to organize your medicines so you remember to take them on time. Many local stores carry pillboxes or pill organizers. You, a family member, or friend can set up your weekly medicines all at once. That way, you can simply take the contents of each section at your scheduled time. Keeping all of your medicines in one area can help you to keep track of what you are taking. Matching your pill schedule to your regular schedule, such as meals or bedtime routines like brushing your teeth, can make taking your medicines part of your daily routine. If you use a phone or computer, you can also set alarms to remind you when it's time to take your medicine. Please contact your doctor or pharmacist if you have further questions and to discuss what options may work best to help you.

Medication List

Prepared on: 04/08/2022



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
Lisinopril Tablet 20 mg	Take 1 tablet (20 mg) by mouth once daily	Blood Pressure	James Notaro



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: