

John A Sample
East 9th Street
CLEVELAND, OH 44115



October 4, 2024

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CLEVELAND, OH 44115

Dear John Sample:

Thank you for talking with me on October 4, 2024 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,

Leslie Klick

Leslie Klick, RPh
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: 10/04/2024

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:

Rosuvastatin Tablet 20 mg;
Simvastatin Tablet 20 mg

Our records show that you are currently taking two cholesterol drugs that work in similar ways. Please talk to your doctor to make sure you should be taking both of these drugs. Make sure to mention if you have noticed any muscle pain, cramping, or weakness. If you notice severe muscle symptoms, your urine is dark in color (tea- or cola-colored), or you feel so weak or tired that you are unable to complete your normal every day tasks, seek medical attention as soon as possible.

What I should do:

- ☐ Please talk with your doctor about this medicine/these medicines.
- ☐ Some medicines should be used with caution. This depends on your health conditions and/or other medicines that you take.
- ☐ It is important to keep taking your medicines as directed until you follow up with your doctor.
- ☐ Make sure to mention any new symptoms you have noticed since your last check in.

What we talked about: Rosuvastatin Tablet 20 mg It is important to take your rosuvastatin (Crestor, Ezallor Sprinkle), as directed by your doctor and pharmacist. Below are some important steps on how to take your rosuvastatin to receive its best benefit: 1. This medicine may be taken with or without food and at any time of day. 2. Avoid taking red yeast rice products - this may also increase the risk of side effects. Please contact your doctor if you experience difficulty urinating, stomach pain, yellowing of the eyes or skin, or muscle pain/weakness.	What I should do: ☐ Your medicine works best if you take it as directed by your doctor. Taking your medicine as directed can lead to good control of your health condition and lowering your risk of serious issues or damage to your body. ☐ Please tell your doctor if you have any problems taking your medicine. This may include side effects, cost, or forgetting doses. ☐ Please refer to the information in the "What we talked about" box for information specific to the medicine you are taking.
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How to Safely Dispose of Unused Prescription Medications

Prepared on: 10/04/2024

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

*OHIO CVS STORES, L.L.C.
840 EUCLID AVE
CLEVELAND, OH 44114

Site 2

*CLEVELAND CLINIC LUTHERAN AMBULATORY PHARMACY
1730 W 25TH ST
CLEVELAND, OH 44113

Sites collected on Oct 4, 2024 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/takeback.html

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: 10/04/2024



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
Atenolol Tablet 50 mg	Take 1 Tablet by mouth daily	Blood Pressure	James Notaro
Lisinopril Tablet 10 mg	Take 1 Tablet by mouth daily	Blood Pressure	James Notaro
Metformin Tablet 500 mg	Take 1 Tablet by mouth daily	Diabetes	James Notaro
Rosuvastatin Tablet 20 mg	Take 1 Tablet by mouth daily	High Cholesterol	James Notaro
Simvastatin Tablet 20 mg	Take 1 Tablet by mouth daily	High Cholesterol	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:**

- Latex — Allergic reaction
- Penicillins — Allergic reaction

▼ **Side effects I have had:**

- No known side effects



My notes and questions:

Notice of Availability of Language Assistance and Auxiliary Aids and Services



English

ATTENTION: If you speak [language], free language assistance services are available to you. Appropriate auxiliary aids and services to provide information in accessible formats are also available free of charge. Call 1-800-382-5729 (TTY: 711) or speak to your provider.

Spanish

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. También están disponibles de forma gratuita ayuda y servicios auxiliares apropiados para proporcionar información en formatos accesibles. Llame al 1-800-382-5729 (TTY: 711) o hable con su proveedor.

German

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlose Sprachassistenzen zur Verfügung. Entsprechende Hilfsmittel und Dienste zur Bereitstellung von Informationen in barrierefreien Formaten stehen ebenfalls kostenlos zur Verfügung. Rufen Sie 1-800-382-5729 (TTY: 711) an oder sprechen Sie mit Ihrem Provider.

Italian

ATTENZIONE: se parli Italiano, sono disponibili servizi di assistenza linguistica gratuiti. Sono inoltre disponibili gratuitamente ausili e servizi ausiliari adeguati per fornire informazioni in formati accessibili. Chiama l' 1-800-382-5729 (TTY: 711) o parla con il tuo fornitore.

Russian

ВНИМАНИЕ: Если вы говорите на русский, вам доступны бесплатные услуги языковой поддержки. Соответствующие вспомогательные средства и услуги по предоставлению информации в доступных форматах также предоставляются бесплатно. Позвоните по телефону 1-800-382-5729 (TTY: 1-711) или обратитесь к своему поставщику услуг.

French

ATTENTION : Si vous parlez Français, des services d'assistance linguistique gratuits sont à votre disposition. Des aides et services auxiliaires appropriés pour fournir des informations dans des formats accessibles sont également disponibles gratuitement. Appelez le 1-800-382-5729 (TTY: 711) ou parlez à votre fournisseur.

Chinese

注意: 如果您说[中文], 我们将免费为您提供语言协助服务。我们还免费提供适当的辅助工具和服务, 以无障碍格式提供信息。致电 1-800-982-3117 (文本电话: 711) 或咨询您的服务提供商。

Vietnamese

LƯU Ý: Nếu bạn nói tiếng Việt, chúng tôi cung cấp miễn phí các dịch vụ hỗ trợ ngôn ngữ. Các hỗ trợ dịch vụ phù hợp để cung cấp thông tin theo các định dạng dễ tiếp cận cũng được cung cấp miễn phí. Vui lòng gọi theo số 1-800-382-5729 (Người khuyết tật: 711) hoặc trao đổi với người cung cấp dịch vụ của bạn."

Arabic

،ةيبرعلا ةغللا ثدحت تنك اذا :هيبن تةيبرعلا امك .ةيناجملا ةيوعلل ةدعاسملا تامدخ كل رفوتت سف تامولعمل ري فو تل ةبسانم تامدخو ةدعاسم لئاسو رفوتت مقرلا يل ل لصتا .اناجم اهيل ل وصولا نكمي تاقيسي سنن تب 1-800-382-5729 (TTY: 711)

Korean

주의: [한국어]를 사용하시는 경우 무료 언어 지원 서비스를 이용하실 수 있습니다. 이용 가능한 형식으로 정보를 제공하는 적절한 보조 기구 및 서비스도 무료로 제공됩니다. 1-800-382-5729 (TTY: 711)번으로 전화하거나 서비스 제공업체에 문의하십시오.

Cushite/Oromo

HUBACHIISA: Yoo Afaan Oromoo dubbattu ta'e, tajaajiloonni gargaarsa afaanii bilisaa isiniif ni argamu. Deeggarsi dabalataa fi tajaajilootni mijaa'oo ta'an odeeffannoo bifa dhaqqabamaa ta'een kennuuf gargaaranis kaffaltii malee ni argamu. Gara 1-800-382-5729 (TTY: 711) tti bilbilaa ykn dhiyeessaa keessan haasofsiisaa.

Tagalog

PAALALA: Kung nagsasalita ka ng Tagalog, magagamit mo ang mga libreng serbisyon sa tulong sa wika. Magagamit din nang libre ang mga naaangkop na auxiliary na tulong at serbisyo upang magbigay ng impormasyon sa mga naa-access na format. Tumawag sa 1-800-382-5729 (TTY: 711) o makipag-usap sa iyong provider.

Romanian

ATENȚIE: Dacă vorbiți Română, aveți la dispoziție servicii de asistență lingvistică gratuite. De asemenea, sunt disponibile gratuit materiale și servicii auxiliare adecvate pentru furnizarea de informații în formate accesibile. Sunați la 1-800-382-5729 (TTY: 711) sau contactați-vă furnizorul.

Japanese

注: 日本語を話される場合、無料の言語支援サービスをご利用いただけます。アクセシブル(誰もが利用できるよう配慮された)な形式で情報を提供するための適切な補助支援やサービスも無料でご利用いただけます。1-800-382-5729(TTY:711)までお電話ください。または、ご利用の事業者にご相談ください。

Dutch

LET OP: als je Nederlands spreekt, zijn er gratis taalhelpdiensten voor je beschikbaar. Passende hulpmiddelen en diensten om informatie in toegankelijke formaten te verstrekken, zijn ook gratis beschikbaar. Bel 1-800-382-5729 (TTY: 711) of spreek met je provider.

Pennsylvania Dutch

WICHDIH: Wann du Deutsch schwetzscht un hoscht Druwwel fer Englisch verschtehe, kenne mer epper beigriege fer dich helfe unni as es dich ennich eppes koschte zeelt. Mir kenne dich helfe aa wann du Druwwel hoscht fer heere odder sehne. Mir kenne Schtofft lauder mache odder iesier fer lese un sell koscht dich aa nix. Ruf 1-800-382-5729 (TTY: 711) uff odder schwetz mit dei Provider.

Ukrainian

УВАГА: Якщо ви розмовляєте українська мова, вам доступні безкоштовні мовні послуги. Відповідні допоміжні засоби та послуги для надання інформації у доступних форматах також доступні безкоштовно. Зателефонуйте за номером 1-800-382-5729 (TTY: 711) або зверніться до свого постачальника.

Navajo

SHOOH: Diné bee y1ni[ti'gogo, saad bee an1'awo' bee 1ka'an7da'awo'7t'11 jiik'eh n1 h0l=. Bee ahi[hane'go bee nida'anish7 t'11 1kodaat'4h7g77 d00 bee 1ka'an7da'wo'7 1ko bee baa hane'7 bee hadadilyaa bich'8' ahoot'i'7g77 47 t'11 jiik'eh h0l=. Kohj8' 1-800-382-5729 (TTY: 711) hod7ilnih doodago nika'an1lwo'7 bich'8' hanidzihi.

Notice of Nondiscrimination and Accessibility Requirements: Discrimination is Against the Law

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 (consistent with the scope of sex discrimination described at 45 CFR § 92.101(a)(2)). Medical Mutual of Ohio does not exclude people or treat them less favorably because of race, color, national origin, age, disability, or sex.

Medical Mutual of Ohio:

- Provides people with disabilities reasonable modifications and free appropriate auxiliary aids and services to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats).
- Provides free language assistance services to people whose primary language is not English, which may include:
 - Qualified interpreters
 - Information written in other languages.

If you need reasonable modifications, appropriate auxiliary aids and services, or language assistance services, contact our Civil Rights Coordinator at CivilRightsCoordinator@MedMutual.com.

If you believe that Medical Mutual of Ohio has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with our Civil Rights Coordinator.

100 American Road
Cleveland, OH 44144

Call: 1-800-382-5729 (TTY: 711)
Email: CivilRightsCoordinator@MedMutual.com

You can file a grievance in person, by mail, or email. If you need help filing a grievance, our Civil Rights Coordinator (who is also our Section 1557 Coordinator) is available to help you.

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 <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services

200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019, 800-537-7697 (TDD)

- Complaint forms are available at:
<http://www.hhs.gov/ocr/office/file/index.html>
- This notice is available at Medical Mutual's website:
www.MedMutual.com

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.

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.