Lifelong.

FREE · THE MEDICINE LIST

Picking this up for someone you love?

Every doctor is going to ask what they take. Make the list once.

Two minutes, on your phone.

Or fill in the back of this card and keep it with their medicines.

trylifelong.com/meds

WITH COMPLIMENTS OF

A free card from Lifelong, the family health company. Your pharmacist can check the list with you. For health decisions, ask your care team.

Lifelong.

KEEP IT WITH THE MEDICINES

The medicine list.

Name _____ Born _____

Allergies _____

MEDICINE AND STRENGTH	HOW MUCH, WHEN	WHAT IT'S FOR

Pharmacy phone _____ Updated _____

☐ Checked with the pharmacist

Include everything: prescriptions, vitamins, drops, creams, and anything bought off the shelf. Cross out what stops. Add what starts.