

Questions For My Doctor



A series of horizontal lines for writing questions, starting with a light orange line and followed by several white lines with light orange borders.

How-To-Use

Use this chart to track the medicines you are taking, so you may discuss with your doctor at your next visit.

- Write down the names of all your medicines.
- Note the doses you take and when you take them.
- Note the health problem that you use this medicine to treat.
- Carry this with you whenever you visit a doctor.
- If your doctor tells you to stop or change a medicine, draw a line through the old information.
- Use the space marked **“Questions For My Doctor”** to write down any questions you want to remember to ask your doctor about your medicine.

More Information...

For SCAN Health Plan®
Members:



Call Member Services with questions:
1 800-559-3500
TDD: 1-800-735-2929
Monday through Friday, 7am to 6pm
Se Habla Español



SCAN OnCall®
1-800-793-1717
24-hour Access to Medical Information



Visit SCAN online:
www.scanhealthplan.com

082305IA © SCAN 1948-2005

A health tool
for **You** from
SCAN Health Plan®



My **Medicine**
Record

This document is available
in an alternate format.
Please call SCAN for more details.



Check ✓ all the things you take:

- Aspirin or other pain, headache or fever medicine
- Allergy medicine
- Antacids
- Antihistamines or decongestants
- Drug Allergies: _____
- Cough or cold medicine
- Laxatives or diarrhea medicine
- Sleeping pills
- Vitamins or supplements
- Herbal medicines
- Prescriptions

List all medicines you take and when you take them in the chart below.

List how many times taken in a day and dose

* Medicine	Morning	Lunch	Dinner	Bedtime	Special Instructions	Reason for taking?

* When your doctor changes or stops your medicine, draw a line through the old information.

This document is available in an alternate format. Please call SCAN for more details.