



April 18, 2025

Dear

Thank you for talking with me on April 17, 2025, 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 _____ at _____, 9:30 AM to 4:30PM Monday through Friday. TTY users call 711.

I look forward to working with you and your doctors to make sure your medications work well for you.

Sincerely,

Pharmacist, PARAMOUNT

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:

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:	What I should do:
We created a list of the medications you are taking. We talked about why you use each medication and the best way to take them.	☐ It is important to take your medications as directed to get the most from them. Talk to your pharmacist if there are changes to your medications or if you have questions.

How to Safely Dispose of Unused Prescription Medications

Prepared on:

Get rid of unused or expired medicine as soon as possible. Read the information that came with your medicine. It might tell you how to safely get rid of it. If you don't have the information, follow one of these safe options:

1. **Ask your local pharmacy** if they have a program to get rid of medicine you do not need anymore.
 - Some pharmacies (and other DEA approved sites) allow medicine to be mailed to the pharmacy.
 - Ask for the special packages needed to mail medicine.
2. Bring the medicine to a **community Drug Take Back program**.
 - This is the best method for controlled substances.
 - Drug Take Back programs near you:
 -
 -
3. Visit **DEATakeBack.com** to find other collection sites in your area.
 - You can search by your city or zip code at <https://apps2.deadiversion.usdoj.gov/pubdispsearch/spring/main?execution=e2s1>.
4. Follow the steps below to **throw away medicine in the trash** or flush *approved* medications.
 - Do not flush medicine in the toilet or sink unless there are instructions telling you to do so. Learn more about the flush list and safe medicine disposal at <https://www.hhs.gov/opioids/prevention/safely-dispose-drugs/index.html>.

▼ Take or scratch off personal information, including Rx number, from the packaging before getting rid of medicine.

Throwing away medicine at home

There are three simple steps to throw away your medicine in your household trash:

1. **Remove** the medicine from its container and **mix** with an unappealing substance, such as dirt, used coffee grounds or kitty litter.
2. Put in **sealable bag** or other container. This will prevent leaking or breaking out of the garbage bag.
3. Place in the trash.

Medication List

Prepared on:



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
BLOOD GLUCOSE MONITORING SUPPLIES (ONETOUCH ULTRA 2) W/DEVICE KIT	USE 1 TEST STRIP WITH BLOOD SUGAR METER TO TEST BLOOD FROM UNDER THE SKIN ONE TIME A DAY	DIABETES	
ESCITALOPRAM OXALATE 10 MG TABLET	TAKE 1 TABLET BY MOUTH ONCE DAILY	ANXIETY	
FUROSEMIDE 40 MG TABLET	TAKE 1 TABLET BY MOUTH ONCE DAILY IN THE MORNING	HIGH BLOOD PRESSURE	
GLUCOSE BLOOD (ONETOUCH ULTRA) STRIP	USE 1 TEST STRIP WITH BLOOD SUGAR METER TO TEST BLOOD FROM UNDER THE SKIN ONE TIME A DAY	DIABETES	

Medication List for

Medication	How I take it	Why I use it	Prescriber
LANCETS (ONETOUCH DELICA PLUS LANCETS EXTRA FINE 33G) MISC	USE 1 TEST STRIP WITH BLOOD SUGAR METER TO TEST BLOOD FROM UNDER THE SKIN ONE TIME A DAY	DIABETES	
LORAZEPAM 0.5 MG TABLET	TAKE 1 TABLET BY MOUTH ONCE DAILY AS NEEDED	ANXIETY	
LOSARTAN POTASSIUM 50 MG TABLET	TAKE 1 TABLET BY MOUTH ONCE DAILY	HIGH BLOOD PRESSURE	
METFORMIN HCL 500 MG TABLET ER 24HR	TAKE 1 TABLET BY MOUTH TWICE DAILY	DIABETES	
METOPROLOL TARTRATE 50 MG TABLET	TAKE 1 TABLET BY MOUTH TWICE DAILY	HIGH BLOOD PRESSURE	
OMEPRAZOLE 20 MG CAPSULE DR	TAKE 2 CAPSULES BY MOUTH EVERY MORNING AND TWO CAPSULES EVERY EVENING	ACID REFLUX	



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 drug allergies - NKDA

 Side effects I have had:

No known side effects

 Other information:

Please review the list of medications and let me know if we need to add any to the list or remove.



My notes and questions:

Multi-Language Insert

Multi-language Interpreter Services

English: We have free interpreter services to answer any questions you may have about our health or drug plan. To get an interpreter, just call us at 1-833-554-2335. Someone who speaks English/Language can help you. This is a free service.

Spanish: Tenemos servicios de intérprete sin costo alguno para responder cualquier pregunta que pueda tener sobre nuestro plan de salud o medicamentos. Para hablar con un intérprete, por favor llame al 1-833-554-2335. Alguien que hable español le podrá ayudar. Este es un servicio gratuito.

Chinese Mandarin: 我们提供免费的翻译服务，帮助您解答关于健康或药物保险的任何疑问。如果您需要此翻译服务，请致电 1-833-554-2335。我们的中文工作人员很乐意帮助您。这是一项免费服务。

Chinese Cantonese: 您對我們的健康或藥物保險可能存有疑問，為此我們提供免費的翻譯服務。如需翻譯服務，請致電 1-833-554-2335。我們講中文的人員將樂意為您提供幫助。這是一項免費服務。

Tagalog: Mayroon kaming libreng serbisyo sa pagsasaling-wika upang masagot ang anumang mga katanungan ninyo hinggil sa aming planong pangkalusugan o panggamot. Upang makakuha ng tagasaling-wika, tawagan lamang kami sa 1-833-554-2335. Maaari kayong tulungan ng isang nakakapagsalita ng Tagalog. Ito ay libreng serbisyo.

French: Nous proposons des services gratuits d'interprétation pour répondre à toutes vos questions relatives à notre régime de santé ou d'assurance-médicaments. Pour accéder au service d'interprétation, il vous suffit de nous appeler au 1-833-554-2335. Un interlocuteur parlant Français pourra vous aider. Ce service est gratuit.

Vietnamese: Chúng tôi có dịch vụ thông dịch miễn phí để trả lời các câu hỏi về chương sức khỏe và chương trình thuốc men. Nếu quý vị cần thông dịch viên xin gọi 1-833-554-2335 sẽ có nhân viên nói tiếng Việt giúp đỡ quý vị. Đây là dịch vụ miễn phí.

German: Unser kostenloser Dolmetscherservice beantwortet Ihren Fragen zu unserem Gesundheits- und Arzneimittelplan. Unsere Dolmetscher erreichen Sie unter 1-833-554-2335. Man wird Ihnen dort auf Deutsch weiterhelfen. Dieser Service ist kostenlos.

Korean: 당사는 의료 보험 또는 약품 보험에 관한 질문에 대해 드리고자 무료 통역 서비스를 제공하고 있습니다. 통역 서비스를 이용하려면 전화 1-833-554-2335 번으로 문의해 주십시오. 한국어를 하는 담당자가 도와 드릴 것입니다. 이 서비스는 무료로 운영됩니다.

Russian: Если у вас возникнут вопросы относительно страхового или медикаментного плана, вы можете воспользоваться нашими бесплатными услугами переводчиков. Чтобы воспользоваться услугами переводчика, позвоните нам по телефону 1-833-554-2335. Вам окажет помощь сотрудник, который говорит по-русски. Данная услуга бесплатная.

Arabic: إننا نقدم خدمات المترجم الفوري المجانية للإجابة عن أي أسئلة تتعلق بالصحة أو جدول الأدوية لدينا. للحصول على مترجم فوري، ليس عليك سوى الاتصال بنا على 1-833-554-2335. سيقوم شخص ما بتحدث العربية بمساعدتك. هذه خدمة مجانية.

Hindi: हमारे स्वास्थ्य या दवा की योजना के बारे में आपके किसी भी प्रश्न के जवाब देने के लिए हमारे पास मुफ्त दुभाषिया सेवाएँ उपलब्ध हैं. एक दुभाषिया प्राप्त करने के लिए, बस हमें 1-833-554-2335 पर फोन करें. कोई व्यक्ति जो हिन्दी बोलता है आपकी मदद कर सकता है. यह एक मुफ्त सेवा है.

Italian: È disponibile un servizio di interpretariato gratuito per rispondere a eventuali domande sul nostro piano sanitario e farmaceutico. Per un interprete, contattare il numero 1-833-554-2335. Un nostro incaricato che parla Italianovi fornirà l'assistenza necessaria. È un servizio gratuito.

Portuguese: Dispomos de serviços de interpretação gratuitos para responder a qualquer questão que tenha acerca do nosso plano de saúde ou de medicação. Para obter um intérprete, contacte-nos através do número 1-833-554-2335. Irá encontrar alguém que fale o idioma Português para o ajudar. Este serviço é gratuito.

French Creole: Nou genyen sèvis entèprèt gratis pou reponn tout kesyon ou ta genyen konsènan plan medikal oswa dwòg nou an. Pou jwenn yon entèprèt, jis rele nou nan 1-833-554-2335. Yon moun ki pale Kreyòl kapab ede w. Sa a se yon sèvis ki gratis.

Polish: Umożliwiamy bezpłatne skorzystanie z usług tłumacza ustnego, który pomoże w uzyskaniu odpowiedzi na temat planu zdrowotnego lub dawkowania leków. Aby skorzystać z pomocy tłumacza znającego język polski, należy zadzwonić pod numer 1-833-554-2335. Ta usługa jest bezpłatna.

Japanese: 当社の健康 健康保険と薬品 処方薬プランに関するご質問にお答えするために、無料の通訳サービスがあります。通訳をご用命になるには、
1-833-554-2335 にお電話ください。日本語を話す人 者が支援いたします。これは無料のサービスです。

Armenian: Մենք ունենք բանավոր թարգմանչի անվճար ծառայություններ, որոնց օգնությամբ կստանաք մեր բժշկական ապահովագրության կամ դեղերի ծրագրի վերաբերյալ բոլոր հնարավոր հարցերի պատասխանները: Թարգմանչի ծառայություններ պատվիրելու համար պարզապես զանգահարեք 1-833-554-2335: Անձնակազմի որևէ անդամ, որը խոսում է անգլերեն կամ այլ լեզվով, կարող է օգնել ձեզ: Ծառայությունն անվճար է:

Cambodian: មានផ្តល់ជូនសេវាកម្រិតដោយឥតគិតថ្លៃ ដើម្បីឆ្លើយទៅនឹងសំណួរណាមួយ ដែលអ្នកអាចមានអំពីគម្រោងសុខភាព ឬឱសថរបស់យើង។ ដើម្បីទទួលបានអ្នកបកប្រែ សូមទូរសព្ទមកយើងខ្ញុំតាមរយៈលេខ 1-833-554-2335។ នោះនឹងអ្នកដែលអាចនិយាយភាសាខ្មែរនឹងជួយអ្នក។ នេះគឺជាសេវាឥតគិតថ្លៃ។

Farsi:

ما خدمات مترجم رایگان داریم تا به هر سؤالی که ممکن است در مورد طرح سلامت یا در مورد داروی خود داشته باشید پاسخ دهیم. برای دریافت مترجم، کافیست با ما تماس بگیرید 1-833-554-2335. فردی که به زبان انگلیسی/زبان شما صحبت می‌کند می‌تواند به شما کمک کند. این خدمت، رایگان است.

Hawaiian: Loa‘a ke kōkua unuhi ‘ōlelo no ka pane ‘ana i kāu mau nīnau no kā mākou papa hana olakino a lā‘au lapa‘au paha. Ke makemake ‘oe e kauoha no kēia kōkua, e kelepona mai iā mākou ma ka helu 1-833-554-2335. Na kekahi kanaka ‘ōlelo Hawai‘i e kōkua iā ‘oe. He kōkua uku ‘ole.

Ilocano: Adda libre a serbisiomi a panagipatarus tapno masungbatan ti aniaman a saludsodmo panggep iti planomi iti salun-at wenno agas. Tapno makaala iti agipatarus, tawagandakami laeng iti 1-833-554-2335. Matulungannaka ti Ilocano ti pagsasaona. Libre daytoy a serbisyo.

Samoaan: Ua i ai la matou 'au'aunaga fa'amatala'upu fai fua e leai se totogi e tali ai ni au fesili e ono i ai e uiga i le soifua maloloina pe o alafua tau fuala'au. Ina ia maua se fa'amatala'upu, na o le vili mai o matou 'i le 1-833-554-2335. 'O se tasi e tautala i le Gagana Fa'asāmoa e mafai ona fesoasoani iate 'oe. 'O lenei 'au'aunaga e fai fua.