

MyMedications Action Plan



The **MyMedications Action Plan** is a tool you can use with your health care provider (such as a doctor, pharmacist, nurse, nurse practitioner, or physician assistant) to help you identify medications that may increase your risk of a fall or car crash. Your health care provider can help you make a plan to adjust your medications if needed.

How to Use the MyMedications Action Plan:

Bring this Action Plan and your MyMedications List whenever you get health care and when you visit the pharmacy. Ask your health care provider to review your MyMedications List with you. This will help you understand every medication you take, why you take it, and if you still need it.

Your Health Care Provider May:

1. Identify anything you take that may have side effects that affect your risk of falling or your ability to drive safely. This includes prescription medications, over-the-counter (OTC) medications, vitamins, supplements, or herbal products. This may include medications or supplements that can have interactions.
2. Discuss if any medications or supplements identified can be adjusted to reduce your risk of falls and car crashes.

Remember to talk with your health care provider before stopping or changing medications you take.



Steps for You:

1. See the next page for questions to ask your health care provider about your medications or supplements.
2. Fill out the table on the next page while you are with your health care provider.
3. Remember to update your MyMedications List with any changes that you and your health care provider have made.

My Name: _____

Date Prepared: _____

Health Care Provider Name: _____

Health Care Provider Phone: _____

Follow-up Appointment Date and Time: _____



Medication Changes

Medication We Will Change	How We Will Change This Medication	Why We are Making This Change	Date Change Was Made

Questions to Ask My Health Care Provider About My Medications

- What are the benefits or risks of stopping, switching, or reducing the medication?
- What are the benefits or risks of continuing to take the medication?
- What side effects may happen if I change how I take the medication?
- What are the steps to take to adjust my medication, if needed?
- What other ways can I help manage the condition for which I take the medication? For example, is there another medication or behavior change I could try?

For more information: bit.ly/Medicines-Risk