

Essence Healthcare MTM
13900 Riverport Drive
Maryland Heights, MO 63043



PERSONAL MEDICATION LIST FOR

This medication list was made for you after we talked. We also used information from pharmacy claims.

- Use blank rows to add new medications. Then fill in the dates you started using them.
- Cross out medications when you no longer use them. Then write the date and why you stopped using them.
- Ask your doctors, pharmacists, and other healthcare providers in your care team to update this list at every visit.

Keep this list up-to-date with:

- prescription medications
- over the counter drugs
- herbals
- vitamins
- minerals

If you go to the hospital or emergency room, take this list with you. Share this with your family or caregivers too.

DATE PREPARED:

Allergies or side effects:

Medication:

How I use it:

Why I use it:

Prescriber:

More information:

Date I started using it:

Date I stopped using it:

Why I stopped using it:

Essence is an HMO plan with a Medicare contract. Enrollment in Essence depends on contract renewal. 14-088_Y0027

PERSONAL MEDICATION LIST FOR

(Continued)

Medication:	
How I use it:	
Why I use it:	Prescriber:
More information:	
Date I started using it:	Date I stopped using it:
Why I stopped using it:	

Medication:	
How I use it:	
Why I use it:	Prescriber:
More information:	
Date I started using it:	Date I stopped using it:
Why I stopped using it:	

Medication:	
How I use it:	
Why I use it:	Prescriber:
More information:	
Date I started using it:	Date I stopped using it:
Why I stopped using it:	

Medication:	
How I use it:	
Why I use it:	Prescriber:
More information:	
Date I started using it:	Date I stopped using it:
Why I stopped using it:	

Medication:	
How I use it:	
Why I use it:	Prescriber:
More information:	
Date I started using it:	Date I stopped using it:
Why I stopped using it:	

PERSONAL MEDICATION LIST FOR

(Continued)

Medication:	
How I use it:	
Why I use it:	Prescriber:
More information:	
Date I started using it:	Date I stopped using it:
Why I stopped using it:	

Medication:	
How I use it:	
Why I use it:	Prescriber:
More information:	
Date I started using it:	Date I stopped using it:
Why I stopped using it:	

Medication:	
How I use it:	
Why I use it:	Prescriber:
More information:	
Date I started using it:	Date I stopped using it:
Why I stopped using it:	

Medication:	
How I use it:	
Why I use it:	Prescriber:
More information:	
Date I started using it:	Date I stopped using it:
Why I stopped using it:	

Medication:	
How I use it:	
Why I use it:	Prescriber:
More information:	
Date I started using it:	Date I stopped using it:
Why I stopped using it:	

PERSONAL MEDICATION LIST FOR

(Continued)

Medication:	
How I use it:	
Why I use it:	Prescriber:
More information:	
Date I started using it:	Date I stopped using it:
Why I stopped using it:	

Medication:	
How I use it:	
Why I use it:	Prescriber:
More information:	
Date I started using it:	Date I stopped using it:
Why I stopped using it:	

Other Information:

If you have any questions about your medication list, call Essence Customer Service 8:00am - 8:00pm, 7 days a week at 314-209-2700 or 1-866-597-9560. TTY users should call 711. You may receive a messaging service on weekends and Federal holidays from February 15 through September 30. Please leave a message and your call will be returned the next business day.

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