

# MyMedications Action Plan

The **MyMedications Action Plan** is a tool your healthcare provider (such as a community health aid, doctor, pharmacist, nurse, nurse practitioner, or physician assistant) can use to help you identify medications that may increase your risk of a fall or car crash. Your healthcare 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 with you to your medical visits and review it with your healthcare provider. This will help you learn about every medication you take, why you take it, and if it is still needed.

## Steps for Your Healthcare Provider:

1. Identify any prescription medications, over-the-counter (OTC) medications, vitamins, supplements, herbal products, or traditional cultural medicines your patient takes that may have side effects that affect their risk of falling or their ability to drive safely. This may include medications or supplements that can have interactions.
2. Discuss how each medication or supplement identified can be adjusted to reduce their risk of falls and car crashes.
3. Fill out the first two columns of the table on the next page for each of the medications or supplements identified and create a plan with your patient.

**Remember to talk with your healthcare provider before stopping or changing medications you take.**



## Steps for You:

1. After your healthcare provider fills out the first two columns of the table on the next page, you can fill out the rest of the table with your provider or after your visit.
2. Remember to update your MyMedications List with any changes that you and your healthcare provider have made.

My Name: \_\_\_\_\_ Date Prepared: \_\_\_\_\_

Healthcare Provider Name: \_\_\_\_\_

Healthcare Provider Phone: \_\_\_\_\_

Follow-up Appointment Date and Time: \_\_\_\_\_



To Be Filled Out by My Healthcare Provider or Pharmacist		To Be Filled Out by Me		
Medication We Talked About	How We Will Change This Medication	Why I Am Making This Change	What I Did to Make This Change	Date Change Was Made

## Questions to Ask My Healthcare 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 when stopping, switching, or reducing 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/CDC-MedicinesRisk](https://bit.ly/CDC-MedicinesRisk)