



Confused About Your New Health Insurance?

DestinationHealth has the tools and information to help you get the most out of your health insurance and make your health care work for you.

Visit www.DestinationHealth.me

My Medications

Use this space to keep a record of the medicines you take and any changes that your health care provider makes.

Medication Name	Why do you take it?	How much? (Dose)	How do you take it? (Mouth or Injection)	When do you take it?	When did you start taking it?	Notes
<i>Synthroid</i>	<i>Thyroid</i>	<i>1.25mcg</i>	<i>Mouth</i>	<i>am</i>	<i>2002</i>	

Vaccinations:

Please write the date of your last: Influenza (Flu Shot): __/__/__

Tetanus shot: __/__/__ Pneumococcal(pneumonia vaccine): __/__/__

Shingles shot __/__/__ Other Vaccinations: _____

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Destination Health is an initiative of the Primary Care Coalition in collaboration with Montgomery Community Media, the Maryland Women's Coalition for Health Care Reform, and the Capital Region Connector. This document has not been reviewed or approved by Montgomery County Department of Health and Human Services (DHHS).