(check all that you use regularly)		——— Allergies:	
☐ Allergy Relief Medicine			Medication
☐ Antacids			
☐ Aspirin/Other Pain,	☐ Vitamins	Medical conditions:	
Headache or Fever Medicine			Name
☐ Cold Medicine			Consumer ID #
☐ Cough Medicine			consumer 15 "
☐ Diet Pills	Others (list below)	Pharmacy Refills Order online at kp.org/wa.	Doctor
☐ Laxatives		Or call 1-800-245-7979.	Doctor phone
☐ Sleeping Pills		DE 2256600 01 17 Pay Data 2000290	 Pharmacy phone

☐ Herbal Supplements

Record your

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Over-the-counter Medicines

lame of medicine	How much do I take?	When do I take it?	What do I use it for

Prescription medicines — List your prescription medicines below: