

MY MEDICATION LIST

Please complete the table below in advance, if possible, to prepare for your checkup.

Contact your Save-On-Foods, PriceSmart Foods or Urban Fare pharmacist to schedule your medication checkup today. **Drop-ins welcome.**

Drug Name & Strength	Dosage	Used For
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		

Vaccination	Dosage	Date		
1				
2				
3				
4				
5				
6				
7				

Store Stamp



Get your medication checkup





## MEDICATION CHECKUP

Understanding your medications and health conditions will help you get the most out of your medicines and reduce your risk of possible complications.

A medication checkup is a one-on-one consultation with a pharmacist who will go over all the prescription medications, over-the-counter medications, vitamin and mineral supplements, and natural health products you take. The pharmacist may also:

- Identify and resolve any potential medication concerns
- Explain how to manage your medications effectively
- Identify any cost-saving measures
- Provide general health and lifestyle tips
- Develop a personalized care plan
- Update your immunizations

At the end of the checkup, you will receive a detailed list of your current medications. You can save this for your own reference or share with the other healthcare professionals you see.

People with ongoing health concerns such as diabetes, asthma, high blood pressure, or high cholesterol will find this service particularly helpful. Individuals without chronic conditions who use several medications—including both prescription drugs and over-the-counter products—can also benefit from this service. Did you know that natural and herbal products can affect how some medicines work? If you take any of these products, your pharmacist can check to see that they aren't causing potential problems.

## ELIGIBILITY COVERAGE

Your medication checkup may be covered by your provincial or private health plan. Here are some of the provincial eligibility requirements, but your pharmacist can help you understand your unique situation.

### BRITISH COLUMBIA

#### Eligibility criteria:

- Be a BC resident with a valid BC Services Card or Care Card
- Have taken at least five different qualifying medications within the last six months
- May have your prescriber request a medication review
- May have at least one drug-related problem, such as side effects
- May identify a clinical need:
  - Have multiple conditions
  - Have one or more chronic conditions
  - Take one or more non-prescription medications and/or natural products
  - Have recently been discharged from the hospital
  - Have multiple prescribers
- Be taking one or more medications that require laboratory monitoring

### ALBERTA

#### Eligibility criteria and options:

- Be an AB resident with a valid Alberta Health Card
- Have at least one chronic health condition such as high blood pressure, asthma, COPD, heart disease, depression or another mental health disorder
- Have diabetes and currently taking at least one prescription medication or insulin
- Have a chronic health condition and a risk factor
- Take a minimum of three prescription medications and have a chronic health condition

### OTHER PROVINCES AND TERRITORIES

Please see your pharmacist for specific details.

## GETTING STARTED

Consider meeting with your pharmacist at least once or twice a year for a comprehensive medication checkup and later for routine follow-up discussions as needed or as recommended by your pharmacist.

#### How to prepare for a medication checkup:

- Complete a list of medications you take, including prescription and non-prescription drugs, vitamins and supplements, and natural health products.
- Provide related lab results or records, if applicable.
- Update your immunization history, if applicable.

