



Reflections

Medications and my life

This tool can help you prepare for a conversation with a provider about medications. Fill it out before your appointment then take a copy with you to the appointment. You may also want to give your provider a copy.

List three things that are very important to you in your life.

1. _____
2. _____
3. _____

In what ways do medications help you get or keep these things?

In what ways do medications interfere with your getting or keeping these things?

Based on this reflection, what do you want to talk to your doctor about?

- This is working for me: _____
- This is not working for me: _____
- I'd like to consider this change: _____