

## Reflections

## Medications and my life

	ool can help you prepare for a conversation with a provider about medications. Fill it out before your intment then take a copy with you to the appointment. You may also want to give your provider a copy.	
	hree things that are very important to you in your life.	
1.		_
2.		
		-
3		-
In w	hat ways do medications help you get or keep these things?	7
In w	what ways do medications interfere with your getting or keeping these things?	_
Base	ed 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:	