

Questions to ask when starting a new medication.

Whenever you're starting a new medication, use these questions as a starting point with your doctor or health care provider. Bring any lingering medication questions to a MOBE Pharmacist.

- Why am I taking this medication, and how long will I need to take it for?
- How am I supposed to take it so that it works best?
- How long will it take to work, and how will I know it is working?
- How should I store it?
- Will it interact with any other medications, including OTC meds and supplements?
- What side effects might I expect? When should I report them to my doctor?
- Should I avoid certain foods, drinks, or alcohol while taking this?

Questions to ask at a medication checkup.

It's a good idea to check in with your health care provider or MOBE Pharmacist at least twice a year to make sure everything is still necessary, safe, and effective.

- Am I taking something that I no longer need?
- Are all of my current prescriptions, OTC medications, and supplements doing what they are supposed to be doing?
- Am I taking anything that could have a negative effect on my health—either on its own or along with something else?
- Are any of my medications treating side effects of something else I'm taking? Are there other ways to manage those side effects?
- Do I need to make changes to my medication, or the dose, because of recent changes to my body, health status, or lifestyle habits?

A MOBE Pharmacist can answer any lingering questions you have about any medications or supplements. To find out if you're eligible for MOBE, check your [status](#). When you're ready to take the first step with a MOBE Pharmacist call **844-841-9275**.



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Take notes.

Use this chart to jot down all medications in your current routine, even the ones you only use now and then, along with any notes from your discussions with your health care providers and MOBE Pharmacist.

Prescription medications

Name	Dose / directions	Notes (why I use it, how it works, etc)

Over-the-counter medications

Name	Dose / directions	Notes (why I use it, how it works, etc)

Supplements, herbals, vitamins

Name	Dose / directions	Notes (why I use it, how it works, etc)



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