HOME MEDICATION LOG

MONITOR.

More than 50% of people get the medicine they abuse for free.

Protect your medication by monitoring it. When you get a new medication or refill, write down the name, the original quantity and the date you began taking the medication, on this log. It is recommended to inventory your medications, both prescription and over-the-counter, at least once a month by checking the name and quantity of each medication. Remember when you last did your inventory by writing down the date on the back of this form in the boxes provided.

Prescription Medications	Quantity/Date

Qualitity/Date

Over-the-Counter Medications Ouantity/Date

January 	April 	July 	October
February 	May 	August	November
March 	June 	September	December

Be a part of the solution! MONITOR. SECURE. DISPOSE.

To learn more visit www.shastahhsa.net