Where to Start:

• First, gather all of your current prescription medications, vitamins, supplements, and over-the-counter medications.
• Next, write down as much information as possible on the attached medication list. Keep this with you.
• Also, consider bringing your medications and/or list to your next visit with your healthcare provider.
• Before your visit, think of questions you have about your medications.

Managing Your Medications

CMMC Family Medicine Clinic
76 High Street
Lewiston, ME 04240
207-795-2800
Please call to set up an appointment or for more information on how to manage medications
**What Should I Ask My Provider?**

**EXAMPLES:**
1. What is the medication’s name?
2. What is this medication for?
3. Is there a generic form?
4. When should I take it?
5. How much should I take?
6. How long should I take it?
7. What are the side effects?
8. Do I have to avoid anything (examples: activities, drinks, food)?
9. Should I get a refill?
10. Should I stop taking anything?
11. Can I have more information?
12. Is my medication list accurate?

-Resources exist that help people find out what their medication looks like, where/how to dispose of it when you no longer need it, and many other important pieces of information. A great place to start is [www.usa.gov/medicine](http://www.usa.gov/medicine).


**THE NEXT STEP**

**Ask about myHealthLink**

This is a secure patient portal through CMMC that gives you 24 hour access to your health information. You need an internet connection and an email address to sign up. More information and frequently asked questions can be found at [https://myhealthlink.cmmc.org/pulselive/HtmlTemplate/MyHealthLink%20FAQs.pdf](https://myhealthlink.cmmc.org/pulselive/HtmlTemplate/MyHealthLink%20FAQs.pdf).

**What about home visits?**

Yes! There are options for someone to come to your home to help with medications. Some of these services require MaineCare or qualifying for special services. Contact your PCP or check out these options for starters:

- Androscoggin Home Care and Hospice
  207-777-7740 or [http://www.ahch.org/Contact-Us](http://www.ahch.org/Contact-Us)

- United Ambulance Service
  207-440-2662 or [http://www.unitedambulance.com/services.htm](http://www.unitedambulance.com/services.htm)

**Interesting New Program**

While it’s hard for many people on medications to manage their daily routine, those that are new to the community or speak a different language can be affected even more. Please let your healthcare provider know if you need help with translation or would like help with organizing your medications. Ask if there are other community services. For example, a helpful program through the Somali Bantu Community Association of Maine assists community members with their medication list. Check out the program here: [http://www.sbcmala.org/medical-reconciliation-program.html](http://www.sbcmala.org/medical-reconciliation-program.html).