

Stay Healthy and Get a Blue Bag Checkup

STEP 1

Gather ALL your prescription medications, over-the-counter medications, herbal supplements or natural products, vitamins or minerals and any lists of medications and vaccinations you have.



STEP 2

Place all the items and information in a bag and take them to your health care professional, your pharmacist or to a Blue Bag Checkup event in your area.



STEP 4

Always have your list and medications with you for your visits to your doctor, pharmacist, hospital or ANY health care professional.



STEP 3

A pharmacist or physician assistant will help you complete an updated medication list to take with you. They will ask how and when you take each medication and record that on the medication list.



BLUE BAG
INITIATIVE