

Time sensitive information for:

<Member Name>
<Address>
<City, State, Zip>



**Important information
about taking multiple
medications**

Dear [Member first name]:

At Blue Cross and Blue Shield of Florida, Inc., we want to help you avoid medication-related problems. A medication-related problem could be anything from an unwanted side effect to something that requires hospitalization. The risk of having a problem increases with the number of medications taken together and the number of different doctors prescribing medications for one person.

Time to fill the medication bag?

One way to prevent medication-related problems is to routinely review your medications with your doctor. If it has been over 6 months since you've had your medications reviewed by your doctor, please consider making an appointment to do so. **For your convenience, we've enclosed a plastic bag so you can put all of your medications, over-the-counter drugs, and any herbal or nutritional supplements into the bag and take it with you to your doctor's visit.**

Ongoing safety tip

Keep a detailed list of all your medications, over-the-counter drugs and herbal or nutritional supplements. **We've included a Personal Medication Record so you can easily write down and organize these important details.** Your medication record will become a handy reference to keep with you at all times. You'll find it's especially helpful during doctor and hospital visits.

What this means to you

You can help prevent medication-related problems. To keep your doctor informed, we've sent a letter to let him or her know that you may be coming in for a visit to review your medications.

If you have any questions, please call the toll-free customer service number on the back of your member ID card or submit your question securely online. Just visit **www.bcbsfl.com** and log into MyBlueServiceSM.

Sincerely,



John Coleman, Pharm D.
Pharmacist – Clinical Pharmacy