



Sometimes patients feel like they have no control over their health; their healthcare providers (HCPs) make all the decisions and they just follow along. But by understanding the role of everyone involved in your health, you can take control of your decision-making and help make sure you're getting the most out of your medicine.

HCPs

HCPs diagnose conditions when you're sick, prescribe medication to make you better, and make sure all the medications you take are safe to take together.



Pharmacists

Pharmacists prepare the medicines the HCPs prescribe. They are experts in the way medicines affect our bodies, and can provide advice on how best to take a given medication. Like HCPs, pharmacists also check to make sure all the medications you take are safe to take together.



You

The most important member of your health care team is you. One of the most important things you can do as a patient is keep careful track of your medicine. By keeping a complete list of everything you're taking, you can help your HCP and pharmacist play their roles. Your medicine list can include any of the following:¹

- prescriptions
- over-the-counter medicines (aspirin, etc.)
- herbs
- vitamins
- natural remedies
- diet supplements



References:

1. Speak Up: Help avoid mistakes with your medicines. The Joint Commission Web site. http://www.jointcommission.org/Speak_Up__Help_Avoid_Mistakes_With_Your_Medicines. Accessed December 1, 2010.