



My Meds, My Life Information Sheet

Several months ago, a subgroup of hospital representatives of the Colorado 5 Million Lives Campaign came together to design a medication form for Coloradans. The **My Meds, My Life** medication card was developed for health care consumers to keep track of their medications – a key step in preventing medication errors in hospitals.

The My Meds, My Life effort is part of the Colorado 5 Million Lives Campaign to reduce medication errors at transition points in hospitals. The Campaign encourages all hospitals and healthcare providers to inform their patients and community members of the importance of carrying a medication list.

The Colorado Trust has generously funded this effort and discussions on how we can expand this effort statewide continue. We are working with stakeholders and providers who will share, support and partner in disseminating and promoting this very important public awareness message. Please disseminate this medication card to your patients and community in whatever way you can. Additional resources will be forthcoming and posted on www.colorado5millionlives.org.

If you have any comments or suggestions about My Meds, My Life, please contact Hilarie Olson, holson@cfmc.org.