

NATIONAL CENTER FOR COMPLEMENTARY  
AND ALTERNATIVE MEDICINE  
National Institutes of Health  
U.S. Department of Health and Human Services



For more information about  
CAM, visit [nccam.nih.gov](http://nccam.nih.gov) or  
call 1-888-644-6226.



## TIME TO TALK.

TELL your health care providers about your use of complementary and alternative medicine (CAM).

If you are considering a new CAM therapy, ask your provider about its safety, effectiveness, and possible interactions with medicines (both prescription and over-the-counter).

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PATIENT NAME

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BLOOD TYPE

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EMERGENCY CONTACT

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EMERGENCY PHONE

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ALLERGIES

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PRIMARY PHYSICIAN

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PHYSICIAN PHONE

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MEDICAL CONDITIONS

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List medicines (prescription/over-the-counter), therapies, vitamins, herbs, dietary supplements, homeopathic remedies, other

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