

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 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).

PATIENT NAME

BLOOD TYPE

EMERGENCY CONTACT

EMERGENCY PHONE

ALLERGIES

PRIMARY PHYSICIAN

PHYSICIAN PHONE

MEDICAL CONDITIONS

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