

B	I	N	G	O
Sleep Medications	1200mg/day	Avoid Smoking	Over the counter(OTC)	Herbal and Vitamin Supplements
Antidepressants	Pharmacist	Multiple Medications	800-1000mg/day	Osteoporosis
Personal Medication Record	Uneven surfaces	FREE	Anti-Anxiety Medications	Caution while driving
Drug Interactions	Pain Medications	Foot Wear	Bone Mineral Density test	Limit Alcohol
Blood Pressure Medication	Anticonvulsants	Osteopenia	weight-bearing exercise	Antipsychotics

B	I	N	G	O
Uneven surfaces	800-1000mg/day	Over the counter(OTC)	Antidepressants	Multiple Medications
Avoid Smoking	weight-bearing exercise	Herbal and Vitamin Supplements	Anticonvulsants	Osteoporosis
Drug Interactions	Anti-Anxiety Medications	FREE	Caution while driving	1200mg/day
Bone Mineral Density test	Osteopenia	Sleep Medications	Antipsychotics	Pain Medications
Foot Wear	Limit Alcohol	Personal Medication Record	Pharmacist	Blood Pressure Medication

B	I	N	G	O
Anticonvulsants	Osteopenia	800-1000mg/day	Limit Alcohol	Anti-Anxiety Medications
Sleep Medications	Drug Interactions	Foot Wear	Pharmacist	Herbal and Vitamin Supplements
Personal Medication Record	Antipsychotics	FREE	Pain Medications	Bone Mineral Density test
Uneven surfaces	Osteoporosis	Over the counter(OTC)	weight-bearing exercise	Avoid Smoking
Caution while driving	1200mg/day	Multiple Medications	Antidepressants	Blood Pressure Medication