

# Information from your AOK – The Medication Plan



## Dear AOK insurance client,

Since 1 October 2016 you are entitled to a medication plan created specifically for you if **at least three pharmaceutical** products have been prescribed for you **at the same time** and these have to be taken over at least four weeks.

Medication Plan

**Medikationsplan** für: **Erna Musterfrau** geb. am: **29.02.1963**

ausgedruckt von:  
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**MUSTER**  
Reason

Wirkstoff	Handelsname	Stärke	Form	Zeitpunkt				Einheit	Hinweise	Grund
				morgens	mittags	abends	zur Nacht			
Musterwirkstoff	Name des Medikaments	95 mg	Tabl	1	0	0	0	Stück		Herz/Blutdruck
Musterwirkstoff	Name des Medikaments	5 mg	Tabl	1	0	0	0	Stück		Blutdruck
Musterwirkstoff	Name des Medikaments	100 E/ml	Lösung	20	0	20	0	I.E.		Diabetes
Medication to be used at particular times								Stück		Blutfette

**zu besonderen Zeiten anzuwendende Medikamente**

Musterwirkstoff	Name des Medikaments	2,375mg	Pflast	alle drei Tage	1	Stück		Schmerzen
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**Selbstmedikation**

Musterwirkstoff	Name des Medikaments	900 mg	Tabl	1	0	0	0	Stück		Stimmung
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Example of how a plan could look.

## What are the advantages of the medication plan?

The purpose of the medication plan is to provide you with an easy reference document containing important information on your medication and help you take or use the medication at the right time and in the right dose. The medication plan can also assist your doctor and pharmacist to have a clearer picture of any incompatibilities and interactions between your medication, thus making your pharmacotherapy safer. You should therefore take the medication plan with you every time you visit your general practitioner, specialist, hospital or pharmacist.

## Who creates the plan and what information does it contain?

Your general practitioner will normally compile your medication plan. If a specialist is coordinating your pharmacotherapy, he too may compile the medication plan. The doctor will record which medication you should take as well as when you should take it and the quantity. The active agents and the reason why you are taking the medication are also listed in a clearly arranged form.

## What else should be carefully noted?

Please also tell your doctor about any non-prescription drugs you buy from the pharmacist (also called "self-medication") so that these can also be included in your medication. This is because interactions with this type of medication are also possible. The medication plan must be up-to-date and complete if it is to improve the safety of your pharmacotherapy.

## How is the medication plan updated?

The plan also includes a bar code containing the information in the plan; this bar code can be accessed by a scanner in the doctor's surgery or at the pharmacy. This enables records to be up-dated electronically in doctor's surgeries, hospitals and pharmacies. The plan can also be up-dated or additions made by hand.

At present the medication plan is only available in paper form but the intention is to make a digital version available not later than 2019.