

For more information about CAM, scan this code, visit nccam.nih.gov or call 1-888-644-6226.

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National Institutes of Health U.S. Department of Health and Human Services

NATIONAL CENTER FOR COMPLEMENTARY
AND ALTERNATIVE MEDICINE





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
the-counter), therapies, vitamins, herbs, dietary supplements, homeopathic remedies, other