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# Manage my meds

Library staff  
can show you  
how to use the  
online resource

## What's inside?

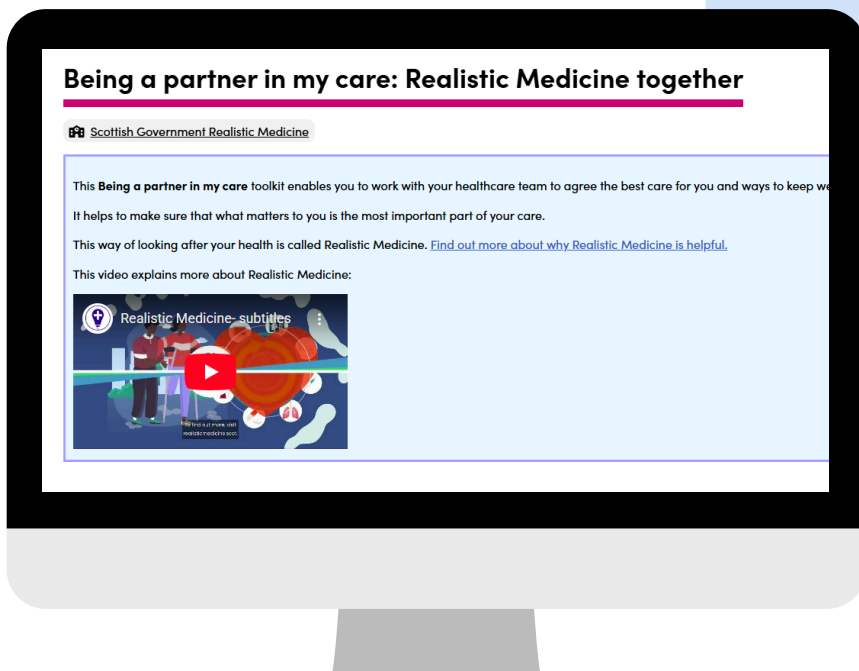
This resource helps you learn about your medicines. It shows you what your medicines do, how to use them safely, and what to ask your healthcare team.

## Questions to help you make good choices about medicines

A medicines review is a chat with a healthcare team about how your medicines are working.

## Is this medicine helping me?

The resource has tools that explain the benefits and risks of different medicines.



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