

MY MEDICATIONS AND HEALTH TRACKER

You may work with your health care professional to complete the form below and list all medications you've been prescribed.

Medication name: _____

Prescribing doctor: _____

What does it do? / What is it for? _____

How many times per day do I take it? _____

What not to take with it? _____

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Please [click here](#) for full Prescribing Information, including **Boxed WARNING**.



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What not to take with it? _____

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Entresto[®]
(sacubitril/valsartan) tablets
24/26mg • 49/51mg • 97/103mg

Weekly Planner for __/__/__ - __/__/__

Use the guide below to keep track of your daily weight. Also be sure to track your energy, mood, and level of activity—these are important too.

Important events/appointments this week:

Sunday, __/__/__ Current weight: ____

How am I feeling physically? Tired Energetic

How is my mood? Sad Happy

How active was I? Not active Active

Monday, __/__/__ Current weight: ____

How am I feeling physically? Tired Energetic

How is my mood? Sad Happy

How active was I? Not active Active

Tuesday, __/__/__ Current weight: ____

How am I feeling physically? Tired Energetic

How is my mood? Sad Happy

How active was I? Not active Active

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Wednesday, ____ / ____ Current weight: ____

How am I feeling physically? Tired Energetic

How is my mood? Sad Happy

How active was I? Not active Active

Thursday, ____ / ____ Current weight: ____

How am I feeling physically? Tired Energetic

How is my mood? Sad Happy

How active was I? Not active Active

Friday, ____ / ____ Current weight: ____

How am I feeling physically? Tired Energetic

How is my mood? Sad Happy

How active was I? Not active Active

Saturday, ____ / ____ Current weight: ____

How am I feeling physically? Tired Energetic

How is my mood? Sad Happy

How active was I? Not active Active

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How is my mood? _____
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Novartis Pharmaceuticals Corporation
East Hanover, New Jersey 07936-1080

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