

How To Use

CentennialCare Pack

Always verify the date and time!

- 1** Tear pouch off of the roll at the perforation
- 2** Hold pouch in your hand with your name in the top left corner
- 3** Tear pouch open from top to bottom
- 4** Carefully empty the contents of the pouch into your hand



Remember to take your medications with a full glass of water!