

Medication Reminders: There are Tools for That!



For smart phone or tablet users, try a medication management app.

What is a medication management “app”?

Apps can be a great tool to help you keep track of your health and manage your medications. After you download an app (from iTunes or Google Play), you have to enter information about your medications, including how much and how often you take them. The app will alert you when it is time to take your medication. With so many apps out there, you may need to try a few to find the right one for you.

Some things to keep in mind as you check them out:

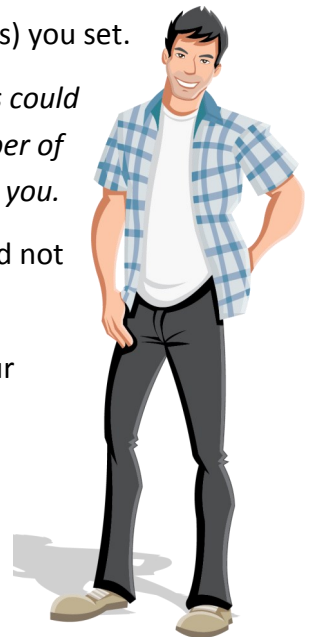
Security: Apps store private health information. Make sure the app you choose has:

- A log-in process that requires a password.
- A disclaimer that your information will not be shared unless you give permission.
- *Note: it should **NOT** ask for identifying information, such as your social security number.*

Reminders: Alerts that remind you to take your medication based on the time(s) you set.

- *Make sure the app has an alert format that works for you. This could be text, alarm, or email. If your cell phone plan limits the number of text messages you can receive, a text alert may not be best for you.*
- Be sure that the alert goes off no matter what. The alert should not wait until you finish a call or exit a game.

Tracking: The most helpful apps allow you to track whether you have taken your medication or need to delay taking it.



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Medication Information:

You should be able to input all types of medications (pills, inhalers, injections, etc.)

Some apps limit the number of medications you can track. Be sure to choose one that allows you to track all of the medications you are taking!

Other Things to Think About:

Some apps let you add information about your prescribing physician and pharmacy, as well as notes about taking your medication with food, or any possible side effects. If this is important to you, look for an app with this ability.

Just remember, the tool is supposed to make it **easier** to manage your meds. Find the one that works for you! Here are some free apps to check out:

Mango Health	Pill Reminder
MediSafe	Pill Monitor
MedCoach	RxMindMe Prescription

For traditional cell phone users:

If you have a traditional cell phone (one without internet capability), this is a great option. Texting 4 Control is a text reminder program, available through the Epilepsy Foundation. Sign up online to receive text reminders when medication is due.



For more information about how to manage your medication or to help someone you know become more independent managing their healthcare contact us.



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