

# Every Dose, Every Day



## Using Technology to Help Manage Medication Reminders

Smartphones have become routine for many people. Here are some apps that will help you and your family manage your health and daily medications. Look in the app store to find these and other similar apps to aid in your daily routine.



### Medisafe Pill Reminder

Free Apple & Android

MediSafe can be synced among multiple users such as family members and caregivers. It alerts each other if one person misses their medication or decides to skip a dose. MediSafe is useful especially for those who are managing numerous family members, each with their own profile.

You may add a medication if it is not listed on the database, as well as customize how often it is to be taken.

**Alerts:** Medication alerts populate on the phone's main screen and will continue to alert until addressed that medication has either been taken, missed or skipped. Ideal for iWatch users. Also, alerts you of any time changes when traveling. Calculates adherence to medications and provides a daily report.

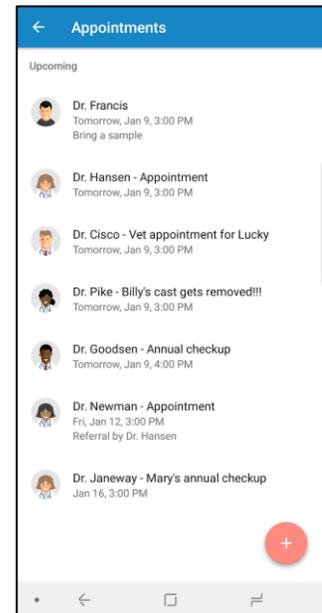
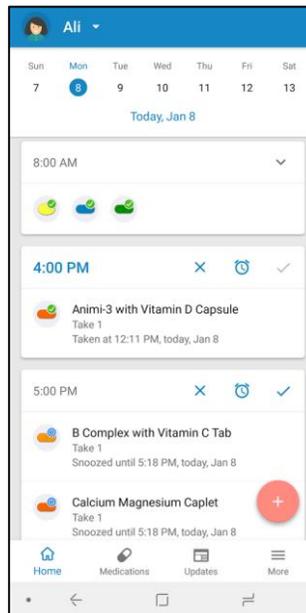
**Measurement Tracker:** You may also track different measurements such as cholesterol, fitness, glucose, etc. However, they would have to be manually entered if you use other apps such as the Health App on the iPhones, you may synchronize this information to MediSafe.

**Appointment Tracker:** You may list any upcoming doctor visits and add them to your calendar.

**Interactions Checker:** Type in to see if any new medications have interactions with your current regime.

**Videos:** MediSafe includes a news feed that is supposed to show video clips and tips on how to manage one's condition.

**Medications:** Provides detailed information about each medication and potential side effects. Allows you to write in when you would be due for another refill and send a reminder.



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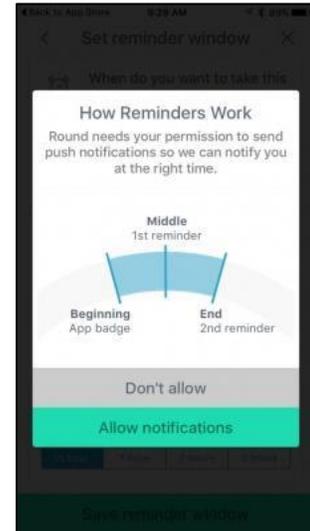


## Round Health

Free Apple Only

**Alerts:** Medication alerts to phone with or without sound and pop up alerts on home screen, notes when the last time medication was taken. Very user friendly on iWatch. Does give several alerts if they are not addressed. May customize medications if not listed on database. Notes on calendar days of adherence to medication. Lacks user friendly way to enter a medicine to be taken twice daily or more. In order to enter this medicine would have to be entered twice with different time alerts.

Very simple alerts, not as sophisticated as MediSafe, but may be useful for someone not taking as many medications.



## Medicine Alert: Pill Reminder

Free Apple and Android

**Alerts:** Notifications only once but with purchasing app \$1.99 may alert multiple times. Does track daily adherence. Alerts for upcoming doctor appointments to be entered manually.

**Database:** Allows you to take a picture or pick a picture of what the pill looks like.

**Refills:** Options to reminders for when pills will need a refill and expiration dates. May manually enter prescription number and special instructions written by the doctor.

**Optional Data:** May enter a route of administration for each pill



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## Mango Health

Free Apple and Android

**Alerts:** Visually appealing and user friendly. To encourage adherence, points are given when adherence is marked by patient on the app. The accumulation of points allows you to participate in the "Gift Program" where you can be entered in weekly raffles to receive gift cards, charity donations or other gifts.

Cannot be shared to alert other people or caregivers of upcoming medications. Ability to set reminders for healthy habits such as daily weights, exercise, blood pressure, hydration, blood glucose and moods.

**Drug Interactions:** Gives information on each medication and provides dietary restrictions if indicated. Does allow to type in over the counter medications to check for interaction

**Reminders:** Provides the ability to set reminders to watch weight, check blood pressure, exercise. Also has the capability for reminders when refills are running low.

