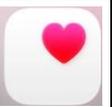


Apps – Health and Medication

Many people find smartphone apps helpful for remembering when to take their medicines or when a prescription is due. Below is an overview of commonly used apps. This information is for awareness only; you can decide whether any of these tools are right for you.

If you have developed a medication compliance and adherence app and would like to be added to this list, please email nwicb.medsqueries@nhs.net and we will arrange for your details to be included.

<p>Pill Reminder – All in One</p> 	<p>https://apps.apple.com/bb/app/pill-reminder-all-in-one/id816347839</p>	<p>Apple only Free download (limited reminders), in-app purchases-app purchases</p>
<p>A simple tool for setting medication reminders. You can also:</p> <ul style="list-style-type: none"> • Take photos of your tablets for easy identification • Set reminders for prescription refills and appointments • Share adherence information via email • Add multiple users (e.g., family members) <p>Things to know:</p> <ul style="list-style-type: none"> • Free version only allows two reminders. • Additional features require optional in-app purchases-app purchases 		
<p>Medisafe</p> 	<p>https://medisafeapp.com/</p>	<p>Apple & Android Free, with optional upgrades</p>
<p>A widely used medication reminder app where you manually enter your medicines and doses. The app can:</p> <ul style="list-style-type: none"> • Send timed reminders • Show what medicines look like • Notify a chosen family member/carer if doses are missed • Store GP appointments and refill reminders <p>Things to know:</p>		

<ul style="list-style-type: none"> • Some features require premium (paid) upgrades. • Designed as a central place to keep all medication information. 		
MyTherapy – Medication Reminder		https://www.mytherapyapp.com/
Apple & Android Free		
<p>A comprehensive health diary and reminder tool. Useful for those taking medication and tracking health symptoms. Features include:</p> <ul style="list-style-type: none"> • Medication reminders • Prescription and new pack reminders-pack reminders • Ability to record symptoms, health measurements (e.g., blood pressure), and doctor appointments • Apple Health integration (iPhone users) • Monthly summaries that may help during medical reviews • Injection site tracking (where relevant) <p>Things to know:</p> <ul style="list-style-type: none"> • Offers a wide range of health tracking tools, which may be more than some people need.-tracking tools, which may be more than some people need. 		
Apple Health		https://apps.apple.com/us/app/apple-health/id1242545199
Apple Only Free download		
<p>A central and secure place for your health and fitness information.</p> <ul style="list-style-type: none"> • Easy to access • Medication reminders • Share health data with people important to you or carers • Receive highlights on what matters most to you – e.g. vitals • Review your health data over time • See all your health records in one place (e.g., test results, allergies) <p>Things to know</p> <ul style="list-style-type: none"> • Seeing all your health records in one place is not available in all regions. • When your phone is locked with a passcode all your data in the app is encrypted to prevent unauthorised access. 		

Samsung Health		Samsung Health or https://play.google.com/store/apps/details?id=com.sec.android.app.shealth&hl=en-US	Android only Free download
<p>A free health tracking app, now including a medication tracking system to support daily wellness.</p> <ul style="list-style-type: none"> • Activity and workout tracking • Track vital signs (e.g., blood pressure, heart rate) with compatible devices • Customisable alerts • Medication information and safety tips (view general medication info and possible side effects) • Medication tracking and reminders (set reminders of dosages and refills, getting alerts on your device) • Easy to access <p>Things to know</p> <ul style="list-style-type: none"> • Some features may not be available on all devices and in all regions. 			