

Taking Medication Reminder



Strategies and Apps

- Setting alarms or reminder alerts on your phone via the clock app or a calendar entry can be very helpful with taking all of your medications at the correct time.
- For Android users, try out the Tetra Alarm created by the Shepherd Center Assistive Tech Dept! Click below for a YouTube video demo:
 - <https://www.youtube.com/watch?v=86pfSzqxBns&feature=youtu.be>
- Other phone apps for medication management for both iPhone and Android
- <http://www.medisafe.com/app/>
- <https://www.mangohealth.com/>
- <https://itunes.apple.com/us/app/dosecast/id365191644?mt=8>