



KEY TAKE-AWAYS

SMARTPHONES AND SMARTWATCHES FOR MEDICATION REMINDERS

Would you like a better way to manage your med reminders? Do you have a Smartphone? If yes, consider using the Alarm feature on your *SmartPhone* or a *SmartWatch*. With digital assistants like Siri and Google, use simple voice commands to make it work. Just tap and talk to tell the assistant what to do. Tap the screen and say:

Hey Google, set a reminder for every day at 8am. Name it 'Take Meds'.

When the alarm goes off, tap to dismiss and go take your meds.

If you can't take your meds right away, tap Snooze to be reminded in 10 minutes.



COST

FREE No new costs if you already have a SmartPhone or SmartWatch

\$10-15 for a good lanyard; more for specialty types

The Gear Beast Lanyard has the best reviews on Amazon

WHAT YOU NEED

- ✓ A SmartPhone with a digital assistant
- ✓ A lanyard to turn your SmartPhone into a wearable if you don't have pockets to keep the phone handy
- ✓ Optional: A SmartWatch if you don't want to carry or wear a SmartPhone



What to Look For

- ✓ For SmartPhones Lanyards: one designed for your SmartPhone model that has good online reviews (*Some hold better than others*)
- ✓ For SmartWatches: Microphone, speaker and a vibrate feature

RECOMMENDED PRODUCTS & SERVICES

- ✓ Use the 'Set Alarm' command. The Alarm feature will persist (*sound or vibration continues until you turn it off, just like an alarm clock*)
- ✓ The "Gear Beast" lanyard. Includes a pocket for ID, debit card, or bus pass



What to Avoid

- ✗ **Avoid using the word 'Reminder'**
*Reminder notifications are a specific feature that give a brief alert. They do not persist! They are **EASY TO MISS!***
- ✗ Data plan just for reminders.
Alarms work in standalone mode – no app or data network connection required

*To learn more about your options and what to look for, including SmartWatch details, explore **The Blog** or go to your Library on the Hub and find the **Guide to Smartwatches**.*