

Balloon Notes

Tips for Using Smart Devices to Manage Your Health



Use the **Calendar App** to:

- ◆ Schedule appointments with your health care team, labs, and medication refills
- ◆ List your symptoms and track how you are feeling
- ◆ Enter medication dosage, days and times when taken



Use the **Notes App** to:

- ◆ List information and details about your medical condition
- ◆ List your medications and doses
- ◆ Add questions to ask your health care team at your next visit
- ◆ List your goals and plans for the future, school or career
- ◆ Outline your emergency and transportation plans

Use your **Contacts** to:

- ◆ Enter names, phone numbers, and addresses of your health care team and pharmacy to make appointments and medication refills

Use the **Alarm Clock** to:

- ◆ Set alarms to take your medications at certain times



Use the **Reminders App** to:

- ◆ Remind you when it is time to take medications
- ◆ Create a checklist of things to do before your next appointment



Other **Apps** can be downloaded to help you manage your health such as:

- ◆ Epic MyChart
- ◆ Healthcare passports

Medication management, schedules, and lists

Remember to:

- Add alerts and sounds for your calendar appointments and alarms.
- Keep information on your phone protected with a password.
- Ask your health care team for help.

Helpful Websites and Apps to Manage Your Health

The websites and mobile applications listed below are easy to use from the internet or your smart device. Remember to keep your login information and passwords protected and secure.

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