THE HEART FAILURE PATIENT FOUNDATION

Patient Tip Sheet

USING TECHNOLOGY TO MANAGE HF



Managing heart failure often requires multiple medications. Using a smartphone app can help you avoid missed doses, track symptoms, and keep your care team informed.

Learn more about the apps that are available to you.

MyTherapy (Apple & Android)
Best for Doctor Visits
Features:

- Pill reminders and medications alarms- flexible and personalized reminders for medications
- Personal medication plan- Keep a clear overview of your medications, including a daily log to track what you have taken
- Refill Reminders- stay prepared, get notified before your medications runs out or when its time for your next prescription.
- Injections site tracking if appropriate
- and weight tracking
- Apple health integration-
- Symptoms and Pain Diary
- Health report and overview- turn data into clear reports to support conversations with providers.

Pill Reminder: All in One

Free Apple and Android

Alerts: Notifications only once but with purchasing app 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

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.

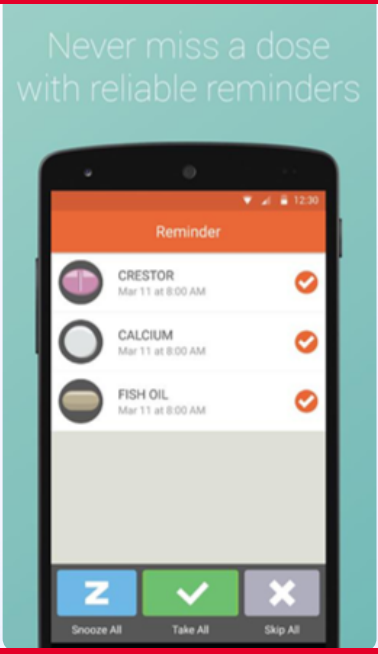
Lacks user friendly way to enter a medicine to be taken twice daily or more. In order to enter this medicine would have to be entered twice with different time alerts.

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

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USING TECHNOLOGY TO MANAGE HF CONTINUED



Mango Health
Free Apple and Android

Best for Motivation
Earn points and raffle entries for taking pills on time. Includes built-in drug interaction warnings.

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, , 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 , exercise. Also has the capability for reminders when refills are running low.

Medisafe Pill Reminder
Free Apple & Android

Best for Caregiver Support
Syncs with family members and alerts them if you miss a dose. Tracks cholesterol and blood sugar too.

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.