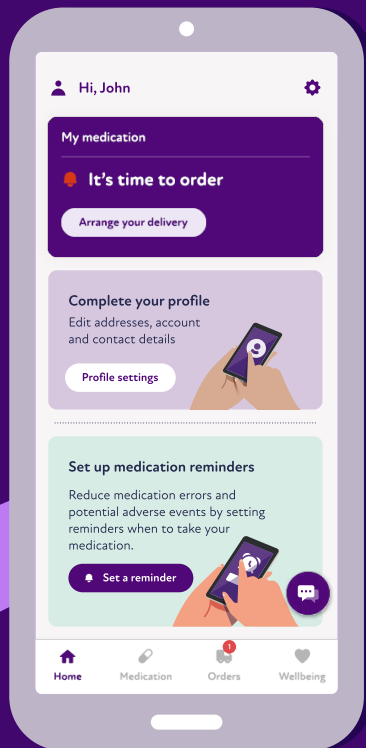


Setting medication reminders

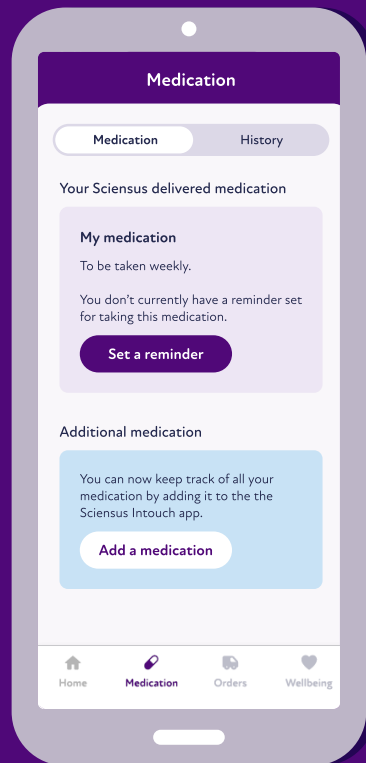
Taking medication as prescribed is essential for managing your health effectively and preventing complications. Staying adherent helps ensure treatments work as intended, supporting better outcomes and overall wellbeing.



- 1 Open the app and on the home screen, tap **Set a reminder**.



- 2 Choose the medication you want to set a reminder for.



You can also add any other medication you take, not delivered by Sciensus, by choosing **Add medication**.

3

Choose when your reminders start, the frequency and what sound you want

My Medication
To be taken weekly.

Start date
Thursday 8th Feb

Frequency
Once a week

Time
09:30

Sound
Default sound

Critical ☒ ON
By turning on critical it allows the app to alert you even when your iPhone is in silent or do not disturb mode.

Set reminder

Set date

Fri 6	Nov	
Sat 7	Dec	
Sun 8	Jan	2023
Today	Feb	2024
Tue 10	Mar	2025
Wed 11	Apr	
Thu 12	May	

Cancel Ok

Set frequency

Once a

2 days

Every **3 days**

Three times a

4 days

Four times a

5 days

Up to every

6 days

Cancel Ok

Set time

15	57
16	58
17	59
18	00
19	01
20	02
21	03

Cancel Ok

Set sound

No sound

Default sound

Jazzy sound

Cancel Ok

4

Critical toggle - To be able to receive the reminders even if your phone is set to silent mode, please allow for critical alerts.

Don't miss an important medication reminder

Allow critical alerts to remain informed when your phone is set to silent mode.

Don't allow

Allow



5

When you are done, continue by tapping **Set reminder**

Set reminder

My Medication
To be taken weekly.

Start date
Thursday 8th Feb

Frequency
Once a week

Time
09:30

Sound
Default sound

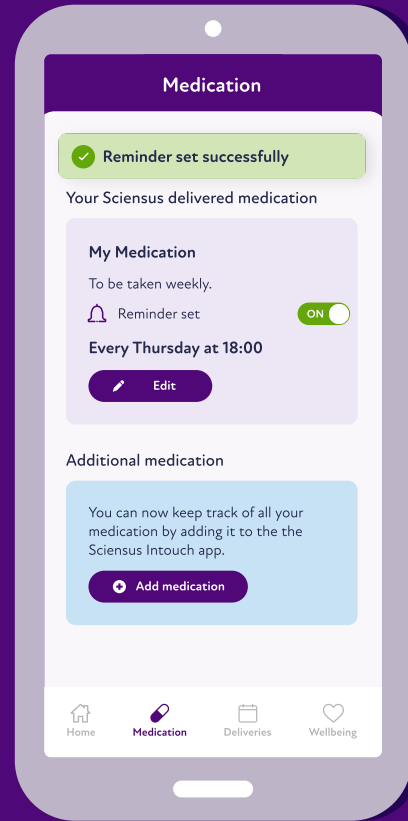
Critical ☒

By turning on critical it allows the app to alert you even when your iPhone is in silent or do not disturb mode.

Set reminder

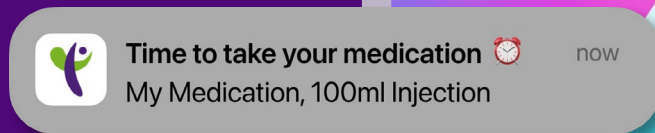
6

That's it! You have set up medication reminders which will help you to stay on track with your medication.

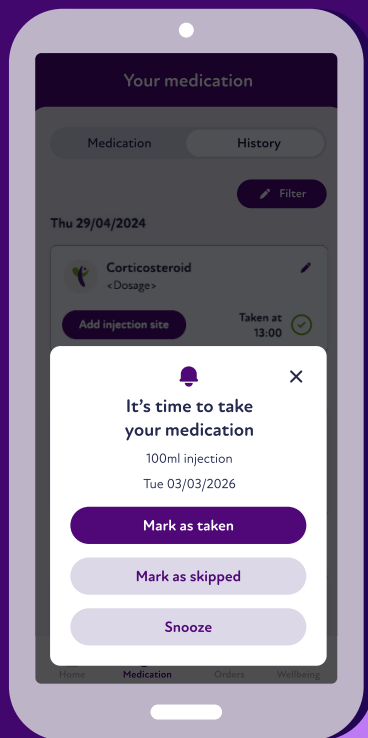


When you receive a medication reminder

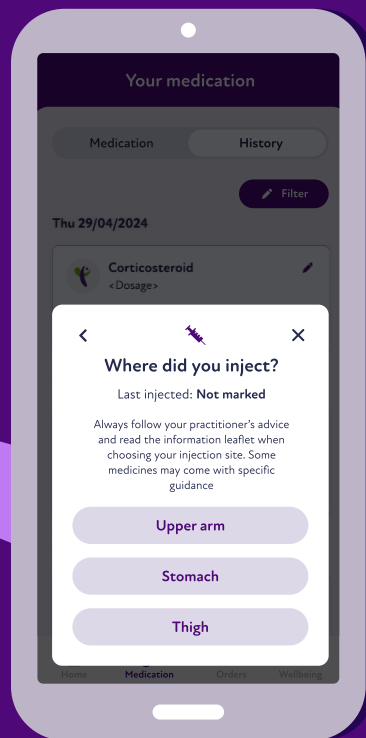
- 1 You will receive a push notification at the set time and date for your reminder. Tap on it to record whether you've taken it in the app.



- 2 You can mark the medication as taken, skipped or snooze to log later. If you snooze, the reminder will go off again in 5 minutes.

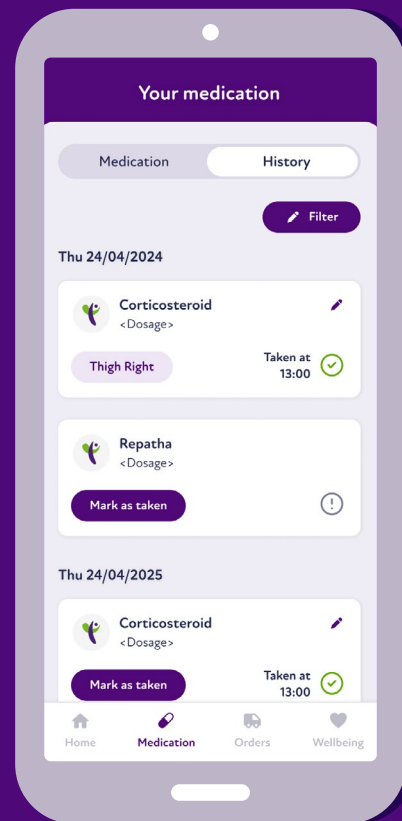
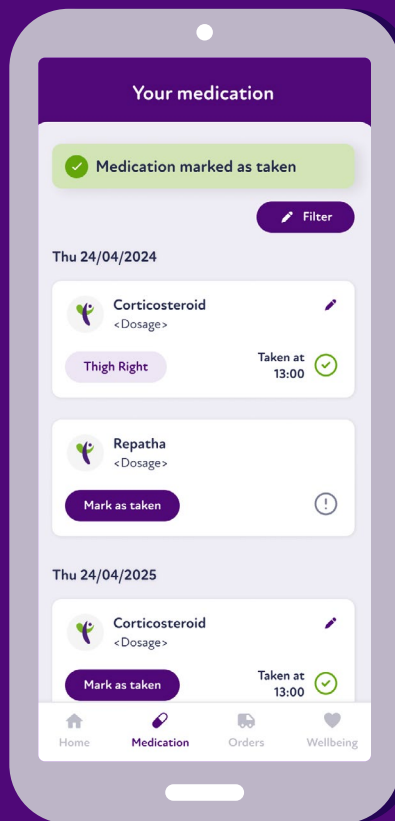


- 3 If you have taken your medication and it is an injection, keep track of where you have injected to be able to rotate your injection sites.



4

You have successfully logged your medication! Use the history view to see your previous logged medications.



Edit a reminder

- 1 At any point you can edit your medication reminder by clicking on the edit button.

Here you'll be able to change the start date, time and frequency of the reminder.

If your medication changes, you will have to set up a new medication reminder.

