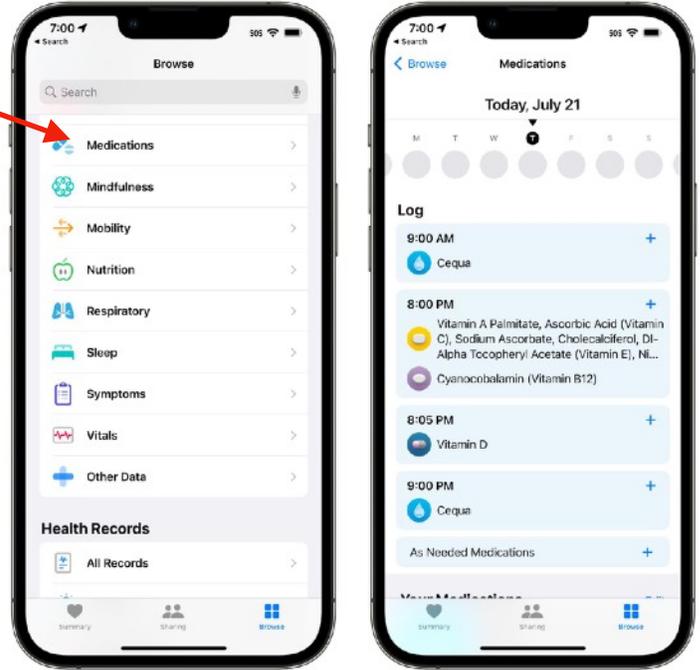
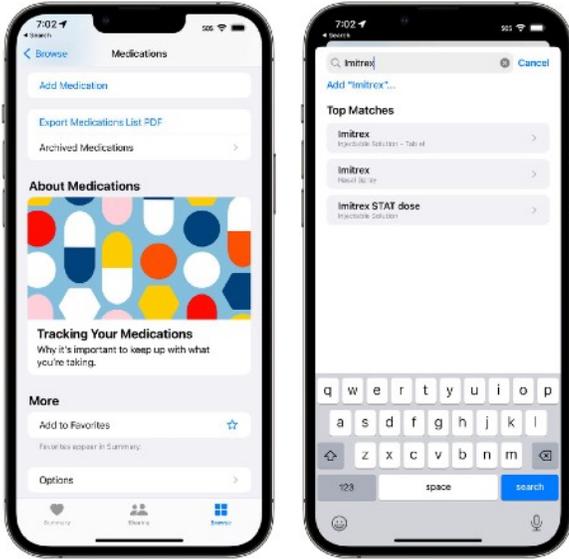


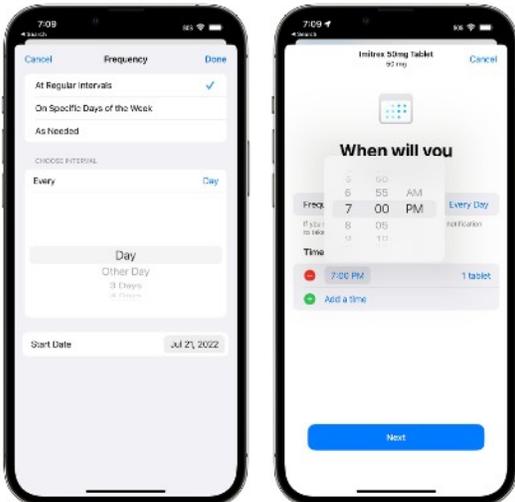
# Medication Tracking iOS16

"Medications" is a new section available in the Health app, accessible by going to the Browse section and scrolling down to Medications, or typing it into the Health app search bar.

In the Medications app, you can enter in all of the prescription medications, over the counter medications, and vitamins that you take so you can get reminders to take medicine, check for interactions, and more.



Adding a medication is as simple as tapping on the Add Medication button in the Health app. From there, you can type in the name of a medicine or vitamin, or use your iPhone's camera to scan the label of your pill bottle. Adding via scan is simple, but it doesn't always pick up all the information, so you may need to manually select dose and form (pill, spray, etc).



From there, you can choose the frequency of when you take the medication. You can choose a specific day or interval of days, specific days of the week, or opt for as needed, and then you can set the time that you want to take the medication.

Medications can be customized with a shape and a color to match the pill that you take in real life for quick and easy recognition.

You can add all of your medications and vitamins into the Health app, with everything viewable in a list.

### Medication Reminders

Once you've added your medication to the Health app and set a time and day to take it, the iPhone will send you a notification when it's time to take it. You can get notifications for all of the medications in the Health app that have been assigned a schedule.

Medication notifications are classed as time sensitive notifications and will be delivered at your specified time unless you override the setting.

Notifications are automatic for all medications that have a set time and and/or set day for when you take them.

### Medication Logging

When a reminder notification pops up, you can tap it to be taken to a popup where you can mark a medication as "Taken" or Skipped." You can also use the "Mark All as Taken" option if you have multiple medications scheduled for the same time. Medications can also be marked as logged from the medication list in the Health app.

The Health app can track the medications that you take over time, so you can check in on whether you're taking your medication regularly. You can see data organized by day, week, month, six months, and year.

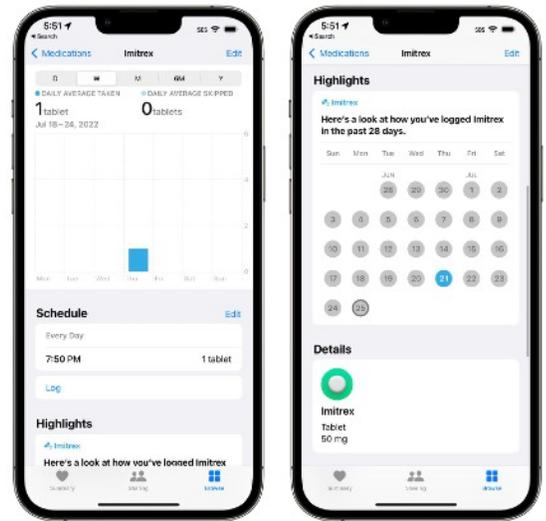
Apple will also provide a Medications "Highlight" in your Health summary that will let you know how often you've taken a medication over the past 28 days.



## Apple Watch Medication App

In watchOS 9, there is a dedicated Medications app that you can tap into for quicker logging. You can log each medication individually in the app or use the "Log All as Taken" to get to them all at once. If you skipped a dose, you can choose the "Skipped" option.

The Apple Watch app is just for marking medications as taken and all other medication management needs to be done in the Health app.



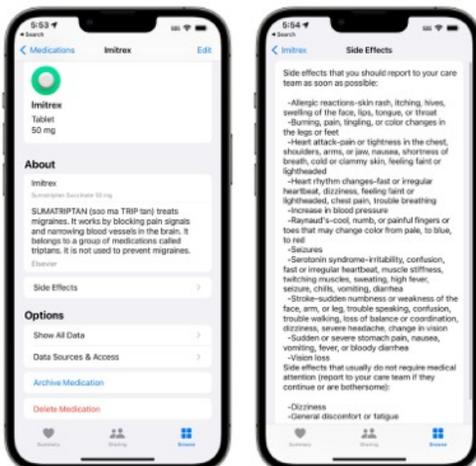
## Medication Interactions

The Health app regularly checks to make sure that the medications that you are taking do not have interactions with one

another, keeping you from taking a combination of medications that could be dangerous.

## Medication Side Effects and Other Info

If you tap into any medication from your Health app list, you can then choose the "Side Effects" button to see the listed side effects for that medicine, if it's available.



Not all medications have side effects listed, and the information is provided by Elsevier, a Netherlands-based company that specializes in medical content, including the Annual ScienceDirect book series on drug side effects.

## Export Medications

In the Medications section of the Health app, there's an option to "Export Medications List PDF," which as the name suggests, creates a simple PDF of the medications that you take. You can share this list with a doctor.

