

USEFUL IPHONE HACKS

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Simplify Your Health Routine with Smart Medication Reminders on your iPhone

Managing multiple medications can be a hassle, especially when you're juggling work, family, and other commitments. But what if your iPhone could handle the reminders for you, ensuring you never miss a dose? Whether it's a daily vitamin, prescription meds, or supplements, setting up medication reminders on iOS can keep your health on track without adding to your to-do list!

Meet Alex, a Busy Parent & Professional

Alex is a busy parent and professional who often forgets to take their daily vitamins and allergy medication. Between work meetings, school drop-offs, and weekend activities, it's easy to lose track. Using the Health app on iOS, Alex sets up medication reminders, allowing them to get timely alerts that simplify their daily routine and ensure they stay healthy without the stress of trying to remember everything.

Before we get started:

Make sure you're set up to get the most out of these tips. First, check that your iPhone is running the latest version of iOS. To do that, go to ****Settings > General > Software Update****. If an update is available, install it to make sure you have access to the latest features I'll be covering. Once that's done, grab your iPhone and open your Settings app so you can follow along

About simpletech4me.com:

Simpletech4me offers practical tips and easy guides to make your iPhone and iOS devices work better, without the tech confusion!



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Here's How:

- ☐ **Open the Health App**
- ☐ **Go to the “Browse” tab and select “Medications.”**
- ☐ **Add a Medication:**
 - Enter the name, dosage, and form (pill, capsule, etc.), then choose how often you take it.
- ☐ **Set Up Reminders:**

Schedule when you need to take it, and customize the icon and color to make it easily recognizable.
- ☐ **Save and Get Alerts:** You'll receive notifications at the set times, and you can mark doses as “Taken” or “Skipped” right from the alert.

That's it, you're done and now you have an offline map that you can use when you don't have an internet connection, you can even navigate with it.