



MyMeds User Guide: Getting Started

Welcome to MyMeds!

MyMeds is a simple tool to manage your medicines and learn why you take them.

It will only take about 5 minutes to register and get started. After that, it should not take much time to enter all of your medication information and print out your MyMeds card. Once your information is inputted, updating takes only seconds.

If you have any questions, please check the Help section on the website www.my-meds.com, or the Help section after you log into the program.

Congratulations on taking the first step to taking charge of your health!

Step 1: Getting Started

MyMeds 3.0 - Login

Existing User

UserName

Password

[Sign In](#) [Clear](#)

[Forgot Password](#)

New User

[Registration](#)

[Quit MyMeds](#)

[User Guide](#) A printable user guide to help you get started using MyMeds.

Click Here to Get Started

1. After starting the program, you will come to the Login screen.
2. If you are a New User, click on Registration.
3. This will take you to the Registration screen (see next page).

Step 2: Registration

MyMeds 3.0 - Registration Form

User Name | john | Profile | Administrator | Date | Time | 05/02/2008 00:33:47

Personal Details

* First Name	John	Address	123 Maple Street
* Last Name	Smith	City	Minneapolis
* Date of Birth [mm/dd/yyyy]	05 / 05 / 1950	State	Minnesota
Phone Number	(612) 555-6666	Zip Code	55403
Email Id	johnsmith@email.com	Country	USA

Physician Contact Details

* Name	Dr. Rajiv Shah
* Phone Number	(612) 555-1212

Emergency Contact Details

* Name	Jane Smith
* Phone Number	(612) 555-1234

Pharmacy Details

* Pharmacy Name	Pharmacy
* Phone Number	(612) 555-3456

Sign In Information

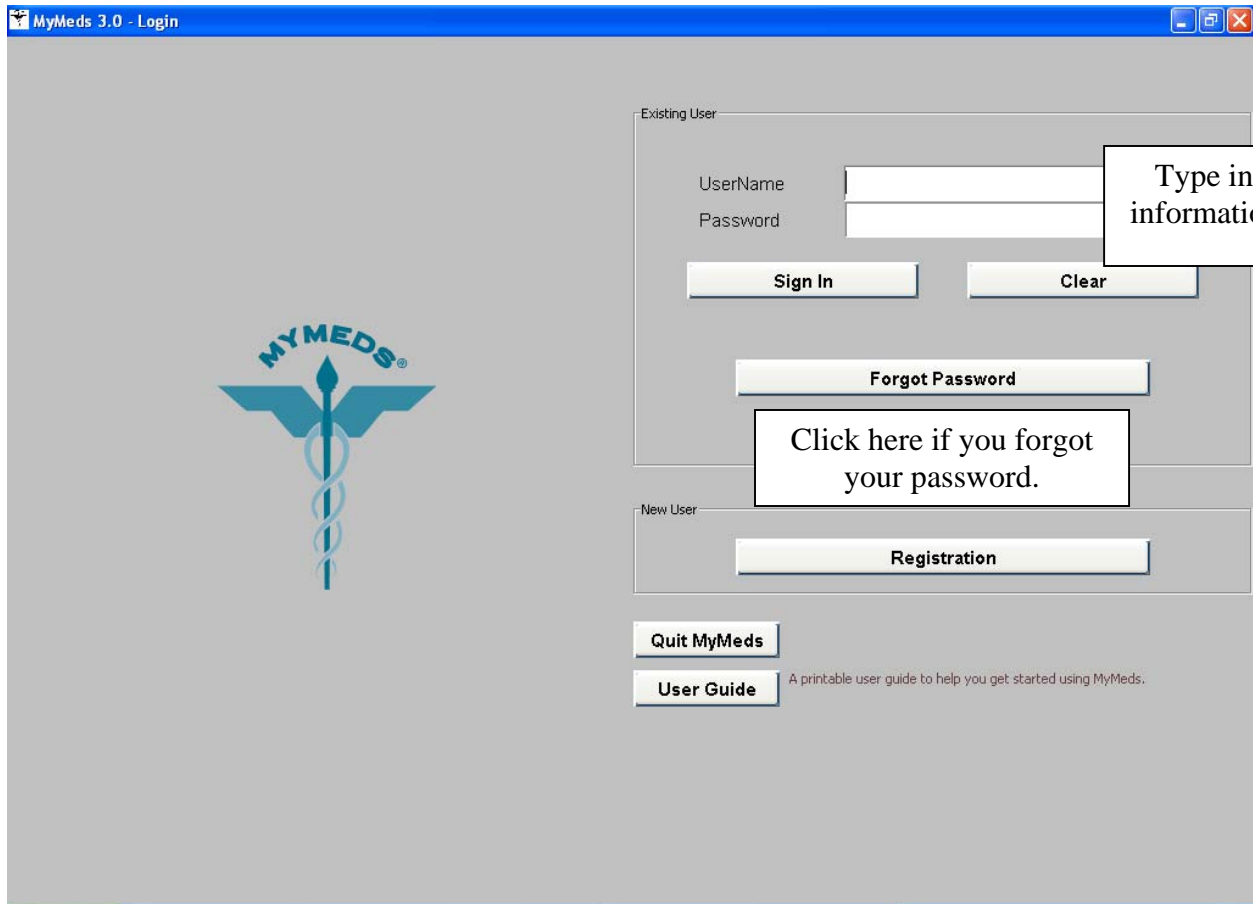
* User Name	john
* Password	****
* Confirm Password	****
* Secret Question	What is your favorite sport?
* Answer	hockey

All fields with mark * are mandatory

Update Cancel

1. All of the sections with an asterisk (*) are mandatory.
2. Please fill in each section.
 - a. For First Name and Last Name, please enter the names without spaces.
 - b. For Date of Birth, please use the format of MM/DD/YYYY (e.g. 05/01/1954 for May 1, 1954).
 - c. You must enter an email address. In the future, this will allow registration information to be sent directly to MyMeds and automatically register you for updates. **Note: Your private medical information is never sent to MyMeds.**
 - d. When entering Physician name, please type the full name (e.g. Dr. Rajiv Shah).
 - e. Telephone numbers should be entered as 10-digit numbers.
 - f. When entering Emergency Contact, please type the full name (e.g. Jane Smith).
 - g. For Sign In information, enter your choice of User Name and Password. There is a minimum of 4 characters and a maximum of 12 characters.
3. When finished entering information, click “Update”. This will complete registration and take you to the Login Screen.

Step 3: Login



Existing User

UserName

Password

Sign In **Clear**

Forgot Password

Click here if you forgot your password.

New User

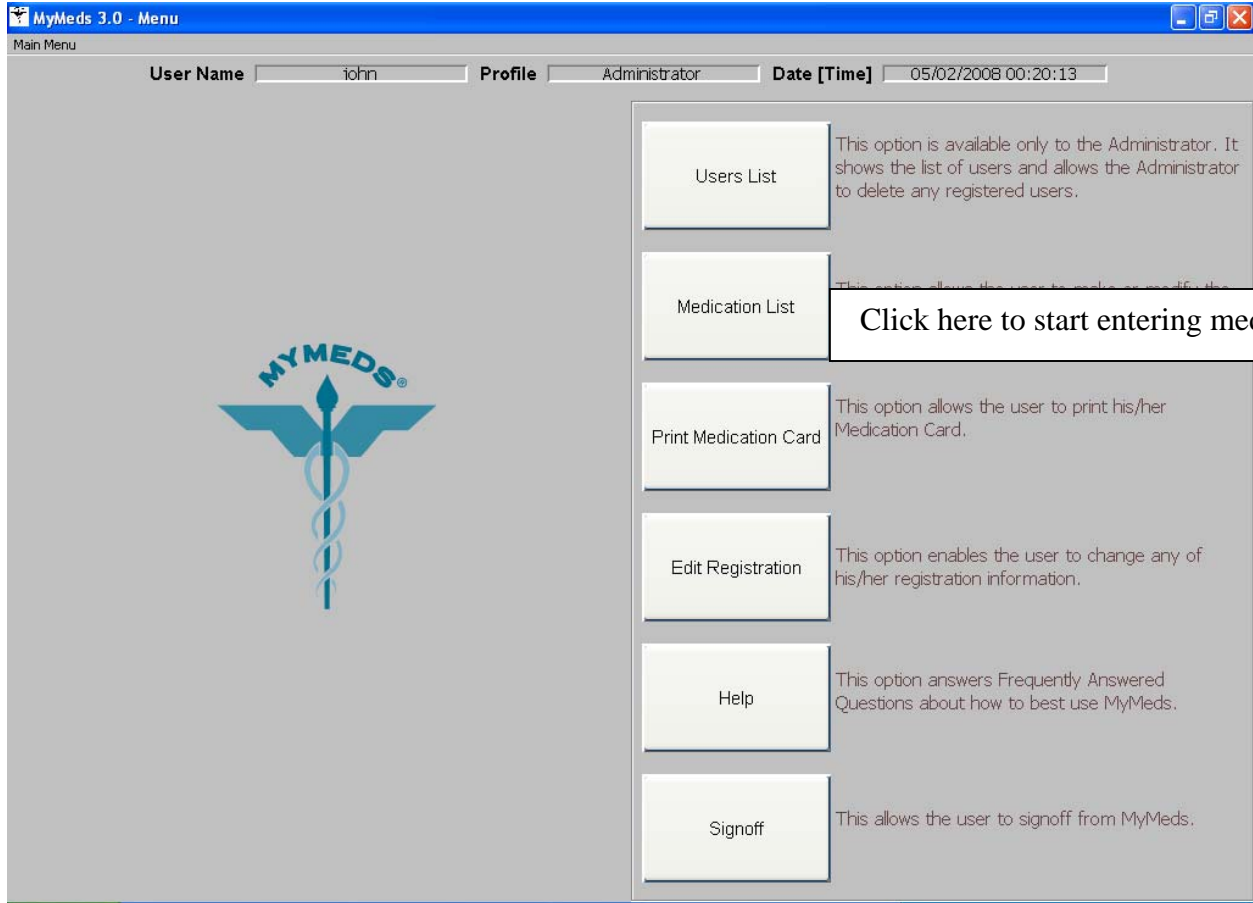
Registration

Quit MyMeds

User Guide A printable user guide to help you get started using MyMeds.

1. Your User Name may show up automatically after registration is complete. If not, type it in the User Name section.
2. Please type in your password.
3. If you forget your password, please click “Forgot Password”. This will ask your hint question. When you type in your answer, your password will appear. Then, type it in the password section.

Step 4: The Main Menu



1. If you are the first person to register with MyMeds, then you are the Administrator. This person has the ability to manage all of the other users, using the “Users List” tab. If you are not the first user, then you will not have access to this option.
2. To start inputting your medicines, click on “Medication List”.
3. “Print Medication Card” allows you to print your MyMeds card. For best results, please wait until after you have put in all of your medication information before using this feature.
4. “Edit Registration” allows you to make changes to your registration information. You can change anything, including your password.
 - a. Each time you make a change, you will need to confirm your password.
5. “Help” is a quick troubleshooting guide that answers frequently asked questions.
6. “Signoff” allows you to go back to the Login screen.

Step 5: Making your Medication List

MyMeds 3.0 - Medication Screen

User Name: john Profile: Administrator Date[Time]: 05/02/2008 00:21:08

Medication List

Medication	Dosage	Unit	Route	Frequency	Reason
Select..	Select..	Select..	Select..	Select..	Select..
atenolol	50	milligrams	by mouth	once a day	congestive heart failure
glargine insulin (Lantus)	20	units	by injection	at bedtime	diabetes
aspirin	81	milligrams	by mouth	once a day	heart attack prevention
Vitamin E (tocopherol)	400	units	by mouth	once a day	heart protection
lisinopril	5			once a day	high blood pressure
pantoprazole (Protonix)	20			once a day	GERD/reflux

#2: Click "Add Medication" to enter your medicines.

#3-6: This row will activate. Start with the Medication box, and then move on to the other ones.

#7: This row will activate.

#7: Click here to enter your medication allergies.

#8: Using up to 150 characters, enter any other information you think is important for others to

#9

Medication: Select.. Reaction: Select..

OK Cancel

Medication: sulfa Reaction: Hives

penicillin Reaction: Anaphylaxis

Percocet Reaction: Hives

Add Allergy

Add Medication Modify Delete

Print Preview Save as PDF Help

Print Medication Card Done/Save

1. Please get all of your current medicine bottles together.
2. Click on "Add Medication" to get started. This will activate the top line of drop-down menus.
3. In the "Medication" box, either click on the drop down list, or start typing the medication name.
4. Click on the rest of the boxes (Dosage, Unit, Route, Frequency) and choose the appropriate information related to your medication.
5. The last box is "Reason". This will give you options about why you take the medicine. Click on the best option, or type the reason in yourself.
6. For any of the boxes, you can type in your own information if it is not provided.
7. To input allergies, click on "Add Allergy". This will activate the Medication and Reaction boxes.
8. The "Special Notes" section allows you to type in any other information that you think is important. You can enter up to 150 characters of information.
9. To see a preview of your MyMeds card, click "Print Preview".

Step 6: Printing Your MyMeds Card

MyMeds 3.0 - Print Preview

Page 1 Of 1

MYMEDS
Name: John Smith
Birth Date: 05/05/1950
Physician: Dr. Rajiv Shah (612) 555-1212
Emergency Contact: Jane Smith (612) 555-1234
Pharmacy: Pharmacy (612) 555-3456

Medications

1. atenolol 50 milligrams by mouth once a day
2. glargine insulin (Lantus) 20 units by injection at bedtime
3. aspirin 81 milligrams by mouth once a day
4. Vitamin E (tocopherol) 400 units by mouth once a day
5. lisinopril 5 milligrams by mouth once a day
6. pantoprazole (Protonix) 20 milligrams by mouth once a day

Allergies

1. sulfa
2. penicillin
3. Percocet

Reaction

Hives
Anaphylaxis
Hives

Special Notes

Last Updated: 05/02/2008 0:12

Reasons
conge
failure
diabet
heart
preve
heart
high b
GERD

Your MyMeds Card. When you print, 4 cards will print on a standard sheet of paper. You can put one in your wallet, your home, your work, and your car. Or, you can give one to someone else.

Previous Next Save as PDF Print Close

1. To print your card, you can do it in several ways:
 - a. Click on the "Print Medication Card" button.
 - b. Click on the "Print" button from the "Print Preview" screen.
 - c. Click on the "Print Medication Card" button on the Main Menu.

Step 7: Emailing Your MyMeds Card

The screenshot shows the MyMeds 3.0 Medication Screen for user 'john'. A 'Print Preview' window is open, displaying the following information:

MyMeds 3.0 - Print Preview
Page 1 Of 1

MY MEDS
Name: John Smith
Birth Date: 05/05/1950
Physician: Dr. Rajiv Shah (612) 555-1212
Emergency Contact: Jane Smith (612) 555-1234
Pharmacy: Pharmacy (612) 555-3456

Medications	Reason
1. aspirin 81 milligrams by mouth once a day	heart attack prevention
2. atenolol 50 milligrams by mouth once a day	high blood pressure
3. lisinopril (Prinivil) 10 milligrams by mouth once a day	high blood pressure
4. amlodipine (Norvasc) 5 milligrams by mouth once a day	high blood pressure
5. glargine insulin (Lantus) 20 units by injection at bedtime	diabetes
6. lispro insulin (Humalog) as directed units by injection in the morning	diabetes
7. Lipitor (atorvastatin) 20 milligrams by mouth once a day	high cholesterol
8. Lopid (gemfibrozil) 600 milligrams by mouth twice a day	high cholesterol

Allergies	Reaction	Special Notes
1. penicillin	Hives	I have a pacemaker.
2. Percocet	Rash	

Last Updated: 04/24/2008 0:03

Buttons: Previous, Next, Save as PDF, Print, Close

Callout box: Click on "Save as PDF" and save the file to your computer.

Background Medication List:

Medication	Reaction
penicillin	Hives
Percocet	Rash

Background Buttons: Add Allergy, Modify, Delete, Print Medication Card, Done/Save

1. To save the file, click on "Save as PDF". There are two places you can do this:
 - a. On the Medication Screen page.
 - b. On the "Print Preview" page.
2. Once you click on the button, you will be given the option to save the file as "MyMeds.pdf". It will then be saved to your computer, usually in the My Documents folder.
 - a. If you would like to rename the file, please do so before saving your file.
3. Once you have saved your file, you can email it as an attachment to anyone you choose.