



(646)758-6606

support@candootech.com

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# Candoo How To Medication Reminders on Apple Watch

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## How to track your Medication with Reminders

You can manage the medications, vitamins, and supplements you take in the Health app on your iPhone. In the Medications app on your Apple Watch, you can keep track of your medications and log them with reminders.



Note: The Medications feature should not be used as a substitute for professional medical judgment. Additional information is available on the labels of your medications, but please consult your healthcare provider prior to making any decisions related to your health.



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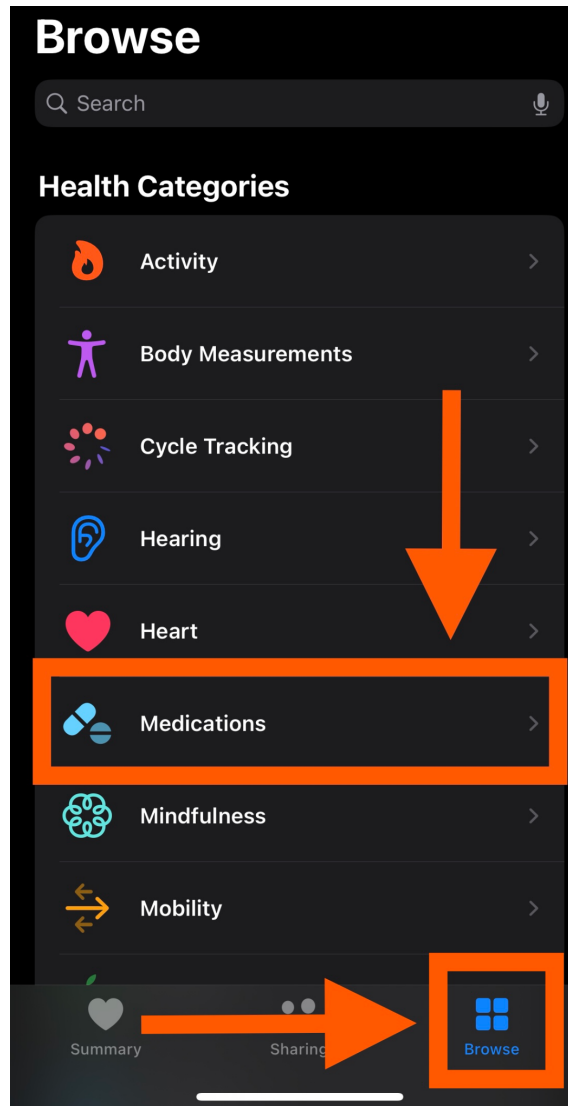
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## How to Set up a medication schedule on iPhone

**Step 1** - Open the Health app on your phone.



**Step 2** - Tap on Browse in the bottom right corner. Then, tap on Medications.



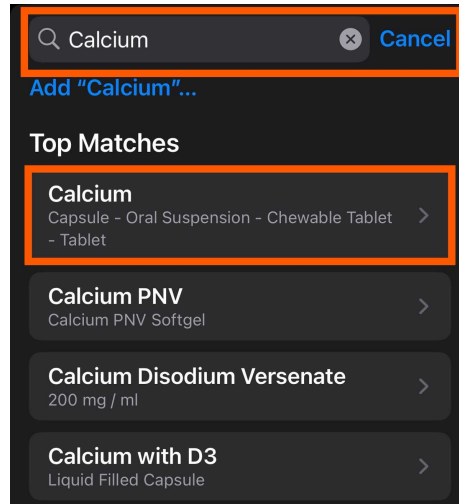
**Step 3** - To identify your medication, you can search for it by name or tap on the camera icon to scan the label of your prescription. This will create a list of all your medication.



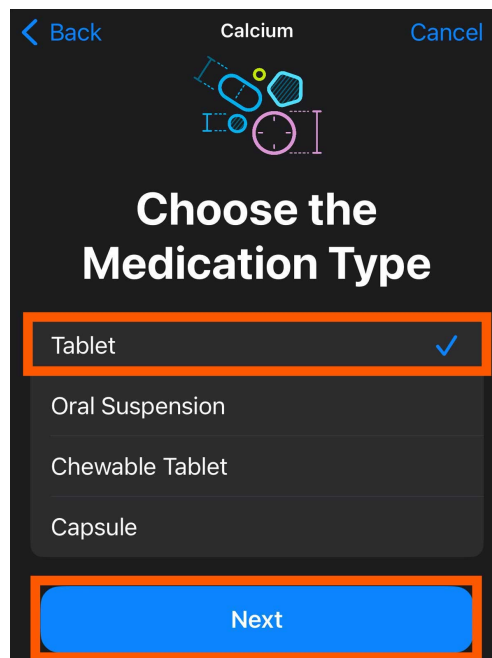
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**Step 4** – To set a schedule continue to input the information based on each specific medication. Choose the type of medication.



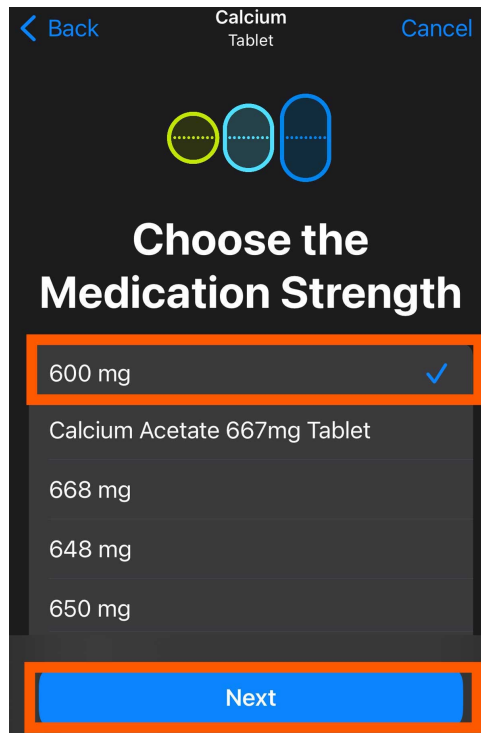


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**Step 5** - Choose the strength.



**Step 6** - Create a schedule on how frequently you will take this medication. You also have the option to identify the shape and color of the medication and to write any notes for example if to be taken with/without food. This allows you to quickly identify each medication.



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The screenshot shows the 'When will you take this?' screen in the Health app. At the top, there are navigation options: a back arrow, the medication name 'Calcium Tablet, 600 mg', and a 'Cancel' button. Below this is a pill icon. The main heading is 'When will you take this?'. Underneath, there's a 'Frequency' section with a dropdown menu currently set to 'Every Day'. A note states: 'If you schedule a time, Health will send you a notification to take your medications.' Below that is the 'Time of Day' section, which contains a list of times with minus signs to the left and '1 unit' to the right. The times listed are '12:30' and '07:30'. At the bottom of this list is a plus sign and the text 'Add a time'. A large blue 'Next' button is at the very bottom of the screen.

## How to Turn on Dose Reminders in the Health app

**Step 1** - Open the Health app on your phone and choose the Medications category.

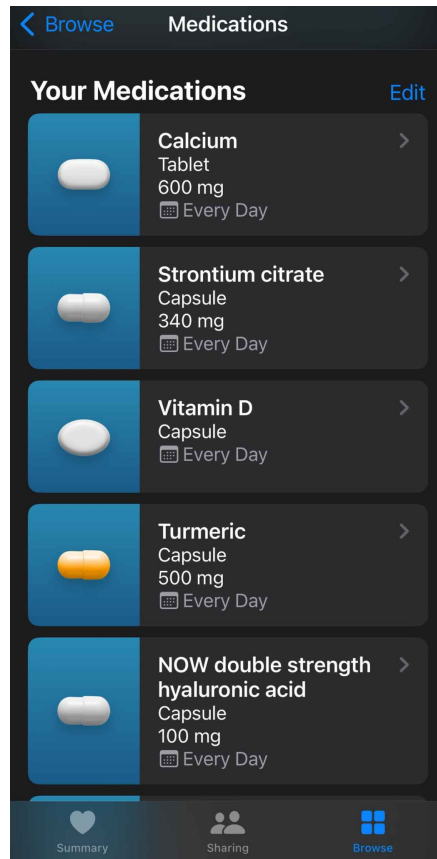
**Step 2** - You should see a list of all the medications you added and the times you set up to take them.



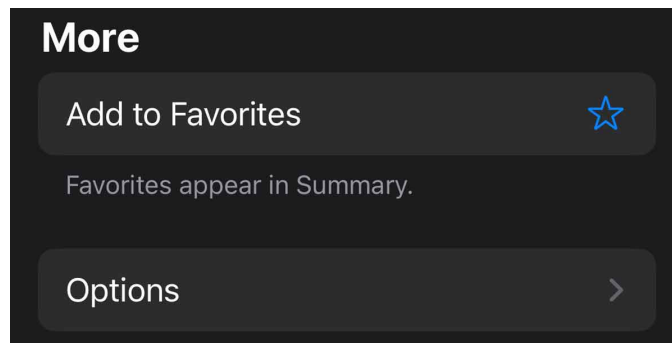
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**Step 3** – Scroll down to the bottom More section and tap Options.





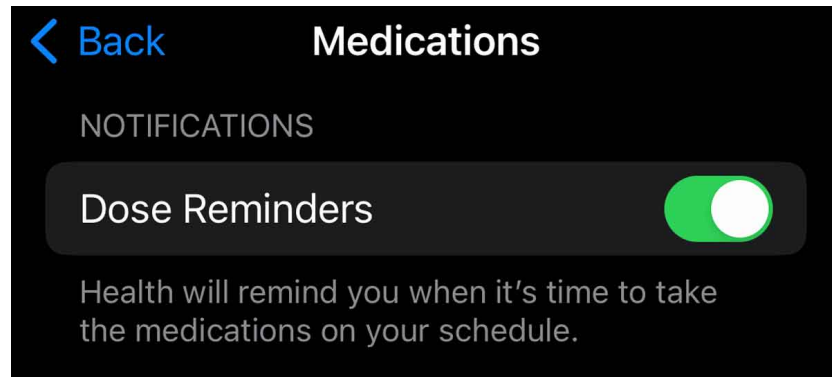


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**Step 4** – Toggle on Dose Reminders.



**Step 5** – When you receive a reminder on your Apple Watch tap on the reminder.



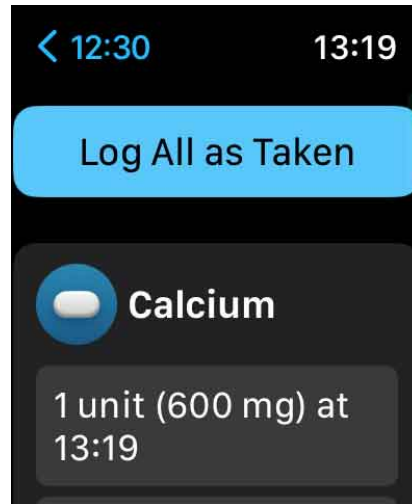


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**Step 6** – Tap Log All as Taken. Apple Watch records the dosage, the number of units taken, and the time you took the medication.



***If you need help or have any questions, call us at  
646-758-6606 or email support@candootech.com***