

## Medication Adherence Apps

Poor adherence to medications contributes to almost two-thirds of med-related hospitalizations, and the adherence rate to chronic meds is around 50%.<sup>1,2</sup> It makes sense that improving adherence is a focus of quality measures such those used for Star Ratings. However, it has been difficult for researchers to identify interventions that improve adherence, although using multiple strategies seems to be beneficial. As such, practitioners are looking for tools to help patients take their meds as prescribed. This is where technology, such as smartphone adherence apps, comes in. Features available on these smartphone apps vary widely. For example, some are cloud-based apps, which have the advantage of more flexible access to data and data back-up.<sup>2,3</sup> The following chart lists examples of commonly used medication adherence apps, along with selected features and cost. Keep in mind that pharmacies may offer their own apps with adherence features as well. A searchable database of adherence apps (by desired features) is available at MedAppFinder.com. Additional strategies to improve your patient's medication adherence are available in our *PL Toolbox, Medication Adherence*.

App	Operating System	Selected Features <sup>2,3</sup>	Cost Additional Comments
<b>Care4Today</b> www.care4today.com	iOS Android	<ul style="list-style-type: none"> <li>• Reminders do not require connectivity</li> <li>• Sends push notification alerts when doses are due</li> <li>• Can alert caregiver for due and/or missed doses</li> <li>• Refill reminders</li> <li>• Can handle complex regimens</li> <li>• Tracks adherence</li> <li>• Access to drug database for inputting drug regimens</li> <li>• Schedules can show additional information such as indications for meds</li> <li>• Cloud-based/has companion website</li> </ul>	<ul style="list-style-type: none"> <li>• Free</li> </ul>
<b>Dosecast</b> www.montunosoftware.com/products/dosecast/about/	iOS Android	<ul style="list-style-type: none"> <li>• Reminders do not require connectivity</li> <li>• Sends push notification alerts when doses are due</li> <li>• Additional reminders for missed doses</li> <li>• Refill reminders</li> <li>• Schedules can show additional information such as indications for meds</li> </ul>	<ul style="list-style-type: none"> <li>• Free</li> <li>• An edition with additional features such as <i>CloudSync</i> and a drug database (U.S. only) is available for \$2.99/month or \$27.99/year</li> </ul>

More . . .

App	Operating System	Selected Features <sup>2,3</sup>	Cost Additional Comments
<i>Mango Health</i> -U.S. www.mangohealth.com	iOS Android	<ul style="list-style-type: none"> <li>• Reminders do not require connectivity</li> <li>• Sends push notification alerts when doses are due</li> <li>• Additional reminders for missed doses</li> <li>• Refill reminders</li> <li>• Can store additional data such as lab values</li> <li>• Can handle complex regimens</li> <li>• Tracks adherence</li> <li>• Access to drug database for inputting drug regimens</li> <li>• Cloud-based</li> </ul>	<ul style="list-style-type: none"> <li>• Free</li> </ul>
<i>Medisafe</i> www.medisafe.com/	iOS Android	<ul style="list-style-type: none"> <li>• Reminders do not require connectivity</li> <li>• Sends push notification alerts when doses are due</li> <li>• Additional reminders for missed doses</li> <li>• Can alert caregiver for due and/or missed doses</li> <li>• Refill reminders</li> <li>• Can store additional data such as lab values</li> <li>• Can handle complex regimens</li> <li>• Tracks adherence</li> <li>• Access to drug database for inputting drug regimens</li> <li>• Schedules can show additional information such as indications for meds</li> <li>• Cloud-based/has companion website</li> </ul>	<ul style="list-style-type: none"> <li>• Free</li> </ul>
<i>MedSimple</i> www.medsimpleapp.com/marketing/index/welcome	iOS Android	<ul style="list-style-type: none"> <li>• Reminders do not require connectivity</li> <li>• Sends push notification alerts when doses are due</li> <li>• Refill reminders</li> <li>• Can handle complex regimens</li> <li>• Access to drug database for inputting drug regimens</li> <li>• Schedules can show additional information such as indications for meds</li> <li>• Cloud-based</li> </ul>	<ul style="list-style-type: none"> <li>• Free</li> <li>• An edition with additional features is available for \$9.99/year</li> </ul>

App	Operating System	Selected Features <sup>2,3</sup>	Cost Additional Comments
<b>MyMedRec</b> <a href="http://www.knowledgeisthebestmedicine.org/index.php/en/app">www.knowledgeisthebestmedicine.org/index.php/en/app</a>	iOS Android Blackberry	<ul style="list-style-type: none"> <li>• Reminders do not require connectivity</li> <li>• Sends push notification alerts when doses are due</li> <li>• Can alert caregiver for due and/or missed doses</li> <li>• Refill reminders</li> <li>• Can store additional data such as lab values</li> <li>• Can handle complex regimens</li> <li>• Tracks adherence</li> <li>• Schedules can show additional information such as indications for meds</li> </ul>	<ul style="list-style-type: none"> <li>• Free</li> </ul>
<b>MyMeds</b> <a href="http://my-meds.com/">my-meds.com/</a>	iOS Android	<ul style="list-style-type: none"> <li>• Can send push notification alerts, text messages, or emails when doses are due</li> <li>• Additional reminders for missed doses</li> <li>• Can alert caregiver for due and/or missed doses</li> <li>• Refill reminders</li> <li>• Provider can input regimens</li> <li>• Can handle complex regimens</li> <li>• Tracks adherence</li> <li>• Access to drug database for inputting drug regimens</li> <li>• Schedules can show additional information such as indications for meds</li> <li>• Cloud-based/has companion website</li> </ul>	<ul style="list-style-type: none"> <li>• Free</li> <li>• A premium version with additional features is available for \$9.99</li> </ul>
<b>MyMedSchedule-U.S.</b> <a href="http://www.mymedschedule.com/">www.mymedschedule.com/</a>	iOS Android	<ul style="list-style-type: none"> <li>• Can send text messages or emails when doses are due</li> <li>• Can alert caregiver for due and/or missed doses</li> <li>• Refill reminders</li> <li>• Can store additional data such as lab values</li> <li>• Provider can input regimens</li> <li>• Can handle complex regimens</li> <li>• Tracks adherence</li> <li>• Access to drug database for inputting drug regimens</li> <li>• Schedules can show additional information such as indications for meds</li> <li>• Cloud-based/has companion website</li> </ul>	<ul style="list-style-type: none"> <li>• Free</li> </ul>

App	Operating System	Selected Features <sup>2,3</sup>	Cost Additional Comments
<b>OnTimeRx</b> <a href="http://www.ontimerx.com/">www.ontimerx.com/</a>	iOS Android Blackberry PC PalmOS	<ul style="list-style-type: none"> <li>• Can text, email, or phone (cell or landline) when doses are due</li> <li>• Additional reminders for missed doses</li> <li>• Can alert caregiver for due and/or missed doses</li> <li>• Refill reminders</li> <li>• Can store additional data such as lab values</li> <li>• Provider can input regimens</li> <li>• Can handle complex regimens</li> <li>• Tracks adherence</li> <li>• Schedules can show additional information such as indications for meds</li> <li>• Has companion website</li> </ul>	<ul style="list-style-type: none"> <li>• Free trial subscription</li> <li>• Prices depend on subscription services. Subscriptions for devices are \$4.99.</li> <li>• Capabilities vary slightly between operating systems/devices</li> </ul>

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### References

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