

SUGGESTED RECORD KEEPING APPS

If you are looking for a digital method to keep track of your medical records you may want to try one of these applications:

My Medical:

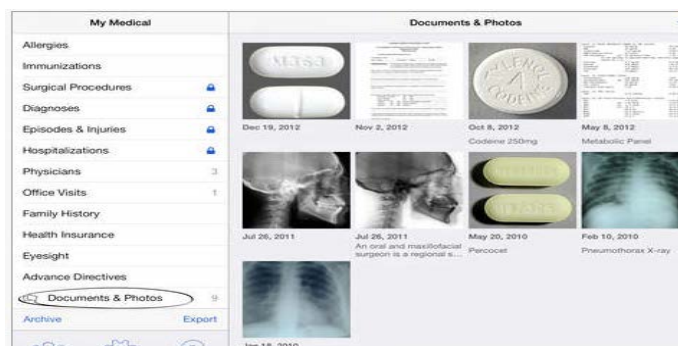
Access: Download My Medical on your Mac or on your smart phone.

Cost: The trial version is Free. It is fully functional except for restrictions on the amount of information you can store. Try the trial size, a cost is incurred if you need to add more storage space.

Good to know: Data you enter is stored on your device, not on a remote server. The record keeping database does not connect to the Internet.

What you can use it for:

- The whole family (store multiple medical records)
- Contact information (for emergencies, doctors and health insurance)
- Photographs, lab work and x-rays
- Tracking test results (range of common test result templates are provided)
- Chart feature (to help you track trends over time)



Care Zone:

Access: Sign up online or download the application onto your smart phone.

Cost: The application is free.

Good to know: Care Zone highlights that it is dedicated to your privacy and security.

What you can use it for:

- Medications (list medications, dosages and schedules, track your adherence over time)
- Journal (document symptoms, record doctor's instructions, share updates with family members privately)
- Calendar (keep track of appointments and refills)
- Contacts (organize and share important contacts, numbers and emails)
- Photos and files (store discharge instructions or photos of important documents)

