

The Medicine Man skill calls you when it's time to take your medication, or do your exercise. Half the people in the U.S. do not take their meds properly. To be mindful, let the amazon© Medicine Man skill reminds you by registering for the skill.

Sometimes we have a tendency to ignore a single reminder. We just go on with our lives and forget the pills. Nagging works for some people. We can use one or more routine to nag us multiple times over a period, and you can cancel the reminder if you don't need it anymore until the next time period (e.g. you have taken your medicine), and the skill will not call you until next time when you need it. Thus, using a less intelligent reminder may not work.



Here is the CareRinger© method and why it works:

1. Add one or more Amazon routine to remind you of the Medicine Man skill at different times
2. Use the suggested utterance to cancel the reminder (e.g. cancel now), otherwise, just wait for the next routine reminder or the medicine man skill to call to cancel

You need an Alexa Echo© for this reminder. I also add a motion sensor (e.g. Blink© camera), so the routine reminds me during the time period when it sees me. It works with just one additional routine, but this way, I have to be close to the sensor to trigger the reminder.



It's Medicare enrollment time. You spend your money on the part D drug plan, but you may not benefit from the "care" if you forget your meds. Your loved ones may let you know if you're off-schedule, but for many of us, **an affordable personal reminder will help us stay independent.**

CareRinger Inc. is an innovative company providing products and services to enable seniors living an independent lifestyle to stay healthy and safe.

About the author: Henry is a former-telecommunications professional, now attending to the needs of elderly people. For years, he has been teaching senior-friendly technologies in his local communities. He is an inventor and Founder of CareRinger, Inc., and holds patents on methods that apply to his service. He is a former commissioner for the Council on Aging in the City of Thousand Oaks.



CareRinger is a
Dementia Friendly Organization

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