

PUBLICATION

Easy Ways to Track and Organize Key Health Information – From Your Smartphone!

April 23, 2019

Getting your health-related affairs in order is a key – and often very daunting – step in caring for our families and ourselves. Putting your health-related affairs in order is actually much easier than you think. Here are a few simple steps we can all take that will help you feel much more in control of these issues.

The "Medical ID" app makes the information that you input available to anyone in case of an emergency – without your phone's password (simply tap the "Emergency" button from your phone's lock screen, and then tap "Medical ID"). First responders, good Samaritans, or even you can access your critical information quickly, including your health history, medical conditions, allergies, prescription medications, general medical notes, emergency contacts, and more. You can even sign up to be an organ donor from the app. Be aware that this information can be accessed without a password, so make sure to consider the privacy implications.

The "Notes" app is also a simple way to consolidate important information. For example, you can create a note with a list of questions to ask during your next appointment with your doctor or one with the contact information for all of the health care providers and pharmacies (with phone numbers) that you and your family use.

Below are some of the health care-specific apps available:

GoodRx: this app allows you to compare prescription drug prices and find deals on medications. This can make you a more informed consumer by educating you on what's available, as well as costs.

Medscape: this app includes a lot of material, including drug side effects and interactions, health industry news and data, and instructional videos about various medical procedures.