



Take responsibility for your own health and happiness

PillMap puts you in control

Made in USA

How to use PillMap™



Step One

Fill in all personal information on both sides of your PillMap. Include all information unique to you, such as allergies and other health conditions. More information is better.



Step Two

Begin filling each compartment with one of each of the pills you take each day (if you take more than one of each pill, you will still only add one of that pill). Write the name of medication and dosage to the right of the pill. **Use pencil or erasable pen so updates can be made when medications change.** Add the quantities and time of day.



Step Three

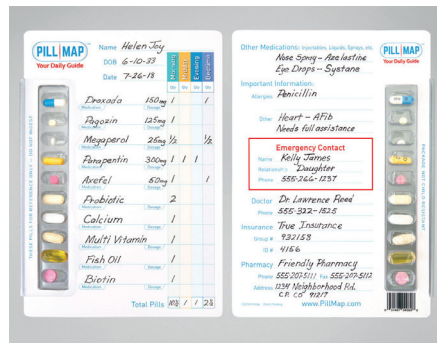
Once you have added all of your pills, **close the cover and press firmly at all 4 corners until they snap, tightly confining the pills.**

How to use PillMap™ continued...



Step Four

Total the number of pills for each time of day and write the total in the bottom right of PillMap. This helps any caregiver do a cross reference to know if there is a pill missing or if there are too many in a pillbox.



Step Five

Take a picture of the front and back of the completed PillMap to send to all family members who are involved in care or may need to relay information.

Several types of drugs have been associated with an increased fall risk. Since drugs are a modifiable risk factor for falls, **PillMap can be an important tool to monitor medications among older adults.**

Now PillMap™ will serve as a trusted guide.

Place in a convenient location to view at each meal and to grab and go in the event of an emergency. Bring to every doctor, dentist and pharmacy visit.

Don't forget!

Be sure all **FOUR** corners of PillMap enclosures are **SNAPPED** shut.



Order Additional PillMaps
Use Discount Code "BINGO"
Go to www.PillMap.com

