How to use PillMap™

Step One
Fill in all personal information on both sides of your PillMap.

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. Should you need more than 10 pill compartments, simply add a second PillMap. Write “1 of 2” on the bottom of the first and “2 of 2” on the bottom of the additional guide.

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.

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 regularly scheduled doctors and dentist appointments.

info@pillmap.com
www.pillmap.com
Don’t forget!

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

• Always use a pencil or erasable pen to easily update meds or schedule.

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Happy customers have found other uses

**PillMap for Pets**
Just like us, our pets often have a regiment of medications, especially as they age. You can use the PillMap as a daily guide for them as well.

If you’re also using PillMap for a person, be sure to label the pet's PillMap by their name for clarity.

**PillMap for Supplements**
Between fish oils, daily vitamins, and others, many of us have multiple supplements. Like medications, these need to be managed properly so not to overdose.

Use the PillMap in the same manner, noting supplement name, dosage, and schedule. This will make supplement management as easy as medication management with PillMap! If you’re using an extra PillMap solely for supplements, label the PillMap “Supplements” or another title for clarity.