

# Medication Management Apps



They can also organise your medication list in one place, so you always know what to take and when. These tools are especially helpful if you sometimes forget doses or find instructions confusing.

By simplifying the process and giving you clear information, medication apps can help you stay on track and feel more confident about your health.

On the following pages you will find details of a few selected apps that can support these needs.

Managing your medications can feel overwhelming, especially if you take several each day or have a busy schedule.

Smartphone apps are designed to make this easier by sending reminders so you don't miss a dose, helping you keep track of refills, and even warning you about possible drug interactions.



## MyTherapy

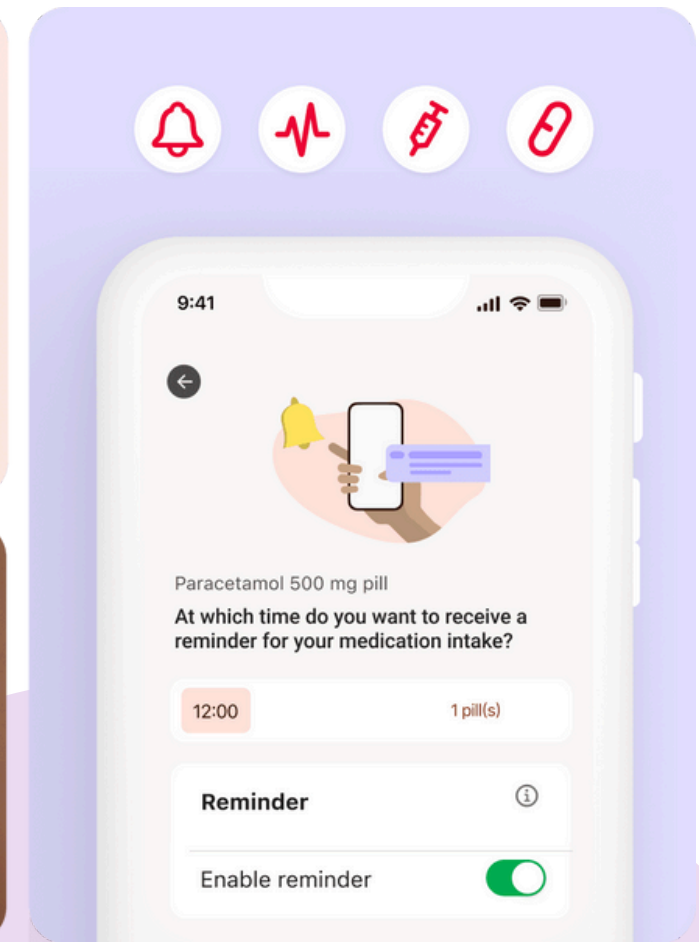
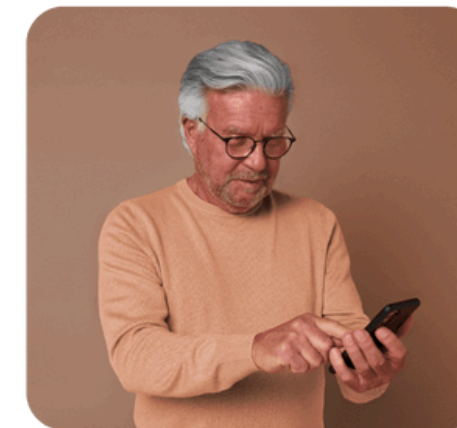
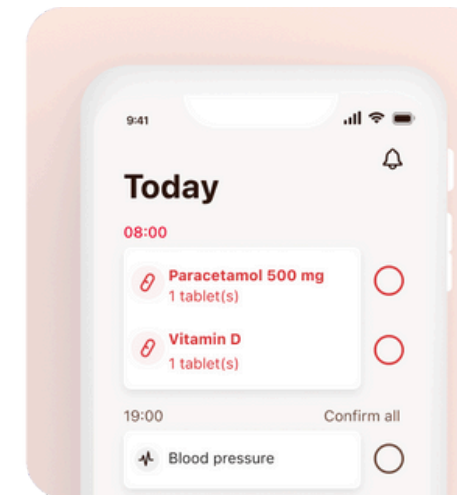
A highly rated, award-winning app that combines medication reminders with health tracking.

### Key Features:

- Tracks medication, mood, symptoms, and health metrics (e.g. blood pressure, weight).
- Supports chronic condition management (e.g. arthritis, cardiovascular diseases).
- Allows family members to help manage reminders.
- Generates adherence reports for doctors.
- No login required; free to use with optional in-app purchases.

### Ratings:

- App Store: ★ 4.9
- Google Play: ★ 4.8



[Android Link](#)

[Apple Link](#)



## Medisafe

A widely recommended app by healthcare professionals for medication tracking and reminders.

### Key Features:

- Personalised medication schedules and refill alerts.
- Drug interaction warnings.
- Syncs with smartwatches and allows caregiver monitoring.
- Offers a virtual assistant and family support features.
- Free version available; premium costs approx. £4/month.

### Ratings:

- App Store: ★ 4.7
- Google Play: ★ 4.6



[Android Link](#)

[Apple Link](#)



## NHS App

Official app from NHS England, now featuring an “Amazon-style” prescription tracker.

### Key Features:

- Order and track repeat prescriptions.
- View test results and manage appointments.
- Real-time updates on prescription status (e.g. “ready to collect”).
- Secure access to your NHS records.
- Integrated with over 1,600 UK pharmacies including Boots.

### User Base:

- Over 37 million registered users.
- 61.5 million repeat prescriptions ordered in the past year.



[Android Link](#)

[Apple Link](#)

[User guidance](#)

