

## Managing medicines for patients and carers

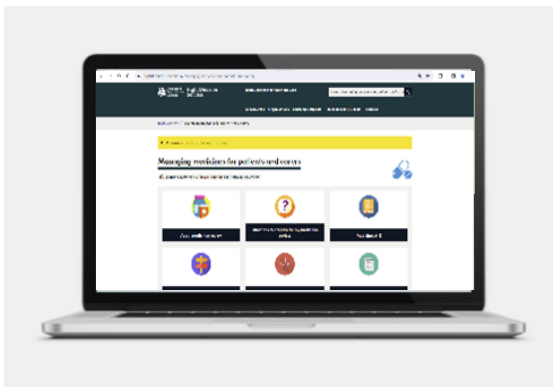
<https://managemymeds.scot.nhs.uk>

The Managing medicines for patients and carers app provides information and tools to:

- Build your knowledge and understanding about your medicines.
- Manage your medicines confidently.
- Prepare for a medicines review. This is an appointment where you can discuss with a healthcare professional how your medicines are working for you and see if there are any changes that may help.

**You can access Manage Medicines as a website and as a mobile app.**

Access the [website](https://managemymeds.scot.nhs.uk) through the Right Decision Service at <https://managemymeds.scot.nhs.uk>



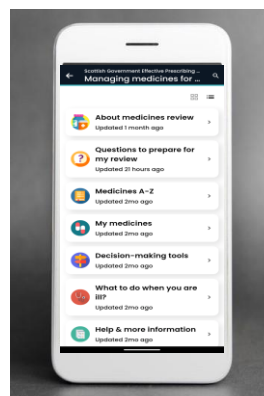
Website

Access the [mobile app](#). Download the Right Decisions app using the QR codes below\*.

- Choose the public/patient option when prompted.
- Scroll down the list to find the toolkit called “Managing medicines for patients and carers”.
- Click on the title then click the green button at the bottom – “Add to my toolkits”. The toolkit will then open.
- When you next open the app you will find this toolkit saved in the My toolkits tab.



Android



Apple

\*If you do not want to use QR codes search your app store (Google Play or Apple App Store) for “Right Decisions Health and Care”. Install and open the app then follow the instructions above. You can also find direct links to the app stores at the bottom of the Right Decisions home [webpage](#).