

Would you like to try a new way to remember when to take your meds?

We are looking for participants to join a short NHS Highland project that will explore the use of musical notifications to support people remembering to take regular medications or supplements on time.

This exciting pilot uses an app that connects memorable music to your medication schedule. It's free to take part - all you need is a suitable Android or Apple smartphone and meet the following criteria:

- Are you between 40 and 55 years old?
- Are you currently taking between 3 and 6 regular medications or supplements?
- Do you have an iPhone or Android smartphone and can download apps from the app store?
- Can you complete a short, online questionnaire at the end of the 8 week pilot?

Would you like to join us in the pilot?

If you've answered yes to all the questions above, please go to the link below, or scan the code on the right with your phone's camera and complete the questionnaire:

<https://forms.office.com/e/ZfJSjKZLRV>



What are we testing?

There is a large body of research that has identified missed medication as a significant problem in health care that includes risk factors in developing dementia. We are trying to understand if using this app can help people to improve medication adherence.

Please note that the information collected during this pilot will be anonymised and you will not be individually identified.

This pilot is run by NHS Highland in partnership with Memory Tracks Ltd as part of the Small Business Research Initiative (SBRI) project – Medicines and Dementia.