

# posomind<sup>®</sup>

Helping you manage your medication

With the Posomind,  
managing your medication has never been easier



## 1 • Introduction



### The importance of taking medication correctly ...

Life expectancy has increased dramatically thanks, among other things, to :

- medical advances,
- improving health care (your GP, your pharmacist, your nurse),
- pharmaceutical innovation (new drugs),
- but also the positive impact of various prevention and screening campaigns focusing on common illnesses (breast cancer, bowel cancer, diabetes, cholesterol, renal insufficiency, cardiovascular diseases, etc.).



In addition to these various improvements allowing us to lead a better and longer life, there is one other, element that plays a key role in optimising your health : [taking your medication as instructed, i.e. medication adherence !](#)

Medication adherence means taking your medication as instructed, i.e. the right drug at the right dose, at the right frequency and time, using the right mode of administration (correct use).

Even if our GPs and pharmacists remind us of the importance of taking our medication correctly, one day or another we have all forgotten to take a drug, without thinking about the consequences!

Taking medication correctly avoids complications, unnecessary stays in hospital, the occurrence of another illness and increased expenditure on drugs, but above all, it makes it possible to [achieve the desired response to the treatment: being cured or a positive development of the illness.](#)



### Helping you to care for your health ...

With age and illnesses, the number of special pharmaceutical products to be taken every day tends to increase, leading to complex medication schedules. The number of drugs you have to take may be a problem in itself, but in addition to this, the schedule to be followed is not always easy.

[With the easy-to-use POSOMIND, taking your medication correctly has never been easier !](#)



## 2 • Description of the Posomind

The POSOMIND is a small electronic box that can be carried around and that is intended to help you manage your medication.

The POSOMIND is managed for you by your pharmacist each time you visit him, so you do not have to program it yourself.

The POSOMIND is very easy to use :

- A single push on the button validates the information received.
- You do not have to do ANY PROGRAMMING

The POSOMIND is suitable for all types of patient and all types of medication.

## 3 • Free options

### The following free services are linked to the use of your Posomind :

When you purchase your POSOMIND from your pharmacist, he will ask you whether you would like.

- to activate **the emergency function**, which can be used to display all your current medication on the screen. If anything happens to you (accident, loss of consciousness, etc.), the first aiders will be able to provide the most suitable treatment by viewing your medication profile ;
- **to display other information** which you consider important in the event of an emergency: blood group, specific illness, people to contact (family, GP, etc.) ;
- to receive a quarterly follow-up table of your medication, enabling you to **assess your medication adherence** over time.

All these services can be adapted by your pharmacist depending on your needs !

### The pharmaceutical industry helps you, as well ...



- If the information is available for your medication, you will be able to view the tablet and a photo of the packaging, to help you confirm and/or identify the right product.

## 4 • Practical use

If you take your POSOMIND with you when you go to consult the doctor :

- He can connect your POSOMIND to the MEDIMIND application.
- He can modify the posology of a treatment that is already recorded in your POSOMIND.
- He can delete a current treatment.
- With your consent, he can consult your adherence profile with you.

If you take your POSOMIND with you when you go to your pharmacy :

- Using the MEDIMIND application, the first time the pharmacist will initiate your POSOMIND.
- He encodes your medication (prescription drugs and others) and the respective dosages.
- He enters when you have to take your medication.
- If necessary, he adds a note relating to the medication you take.
- He enters any additional data that you would like to have included in the emergency function (telephone numbers, rhesus factor, etc.).
- With your consent, he can consult your adherence profile with you.

Once it has been synchronised with the MEDIMIND application,  
the POSOMIND is active and ready for you or your close relatives to use.

**« All you have to do is confirm that you have received the information provided  
(by pressing the POSOMIND button) and of course, take your medication correctly! »**

As the patient, you remain responsible for following your treatment correctly.

