

INSTRUCTIONS FOR USING YOUR PILL BOTTLE

This electronic pill bottle is **the same as your regular pill bottle**, but the cap records when you open and close the bottle. Over the next 6 months, we will use the bottle to measure when you take your medication. In order to set up the bottle, **please follow the instructions below:**

Place your pills into the provided vials and place the appropriate cap on the vial.

You should only use the electronic cap for study medications:

- [Medication 1]
- [Medication 2]

Download the Pillsy mobile application from the Apple Store or Android App Store.

By searching “Pillsy” you will be able to find it. Make sure you enable push notifications so you will know if there is a connectivity issue between the application and the bottle.

Please contact us at [RA phone number] or email me at [RA email]

STOP HERE – CALL US TO SET UP THE BOTTLE

Give us a call to finalize the bottle set up. Once you complete the steps above, you will be asked for a security code. The security code is sent to one of our study phones, and as such we will need to have a quick conversation on the phone to help you set up the bottle. **We will give you a call a few days after mailing the bottle, but please feel free to contact us once you receive it.**

Make the pill bottle part of your daily routine. The questions below will help you decide where to place your pill bottle and remember to use it as part of your routine.




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People have different ways of taking their medications daily. **What do you tend to do most of the time?**

I take my [*medication*] at ____ AM/PM

What do you also do around the same time? Could you use that activity as a reminder to take your medication?

You can choose an activity from one of the examples below or come up with your own.

EXAMPLES		
		
Getting dressed Making coffee/tea _____	Eating lunch Leaving from work _____	Reading before bed Brushing your teeth _____

I will now take my medication when I... _____

In the blanks below, write down how you will remember that it's time to take your medication.

EXAMPLE	
To remember to take my medication when I <i>make my morning tea</i>	I will <i>place my pill bottle near the kettle</i>
MY COMMITMENT	
To remember to take my medication when I _____	I will _____ _____

So, as you go about your regular routine, **you will now also think to yourself, "time to take my medication!"**