MedMap

Quick-Start Guide

Your Complete Resource for Getting Started

Transform medication management with MedMap's comprehensive digital solution. This guide will walk you through every step to create, verify, and share your medication list safely and efficiently.

What You'll Learn:

â¢ How to capture medications using multiple methods
â¢ Verification and safety checking features
â¢ Secure sharing with healthcare providers
â¢ Setting up adherence support

Step 1: Capture Your Medications

Goal:

Build a complete, accurate list of all your current medications

including prescriptions, over-the-counter drugs, and supplements.

Detailed Instructions:

Method 1: Barcode Scanning (Fastest)

1. Open MedMap and tap the "Scan Barcode" icon
2. Point your camera at the medication barcode
3. Wait for the green confirmation beep
4. Verify the medication name appears correctly

Method 2: Photo Capture with OCR

1. Tap the "Photo Capture" button in MedMap
2. Take a clear photo of the medication label
3. Ensure good lighting and focus on the text
4. MedMap will automatically extract medication details
5. Review extracted information for accuracy

Method 3: Manual Entry

1. Select "Add Manually" from the main menu
2. Enter medication name, strength, and dosage form
3. Add frequency and special instructions
4. Save to your medication list

Method 4: CSV Import (For Multiple Medications)

1. Prepare a CSV file with columns: Name, Strength, Form, Frequency
2. Tap "Import" and select your CSV file
3. Review imported medications for accuracy

Pro Tips & Best Practices:

â¢ Keep all medication bottles handy during setup
â¢ Include vitamins and supplements - they matter too!
â¢ For best OCR results, photograph labels in natural light
â¢ Don't worry about perfect accuracy - you'll verify in Step 2

Step 2: Verify & Protect

Goal:

Ensure accuracy and identify potential drug interactions, allergies, or contraindications before sharing with providers.

Detailed Instructions:

Review Each Medication:

1. MedMap displays your complete list for review
2. Tap each medication to verify:
   - Name and spelling
   - Dosage strength (e.g., 20mg, 500mcg)
   - Route (oral, topical, injection, etc.)
   - Frequency (daily, twice daily, as needed)
3. Make corrections by tapping "Edit" on any entry

Understanding Alerts:

MedMap automatically checks for potential issues:

â¢ RED alerts: Serious interactions - consult provider immediately
â¢ YELLOW alerts: Moderate interactions - discuss with provider
â¢ BLUE alerts: Information notes - good to know

When You See an Alert:

1. Tap the alert icon for detailed explanation
2. Read the simple, patient-friendly description
3. Note the clinical reference provided
4. Flag for discussion with your healthcare provider
5. Do NOT stop medications without consulting your provider

Pro Tips & Best Practices:

â¢ Double-check dosages - they're critical for safety
â¢ Include "as needed" medications and their max daily dose
â¢ Add allergy information in your profile for enhanced checking
â¢ Save screenshots of important alerts to discuss later

Step 3: Share Securely

Goal:

Provide your verified medication list to healthcare providers and pharmacists in their preferred format, maintaining privacy and security.

Sharing Options:

Option 1: FHIR Export (For Healthcare Systems)

1. Tap "Export" in MedMap
2. Select "FHIR Format"
3. Choose to save locally or email directly to provider
4. File includes version stamp and provenance information

Option 2: PDF Download (Universal Format)

1. Select "Download PDF" from the Export menu
2. PDF includes complete medication list with timestamps
3. Print or email to any healthcare provider

Option 3: Secure Share Link (Recommended)

1. Tap "Generate Share Link"
2. Set expiration time (24 hours, 7 days, or custom)
3. Optionally add access code for extra security
4. Share link via text, email, or QR code
5. Track when link is accessed in your Activity log

Summary & Next Steps

Congratulations! You've successfully:

- â¢ Created a comprehensive medication list
- â¢ Verified accuracy and checked for interactions
- â¢ Shared securely with your healthcare team

Take it further by:

- â¢ Setting up medication reminders in the Adherence section
- â¢ Scheduling regular list reviews (we recommend monthly)
- â¢ Adding family members' medication lists if caregiving

Need Help?

Visit our FAQ: medmap.study/resources/faq

Contact support: research@medmap.study

Join our pilot program: medmap.study/pilot-signup