

MedMap Quick-Start Guide

Welcome to MedMap! This guide will help you set up and use your medication management system effectively and safely.

Step 1: Capture Your Medications

Goal: Build a complete list of all your current medications, supplements, and vitamins.

Instructions:

1. Open the MedMap app or web form
2. Choose your preferred capture method:
 - Scan the medication barcode for instant recognition
 - Snap a photo of the label (our OCR reads the details)
 - Upload a CSV file if you have multiple medications
 - Type them in manually with name, dose, and frequency
3. Repeat for each medication you take regularly

Pro Tips:

- Keep medication bottles handy during setup
- Include vitamins and supplements - they can interact with medications
- Use good lighting when photographing labels for best OCR results

Step 2: Verify & Protect

Goal: Ensure accuracy and identify potential drug interactions or safety concerns.

Instructions:

1. Review each medication entry for accuracy
2. Confirm dosage strength (mg, mcg, etc.)
3. Verify route (oral, topical, injection) and frequency
4. Check for interaction alerts:
 - RED alerts: Serious - consult your provider immediately
 - YELLOW alerts: Moderate - discuss with provider
 - BLUE alerts: Informational notes
5. Tap any alert for detailed, patient-friendly explanation

Step 3: Share Securely

Goal: Provide your verified medication list to healthcare providers in their preferred format while maintaining privacy and security.

Instructions:

1. Tap "Export" or "Share" in MedMap
2. Choose your sharing method:
 - Export as FHIR file for healthcare systems
 - Download PDF for universal compatibility
 - Generate secure share link with optional access code
3. Each export includes version stamp and provenance information
4. Share directly with your clinician, pharmacist, or care team

Security Note: All exports are timestamped and trackable in your Activity log.

Step 4: Support Adherence

Goal: Stay on track with your medication schedule and maintain an up-to-date list.

Instructions:

1. Set up medication reminders for each prescription
2. Log when you take medications to track adherence
3. Update your list when medications change
4. Review and refresh your list monthly

Summary & Next Steps

You've now created a comprehensive, verified medication list that you can securely share with your healthcare team. Keep it updated as your medications change, and use the adherence features to stay on track.

Need Help?

Visit our FAQ: medmap.study/resources/faq

Contact support: research@medmap.study

Join the pilot: medmap.study/pilot-signup