

MyMedSafe[®] User Guide

MyMedSafe is a patient controlled personal health record. You can store personal health information for up to 6 individuals in your vitalEsafe. This valuable feature is included at no charge. You can access your stored information from **anywhere in the world via the Internet**. In case of emergency having correct information for medical personnel can be literally the difference between life and death. A personal health record is also a useful tool to help you take greater control over your health or of those under your care.

MyMedSafe follows the health care banking model which means that your health record is like your bank account. You control what goes in, what comes out, and who has access.

The only required information is your name, date of birth, and a primary emergency contact. This will allow a MyMedSafe card to be printed. All other information is optionally entered by you.

Basic information you can enter includes name, address, phone numbers, insurance carrier, date of birth, etc. You can list a number of emergency contacts and then designate your primary contact.

Medical History information you can enter includes:

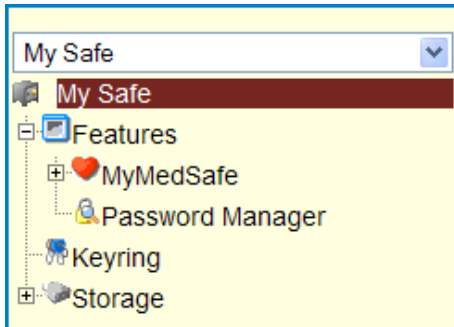
- Allergies
- Prescription Medications
- Non-Prescription Medications
- Vitamins and Minerals
- Herbal Supplements
- Immunizations
- Surgeries
- Hospitalizations
- Chronic Conditions
- Social History
- Family Medical History
- Physicians
- Tests
- Other Information

Advance healthcare directives may be uploaded including your living will, medical power of attorney, do not resuscitate order, etc. Also you may upload copies of your driver's license and insurance card.

Your MyMedSafe card (which you can print or we can provide) can be carried

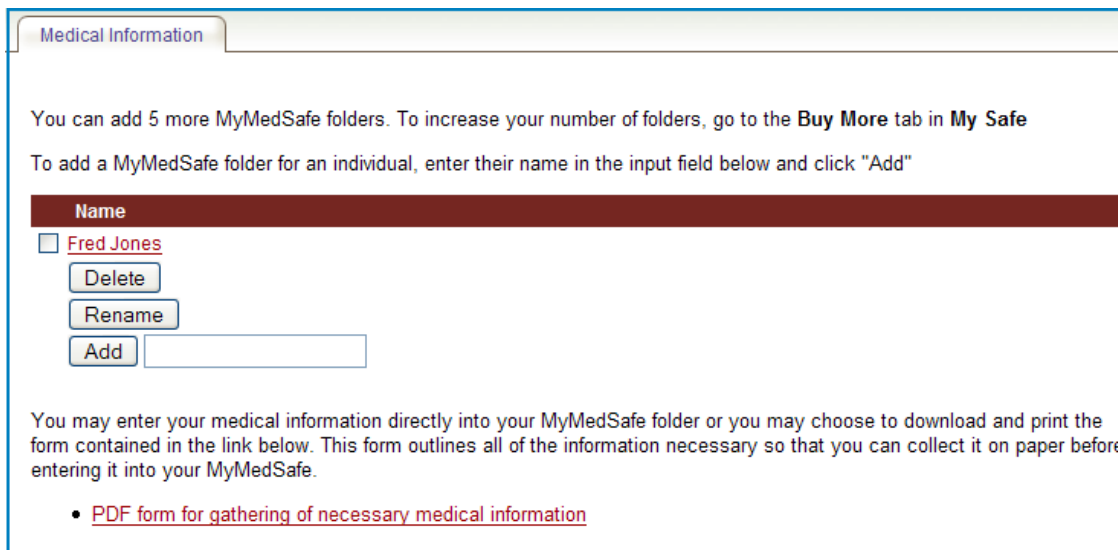
in your wallet or purse. On the card is your name, primary emergency contact with phone number, and a unique code that will allow emergency medical personnel access to your medical information.

Getting Started with MyMedSafe



Login to your safe and in the left frame click the "+" by features and see the MyMedSafe feature.

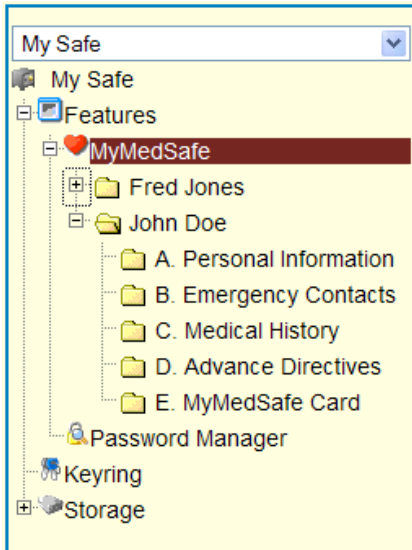
Click the "+" by the MyMedSafe feature and you will see in the right frame:

A screenshot of the "Medical Information" tab in the MyMedSafe interface. The tab is titled "Medical Information". Below the title, there is a message: "You can add 5 more MyMedSafe folders. To increase your number of folders, go to the **Buy More** tab in **My Safe**". Below this message, there is a text input field with the placeholder text "To add a MyMedSafe folder for an individual, enter their name in the input field below and click 'Add'". Below the input field, there is a table with a header "Name" and a row containing "Fred Jones". To the left of "Fred Jones" is a checkbox. Below "Fred Jones" are three buttons: "Delete", "Rename", and "Add". To the right of the "Add" button is an empty text input field. Below the table, there is a paragraph of text: "You may enter your medical information directly into your MyMedSafe folder or you may choose to download and print the form contained in the link below. This form outlines all of the information necessary so that you can collect it on paper before entering it into your MyMedSafe." Below this paragraph is a bulleted list with one item: "• [PDF form for gathering of necessary medical information](#)".

From the "Medical Information" tab, you can add folders for up to 6 individuals. In this example, MyMedSafe has been set up for "Fred Jones" by entering his name in the box to the right of the Add button. At the top of the tab you see that 5 more MyMedSafe folders can be added. Use the Delete, Rename, or Add buttons to control your folders.

Note that there is a PDF form available at the bottom of the screen. This is a form which you can print out and use to gather the information which will go into your MyMedSafe.

Set Up MyMedSafe



Select a folder which you have added. A list of folders will appear (A-E) which contain templates which will guide you through the process of entering information.

Personal Information

Enter name, address, insurance information, etc. When you have completed your entries, click "Update" at the bottom of the window.

You choose how much information you want to store in your MyMedSafe. The minimum required to be able to print out a MyMedSafe card is name, date of birth, and one emergency contact plus their phone number.

Emergency Contacts

You can add multiple emergency contacts. The contact you want to be listed on your MyMedSafe card should be selected as "Primary".

Emergency Contacts

Emergency Contact

Title ▼

First Name

Middle Name

Last Name

Suffix ▼

Relationship ▼

Home Phone

Cell Phone

Work Phone

Email Address

When you have added a contact you can enter their information. Don't forget to click update when you are through.

Adding Medical History

Click the Medical History folder in the left pane and you will see tabs in the right pane.

Allergies	Prescription Medications	Non-Prescription Medications	Vitamins and Minerals	Herbal Supplements	
Immunizations	Surgeries	Hospitalizations	Chronic Conditions	Social History	Family Medical History
Physicians	Tests	Other Information			

By selecting tabs relevant to your history you can provide answers to general medical questions. Your answers to these questions will build a report which will be available from your MyMedSafe folder in your vitalEsafe or by going to www.mymedsafe.com and entering your unique access code.

The Chronic Conditions Tab is selected and the following is displayed (partial list):

Condition	Yes	No	Comment
Acid Reflux	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Attention Deficit Disorder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Alcohol/Drug Problem	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Amnesia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Anemia/Blood Disorder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Arthritis/Rheumatism	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Athsma	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Autism	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Back Problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>

Items which are checked "Yes" or "No" are listed in the summary report. Items left blank are not listed.

Select each tab in your Medical History folder and enter information that you would like stored and accessible from your MyMedSafe. Don't forget to select the "Update" button at the bottom of the screen after you make changes.

Advance Directives

A powerful capability of MyMedSafe is the ability to store commonly needed forms including advance care directives (living will), medical powers of attorney, driver's license, insurance card, etc.

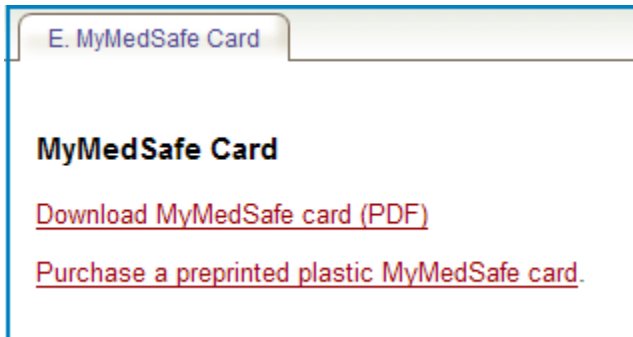
	Location of Original
Living Will Upload	<input type="text"/>
Medical Power of Attorney Upload	<input type="text"/>
Do Not Resuscitate Order Upload	<input type="text"/>
Authorization for Organ Donation Upload	<input type="text"/>
Driver's License Upload	<input type="text"/>
Insurance Card Upload	<input type="text"/>

[Return to Medical Summary](#)

Select "Upload" and you will see an Upload screen from where you can browse to the document you are saving. Also note that you have the opportunity to provide a "Location of Original". You may view each document here

or from the summary report.

Your MyMedSafe Card



From the MyMedSafe Card folder you can download your card as a PDF and print it out. Carry this card in your purse or wallet. We will be adding the capability of your purchasing a plastic card in the near future.



Your MyMedSafe Report

Your MyMedSafe Report is prepared from the answers you have provided in folders A-D. Print a MyMedSafe Report at any time by selecting the folder holding your information (or your family member) and clicking on "Printable Version" at the top of the right pane.

Emergency Access to Your Report

Your report may be accessed by following the instructions on your MyMedSafe card. Only your folder will be seen - no other MyMedSafe folders or any of your vitalEsafe content. Got to www.mymedsafe.com and enter the retrieval code which can be found on both sides of your MyMedSafe card.

