

Manage my meds for patients and carers

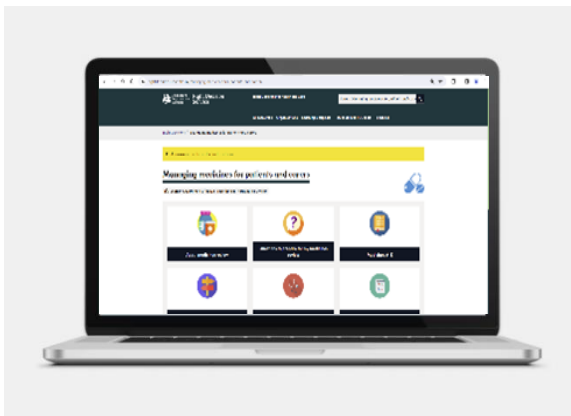
The Manage my meds for patients and carers app provides information and tools to:

- Build your knowledge and understanding about your medicines
- Manage your medicines confidently.
- Prepare for a medicines review. This is an appointment where you can discuss with a healthcare professional how your medicines are working for you and see if there are any changes that may help.

You can access Manage my meds as a website and as a mobile app

Access the **website**

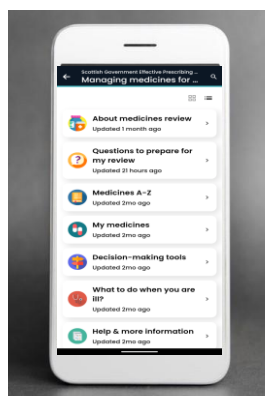
- through the Right Decision Service (RDS) at <https://managemymeds.scot.nhs.uk> or
- scan the QR code below



Website

Access the **mobile app**

- Scan the QR code below with your camera or QR code scanner or use the link <https://rds.app.link/49361>
- If prompted, click on "Install" to install the Right Decisions app.
- Open Right Decisions and you will be taken to your toolkit automatically.
- When you next open the RDS app you will find this toolkit saved in the My toolkits tab.



App