

LEVERAGING TECHNOLOGY FOR PATIENTS

Using apps for adherence and self-management

1

CHECK REVIEWS AND COSTS

Before downloading any app, read user reviews and check for subscription fees or other costs.

2

CHOOSE ONE APP THAT FITS YOUR NEEDS

Look for an app that combines helpful features so you can avoid downloading multiple apps with overlapping uses.

3

TRACK SEIZURES AND MEDICATIONS

Some apps allow you to track seizures, set medication reminders, use snooze features, and receive alerts when it is time to refill prescriptions.

4

USE EXISTING DEVICES AND SHARE DATA

If you already use epilepsy or seizure-related devices, explore additional features. Ask your doctor if they recommend an app or review app data like seizure diaries.

5

VERIFY HEALTH ADVICE

If an app or AI platform gives medical advice, always confirm that information with your clinician.