BILL'S HOME TECH

Home & Small Business Tech Solutions

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Medication & Reminder Alerts

Set up spoken daily reminders on your Echo that are reliable and easy to change

Plain-English tech help from:

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Tech Made Simple. Service Made Personal.

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SUMMARY

The 60-Second Version

Tell your Echo once — "Alexa, remind me to take my pills every day at 8 a.m." — and it speaks the reminder out loud at that time every day. Say the time clearly as a.m. or p.m., and use plain wording since it is spoken aloud. In the Alexa app you can edit times, and turn on playing reminders on every Echo so they are heard all over the house.

One honest note: it is a dependable nudge, not a medical device — pair it with a weekly pill box for must-not-miss doses.

1 The Short Version

An Amazon Echo makes a wonderful, patient reminder. You can tell it once — "remind me to take my pills at 8 every morning" — and it will speak up at that time every day without fail, with no app to open and nothing to remember. This guide sets up medication and other daily reminders so they are reliable, hard to miss, and easy to change.

One honest note up front: an Echo is a helpful nudge, not a medical device. It is marvelous for remembering, but it does not track doses or replace a pharmacist's advice. Used for what it is good at, it genuinely helps.

- Say it once; the Echo reminds you out loud at the same time every day.
- You can name reminders so you know exactly which one is speaking.
- Reminders can play on every Echo in the house so you never miss one.
- It is a nudge, not a medical device — we cover its honest limits.

WATCH OUT

Reminders speak out loud at the set time and repeat if you do not respond, which makes them much harder to sleep through or forget than a silent note.

2 Why a Speaker Works So Well for This

Paper notes get buried, phone alerts get silenced, and it is easy to lose track of whether you already took something. A spoken reminder from across the room cuts through all of that. It arrives at the right moment, in plain words, and you do not have to be holding anything or looking at a screen.

> **GOOD TO KNOW**
>
> For many people the voice is the whole advantage — you can be cooking, reading, or gardening and still hear "time to take your evening pills" clear as day.

3 What You Need

This works on any Echo, with just a little setup. Gather these and you are ready.

- An Echo speaker or Echo Show, online and set up.
- The free Alexa app on a phone, to review and fine-tune reminders.
- A clear idea of the times and words you want (for example, "morning pills at 8").

> **TIP**
>
> If the reminder is for a loved one, set it up on their Echo while you are there, then double-check it from the Alexa app on your own phone so you can adjust it later from anywhere.

4 Set a Simple Reminder by Voice

The fastest way is just to say it. Alexa turns your sentence into a scheduled reminder on the spot.

1. Say "Alexa, remind me to take my medication at 8 in the morning."

2. Alexa repeats it back so you can confirm the time is right.
3. At that time, the Echo chimes and says your reminder out loud.
4. If you miss it, it gently repeats a few minutes later.

> **GOOD TO KNOW**
> Say the time clearly as "8 in the morning" or "8 p.m." rather than just "8," so there is no mix-up between morning and evening.

5 Make It Repeat Every Day

A one-time reminder is useful, but for medication you want it to come back every single day. Just add the schedule to your sentence.

1. Say "Alexa, remind me to take my pills every day at 8 a.m."
2. For a weekly one, say "every Monday" instead of "every day."
3. To confirm it stuck, ask "Alexa, what are my reminders?"
4. Add a second one the same way for evening doses.

> **WATCH OUT**
> Set your morning and evening medication as two separate daily reminders. That way each one names the right dose and you are never guessing which is which.

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6 Name Your Reminders Clearly

The words you choose are what the Echo says out loud, so make them specific. "Take your blood-pressure pill" is far more useful than "reminder," especially if there are several during the day.

- Use plain, specific wording: "morning heart pill," "evening water pill."
- Avoid private details you would not want said aloud in front of guests.
- Keep it short enough to understand in one listen.

> **WATCH OUT**
> Remember the reminder is spoken out loud where others might hear. Keep the wording something you are comfortable with anyone in the room hearing — "your 8 o'clock pill" rather than the name of a sensitive medication.

7 Make Reminders Play All Over the House

By default a reminder speaks on the Echo you set it on. If you have several Echos, you can have reminders announce on all of them, so it does not matter which room you are in when the time comes.

1. Open the Alexa app and go to Settings, then Reminders.
2. Look for an option to have reminders play on all your devices or a chosen group.
3. Turn it on so the reminder is heard everywhere at once.

> **GOOD TO KNOW**
> Hearing the reminder in every room is the single best way to make sure it is never missed, especially if you move around the house during the day.

8 Set and Manage Reminders From the App

Everything you can do by voice, you can also do by tapping in the Alexa app — which is easier for reviewing a long list or fixing a time.

1. Open the Alexa app and tap More, then Reminders & Alarms.
2. Tap Add Reminder to create one by hand, choosing the time and repeat.
3. Tap any existing reminder to edit its time or wording.
4. Swipe or tap to delete one you no longer need.

> **TIP**
> The app is the easiest place to adjust a reminder's time when a prescription changes — no need to delete and re-record it by voice.

9 Reminding a Loved One on Their Echo

You can set reminders on a parent's or spouse's Echo so the nudge reaches them, not you. If their Echo is on your Alexa account, you can even add and adjust their reminders from your own phone.

- Set it up on their Echo in person first, so they hear how it sounds.
- If it is on your account, manage it later from your Alexa app.
- Pair it with the intercom (Drop In) if you want to follow up by voice.
- Keep the wording comfortable and respectful of their privacy.

> **WATCH OUT**
> Setting up medication reminders for a parent is one of the most meaningful things these speakers do. I am glad to come out, get the times and wording right, and make sure it plays where they will actually hear it.

10 Changing, Pausing, or Canceling

Reminders are easy to adjust as life changes. You can do it by voice or in the app.

1. To hear them all: "Alexa, what are my reminders?"
2. To remove one by voice: "Alexa, cancel my 8 a.m. reminder."
3. To change a time: open the reminder in the app and edit it.
4. To pause everything briefly, use Do Not Disturb — but remember reminders are held, not canceled.

WATCH OUT

Do Not Disturb will silence reminders while it is on. If you turn it on at night, make sure your morning reminder time is after it turns off, or you may not hear it.

11 Lists for Refills and Appointments

Alongside reminders, a running list is handy for the pharmacy. When you notice a bottle getting low, add it on the spot without hunting for a pen.

1. Say "Alexa, add refill my heart pills to my to-do list."
2. Add appointment notes the same way as you think of them.
3. Check the list in the Alexa app before your next pharmacy trip.

TIP

Keep refills on your to-do list and daily doses as reminders. The list is your running errands; the reminders are the daily nudges.

Rather not do this yourself? I'll come to your home and set it up for you — a flat $99 first visit across Portage County, Ohio and nearby communities. Outside the area? I also help remotely by phone or screen-share. Book at billshometech.com/book or call (330) 200-8042.

12 The Honest Limits

It is important to be clear about what an Echo does and does not do, so you lean on it only where it is trustworthy. It is a reliable spoken nudge — nothing more, nothing less.

- It reminds you; it does not know whether you actually took the dose.
- It is not a medical device and gives no medical advice.
- If the power or Wi-Fi is out, reminders will not play.

- For critical, must-not-miss medication, pair it with a pill organizer as a backup.

> **GOOD TO KNOW**
> Think of the Echo as a dependable helper that speaks up on time, used alongside your pharmacist's instructions and a weekly pill box — not as a replacement for either.

13 When It Is Not Working

If a reminder does not play, it is nearly always one of a few simple things.

- Check the Echo is plugged in, online, and not muted (no solid red light).
- Make sure Do Not Disturb is not switched on.
- Confirm the reminder exists and the time is right in the Alexa app.
- Turn the volume up a little so it is easy to hear across the room.

> **WATCH OUT**
> A solid red ring means the microphone is off — the Echo can still speak reminders, but it cannot hear you to set new ones until you press the mic button to turn it back on.

14 Backup Plans So a Dose Is Never Missed

Because an Echo depends on power and Wi-Fi, it is wise to pair it with a simple backup for anything that truly must not be missed. Belt and suspenders is the right approach with medication.

- Keep a weekly pill organizer alongside the reminders — a glance tells you if a dose was taken.
- Set the same reminders on your phone as a second voice, in case the Echo is off.
- If you have more than one Echo, have the reminder play on all of them.
- Ask a family member to set matching reminders on their phone to check in.

> **GOOD TO KNOW**
> The Echo and the pill box work beautifully together: the speaker tells you it is time, and the compartments show you whether you already took it. Between them, very little slips through.

15 Build a Morning Routine Around Your Pills

A "routine" lets one phrase kick off several things at once, which can gently build the medication reminder into the rhythm of your day rather than leaving it as a lone alert.

1. In the Alexa app, open More, then Routines, and tap to add one.
2. Choose a phrase to start it, such as "Alexa, good morning."
3. Add actions: read the weather, then speak your medication reminder.
4. Save it, and say the phrase each morning to run the whole thing.

> **GOOD TO KNOW**
> Tying the reminder to something you already do — your morning coffee, the evening news — makes it far more likely to stick than an alert that arrives out of the blue.

16 Common Questions

A few things people often wonder about medication reminders, answered plainly.

- Will it keep reminding me if I miss it? Yes — it repeats gently a few minutes later until you acknowledge it.
- Can I have different reminders for morning and night? Absolutely — set each as its own daily reminder with its own wording.
- What if the power goes out? The reminder will not play; this is why a pill box backup matters.
- Can my daughter set reminders on my Echo? Yes, if the Echo is on an account she can reach, she can manage them from her phone.

- Will guests hear my reminders? They may, so keep the wording general rather than naming a sensitive medication.

> **GOOD TO KNOW**
>
> There are no wrong questions here. If something about how the reminders behave is unclear, it is worth sorting out properly — a reminder you do not fully trust is one you will start to ignore.

17 When to Call Bill

Getting medication reminders right matters, so there is no shame in having them set up properly the first time. If the times, the wording, or playing them around the house is giving you trouble — or you are setting this up for a loved one — I am glad to help.

I come to you, set up the daily reminders with sensible wording, make them play wherever they will be heard, and show you how to change a time when a prescription changes. If it is for a parent or spouse, I will make sure they are comfortable with it too.

- Reminders are not playing or not repeating as they should.
- You want them heard in every room of the house.
- You are setting this up to help a parent or spouse.
- You would simply like it done right and then explained.

CHEAT SHEET

Everyday Cheat Sheet

Keep this near your Echo. Say the time clearly as "a.m." or "p.m."

I want to...	Do this...
A daily reminder	"Alexa, remind me to take my pills every day at 8 a.m."
A weekly reminder	"Alexa, remind me every Monday to..."
Hear what's set	"Alexa, what are my reminders?"
Cancel one	"Alexa, cancel my 8 a.m. reminder"
Change a time	Alexa app More Reminders & Alarms tap and edit
Hear it everywhere	Alexa app Settings Reminders play on all devices
Get help	Call Bill: (330) 200-8042

BEFORE YOU GO

A Note From Bill

A quick note from Bill. I write these guides to make home tech a little less frustrating, and I do my best to keep every step accurate and up to date. Still, every home, device, and setup is a bit different, so I can't promise a guide will match yours exactly or fix your particular problem. These guides are for general information only — they're not professional, legal, or financial advice, and they don't replace your device's own manual or the manufacturer's instructions. Please go slow, use your own good judgment, and use everything here at your own risk. If a step involves electrical wiring, a gas appliance, a water heater, plumbing, or climbing a ladder — or if anything just doesn't feel safe — please stop and call a licensed professional (or give me a call at 330-200-8042). Bill's Home Tech and Bill Davis can't be responsible for any damage, data loss, or injury that results.

HOW I CAN HELP

Your Visit — and My Promise

You don't have to remember all of it — just that a friendly, patient person is one call away, whenever you'd rather have a hand.

KEY SPECS

In your home — $99 flat for the first visit, no contracts and no surprises, with a 30-day come-back-free follow-up. In-home visits cover Portage County, Ohio and nearby communities.
Outside the area? Remotely — $49 for a screen-share session (free for Support Plan members, $39/mo), refundable if I can't fix it — and credited toward a visit if you'd rather have me in person. Book either at billshometech.com/book.

GOOD TO KNOW

My promise — If you're not 100% satisfied with your visit, I'll come back at no charge, or refund the full $99. No questions, no awkwardness. That's how I'd want to be treated.

Whenever you're ready, I'll come to your home anywhere in Portage County, Ohio and nearby communities, at your pace. Too far for a house call? I also help remotely. Book at billshometech.com/book or call (330) 200-8042. — Bill

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