Innovative Technologies to meet Diverse Needs

Charles Lee, MD
President & Founder
Polyglot Systems, Inc.

“polyglot”
Health Through Understanding®
Polyglot Systems, Inc.

**Started** 2001 (Morrisville, NC)

**Mission** Develop practical, affordable multi-language technology solutions to improve healthcare access and reduce disparities for underserved and limited English proficient patients
Health Literacy: Personal Skill

1) Gather
2) Understand
3) Act
Health Literacy: Our Approach (vs. Skill)

**Gather**
- Consolidate information
- Focus on key messages
- Remove clutter / reduce noise

**Understand**
- Reading level
- Language (written & verbal)
- Visuals
- Font size (elderly & visually impaired)

**Act**
- Specific actions
- Encourage dialogue
- Personalized
medication

Challenge

Personal Prescription Information

COMMON NAME: SAIL ME THER (tame-try-as)

COMMON USES: This medicine is a long-acting bronchodilator bronchostimulator used for the long-term treatment of asthma or chronic obstructive pulmonary disease (COPD). It may also be used to treat bronchitis in patients including patients with asthma or emphysema symptoms or breathing problems caused by exercise, as well as to treat other conditions as determined by your doctor.

BEFORE USING THIS MEDICINE: Long-acting bronchodilators such as this medicine have been rarely associated with an increased risk of asthma-related death. It should not be used by patients with asthma or emphysema patients who cannot get adequate control of their asthma symptoms for using other asthma-controller medicines (e.g., inhaled corticosteroids). Some medicines or medical conditions may interact with this medicine.

INFORM YOUR DOCTOR OR PHARMACIST of all prescription and over-the-counter medicines that you are taking, DO NOT USE THIS MEDICINE if you are using other long-acting beta-agonists (such as formoterol or salmeterol), antithrombotic agents (such as aspirin or nonsteroidal anti-inflammatory drugs, NSAIDs), or if you are also using a leukotriene receptor antagonist (LTRA), such as montelukast or zafirlukast, or if you have had a recent coronary artery bypass graft (CABG) surgery, etc.

HOW TO USE THIS MEDICINE: Follow the directions for using the medicine provided by your doctor. This medicine comes with a MEDICATION GUIDE approved by the U.S. Food and Drug Administration. Read it carefully [handwritten: here] will you have this medicine. Ask your doctor, nurse, or pharmacist any questions that you may have about this medicine. THIN MOUTH IBDERVIES YOUR DOSE as a fin one, 3 to 7 days of use. You may or may not need to be on it. Even if you do not take it for a long time, you may need to take it for a long period of time. DO NOT USE MORE than the recommended dose. Ask your doctor or pharmacist if you have questions about how much you should take. Always store it in a cool, dry place. DO NOT give to a pediatric patient. DO NOT USE THIS INHALER FOR USE: Remove the inhaler from the protective cover. Hold the inhaler in your hand. Use the mouthpiece to push the thruster away from you to avoid any spillage. Use only inhaled use. DO NOT use the inhaler in an emergency. DO NOT use one to control the effects of asthma in an emergency. DO NOT use more than the recommended dose. DO NOT use the inhaler for asthma in children under the age of 5 years.

CAUTIONS: DO NOT USE THIS MEDICINE if you have had an allergic reaction to it or are allergic to any ingredient in this product. DO NOT EXCEED THE RECOMMENDED DOSE or frequency of use. DO NOT use this medicine more often than prescribed without checking with your doctor. DO NOT use this medicine if you have had an allergic reaction to it or are allergic to any ingredient in this product.

HOW TO USE THIS MEDICINE: Follow the directions for using the medicine provided by your doctor. This medicine comes with a MEDICATION GUIDE approved by the U.S. Food and Drug Administration. Read it carefully [handwritten: here] will you have this medicine. Ask your doctor, nurse, or pharmacist any questions that you may have about this medicine. THIN MOUTH IBDERVIES YOUR DOSE as a fin one, 3 to 7 days of use. You may or may not need to be on it. Even if you do not take it for a long time, you may need to take it for a long period of time. DO NOT USE MORE than the recommended dose. Ask your doctor or pharmacist if you have questions about how much you should take. Always store it in a cool, dry place. DO NOT give to a pediatric patient. DO NOT USE THIS INHALER FOR USE: Remove the inhaler from the protective cover. Hold the inhaler in your hand. Use the mouthpiece to push the thruster away from you to avoid any spillage. Use only inhaled use. DO NOT use the inhaler in an emergency. DO NOT use more than the recommended dose. DO NOT use the inhaler for asthma in children under the age of 5 years.

CAUTIONS: DO NOT USE THIS MEDICINE if you have had an allergic reaction to it or are allergic to any ingredient in this product. DO NOT EXCEED THE RECOMMENDED DOSE or frequency of use. DO NOT use this medicine more often than prescribed without checking with your doctor. DO NOT use this medicine if you have had an allergic reaction to it or are allergic to any ingredient in this product.

HOW TO USE THIS MEDICINE: Follow the directions for using the medicine provided by your doctor. This medicine comes with a MEDICATION GUIDE approved by the U.S. Food and Drug Administration. Read it carefully [handwritten: here] will you have this medicine. Ask your doctor, nurse, or pharmacist any questions that you may have about this medicine. THIN MOUTH IBDERVIES YOUR DOSE as a fin one, 3 to 7 days of use. You may or may not need to be on it. Even if you do not take it for a long time, you may need to take it for a long period of time. DO NOT USE MORE than the recommended dose. Ask your doctor or pharmacist if you have questions about how much you should take. Always store it in a cool, dry place. DO NOT give to a pediatric patient. DO NOT USE THIS INHALER FOR USE: Remove the inhaler from the protective cover. Hold the inhaler in your hand. Use the mouthpiece to push the thruster away from you to avoid any spillage. Use only inhaled use. DO NOT use the inhaler in an emergency. DO NOT use more than the recommended dose. DO NOT use the inhaler for asthma in children under the age of 5 years.

CAUTIONS: DO NOT USE THIS MEDICINE if you have had an allergic reaction to it or are allergic to any ingredient in this product. DO NOT EXCEED THE RECOMMENDED DOSE or frequency of use. DO NOT use this medicine more often than prescribed without checking with your doctor. DO NOT use this medicine if you have had an allergic reaction to it or are allergic to any ingredient in this product.

HOW TO USE THIS MEDICINE: Follow the directions for using the medicine provided by your doctor. This medicine comes with a MEDICATION GUIDE approved by the U.S. Food and Drug Administration. Read it carefully [handwritten: here] will you have this medicine. Ask your doctor, nurse, or pharmacist any questions that you may have about this medicine. THIN MOUTH IBDERVIES YOUR DOSE as a fin one, 3 to 7 days of use. You may or may not need to be on it. Even if you do not take it for a long time, you may need to take it for a long period of time. DO NOT USE MORE than the recommended dose. Ask your doctor or pharmacist if you have questions about how much you should take. Always store it in a cool, dry place. DO NOT give to a pediatric patient. DO NOT USE THIS INHALER FOR USE: Remove the inhaler from the protective cover. Hold the inhaler in your hand. Use the mouthpiece to push the thruster away from you to avoid any spillage. Use only inhaled use. DO NOT use the inhaler in an emergency. DO NOT use more than the recommended dose. DO NOT use the inhaler for asthma in children under the age of 5 years.

CAUTIONS: DO NOT USE THIS MEDICINE if you have had an allergic reaction to it or are allergic to any ingredient in this product. DO NOT EXCEED THE RECOMMENDED DOSE or frequency of use. DO NOT use this medicine more often than prescribed without checking with your doctor. DO NOT use this medicine if you have had an allergic reaction to it or are allergic to any ingredient in this product.

HOW TO USE THIS MEDICINE: Follow the directions for using the medicine provided by your doctor. This medicine comes with a MEDICATION GUIDE approved by the U.S. Food and Drug Administration. Read it carefully [handwritten: here] will you have this medicine. Ask your doctor, nurse, or pharmacist any questions that you may have about this medicine. THIN MOUTH IBDERVIES YOUR DOSE as a fin one, 3 to 7 days of use. You may or may not need to be on it. Even if you do not take it for a long time, you may need to take it for a long period of time. DO NOT USE MORE than the recommended dose. Ask your doctor or pharmacist if you have questions about how much you should take. Always store it in a cool, dry place. DO NOT give to a pediatric patient. DO NOT USE THIS INHALER FOR USE: Remove the inhaler from the protective cover. Hold the inhaler in your hand. Use the mouthpiece to push the thruster away from you to avoid any spillage. Use only inhaled use. DO NOT use the inhaler in an emergency. DO NOT use more than the recommended dose. DO NOT use the inhaler for asthma in children under the age of 5 years.

CAUTIONS: DO NOT USE THIS MEDICINE if you have had an allergic reaction to it or are allergic to any ingredient in this product. DO NOT EXCEED THE RECOMMENDED DOSE or frequency of use. DO NOT use this medicine more often than prescribed without checking with your doctor. DO NOT use this medicine if you have had an allergic reaction to it or are allergic to any ingredient in this product.

HOW TO USE THIS MEDICINE: Follow the directions for using the medicine provided by your doctor. This medicine comes with a MEDICATION GUIDE approved by the U.S. Food and Drug Administration. Read it carefully [handwritten: here] will you have this medicine. Ask your doctor, nurse, or pharmacist any questions that you may have about this medicine. THIN MOUTH IBDERVIES YOUR DOSE as a fin one, 3 to 7 days of use. You may or may not need to be on it. Even if you do not take it for a long time, you may need to take it for a long period of time. DO NOT USE MORE than the recommended dose. Ask your doctor or pharmacist if you have questions about how much you should take. Always store it in a cool, dry place. DO NOT give to a pediatric patient. DO NOT USE THIS INHALER FOR USE: Remove the inhaler from the protective cover. Hold the inhaler in your hand. Use the mouthpiece to push the thruster away from you to avoid any spillage. Use only inhaled use. DO NOT use the inhaler in an emergency. DO NOT use more than the recommended dose. DO NOT use the inhaler for asthma in children under the age of 5 years.

CAUTIONS: DO NOT USE THIS MEDICINE if you have had an allergic reaction to it or are allergic to any ingredient in this product. DO NOT EXCEED THE RECOMMENDED DOSE or frequency of use. DO NOT use this medicine more often than prescribed without checking with your doctor. DO NOT use this medicine if you have had an allergic reaction to it or are allergic to any ingredient in this product.
Reading level: 5th-8th

Key messages: How to use safely

Universal Medication Schedule

Pictograms for dosing

3 Font sizes

Multi-language support

Free patient portal

Demonstration for complex meds
### Medication Summary: Improving Medication Adherence

**CADA DÍA: Medicina que usted necesita tomar todos los días.**

<table>
<thead>
<tr>
<th>Medication</th>
<th>Morning</th>
<th>Midday</th>
<th>Evening</th>
<th>Nighttime</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardizem 180 MG 24 HR Tablet</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spiriva 18 MCG Inhaler</td>
<td></td>
<td>1 sopro</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lasix 40 MG Oral Tablet</td>
<td>1</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potassium 10 MEQ Capsule</td>
<td>1</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Glucophage 500 MG Tablet</td>
<td></td>
<td>2</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Pravachol 20 MG Oral Tablet</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Por la mañana**
- Cardizem 180 MG 24 HR Tablet: For high blood pressure.
- Spiriva 18 MCG Inhaler: Medication for breathing, for chronic obstructive pulmonary disease (COPD).
- Lasix 40 MG Oral Tablet: For swelling of the feet.
- Potassium 10 MEQ Capsule: To replace potassium. Take the medication with 250 ml (1 cup) of water.
- Glucophage 500 MG Tablet: For high cholesterol. Take the medication on an empty stomach.

**Al acostarse**
- Cardizem 180 MG 24 HR Tablet: For high blood pressure.
- Spiriva 18 MCG Inhaler: Medication for breathing.

**SEGÚN SEA NECESARIO: Medicina que usted debe tomar si la necesita.**

<table>
<thead>
<tr>
<th>Medication</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>ProAir HFA 0.09 MG Inhaler</td>
<td>Use the medication every 4 to 6 hours. Inhalate 1 to 2 times each time.</td>
</tr>
<tr>
<td>Vichidn 5/500 Tablet</td>
<td>Take the medication every 4 to 6 hours. Take 1 tablet every 12 hours.</td>
</tr>
</tbody>
</table>

Medicine for breathing. For asthma.

**Si usted toma alguna medicina que no figura en esta lista, dígáselo a su proveedor de atención médica.**
Mobile Patient Education