

## Getting Started - Reminders

Setting up a one-off or a recurring reminder can be useful for remembering to take medication, or remembering to add information to a tracker, contact your doctor etc. You can choose to use reminders or add them as events to your calendar.

Any reminders you set up will be shown as a notification (bell icon) within MyLiferaft and you will receive an email. Set up how often you want to receive notifications from your Account Area.

**Top Tip:** If you are out and about and have set up to receive notifications via email, make sure you switch on banner alerts in your email and these reminders will display directly on your phone.

### Edit, Delete & Pause Reminders

Click on the **reminder** and select **edit** to access the pause and delete option.

### Go swimming with Dad

**Title**

**Description**

**Date and time**  
    :

**Repeat**

Paused

After pausing a reminder it will show as paused in the list of reminders. When you want the reminder to start again select the reminder, click edit and uncheck the pause.

Go swimming with Dad (Paused)

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