

What Can Alexa Do For You?

Here are just a few ways that Alexa can help you with your daily routine:

- **Daily Medication reminders** - You can set up reminders to take medications at a specific time. Just say, "Alexa, remind me to take my medicine at 8AM every day." You can set as many reminders as necessary to cover multiple medications throughout the day. Alexa can also remind you of your scheduled doctor's appointments.
- **Make a list**- Use the Echo to make a shopping list or a daily to-do list. Just say "Alexa, put milk on my shopping list," or "Alexa, put 'do the dishes' on my to-do list." Whenever you're ready to hear the whole list, just ask Alexa to read it out for you (or you can view the list on the Amazon Alexa smartphone app on iOS or Android.)
- **Personal Help Alerts**- You can use your Echo to easily send alerts to friends and family when you need help. There's an Alexa Skill called "Ask My Buddy" that allows you to designate contacts to alert if you find yourself in need of help. Set this skill up on your Echo, and you'll be able to tell Alexa to alert you via text or call when you need help. It's not a substitute for calling 911, but it will definitely give you more peace of mind!
- **Entertainment** - The Echo can play music, radio, or audiobooks for quick and easy entertainment. Just say, "Alexa, play NPR," or "Alexa, play popular songs from the '50s." Another entertainment option that the Echo provides is jokes and riddles! Just say, "Alexa, tell me a joke!" Alexa also gives you access to brain games to keep your mind sharp.
- **Get Reports**- The Echo can give you current reports on anything you're interested in tracking, like traffic, news, sports, stocks, and the weather.
- **Calls & Messages**- You can send messages or make calls between Echo devices. So if you have one at home and your son or daughter has one at their house, you can quickly send a voice message to their device. The blue light at the top of their Echo will light up to let them know they have a new message. All they have to do is say "Alexa, play my messages!"
- **General Information**- Use your echo to get information on just about anything. You can say, "Alexa, what's playing on TV tonight?" or "Alexa, who was the 7th president of the United States?"
Alexa has hundreds of commands that you can activate just by saying "Alexa" followed by a question or command!

