0:0:0.0 --> 0:0:0.300  
Alejandra Gonzalez  
OK.

0:0:0.850 --> 0:0:1.820  
Yun Gao  
Adding hunt.

0:0:2.560 --> 0:0:2.920  
Alejandra Gonzalez  
Yeah.

0:0:2.980 --> 0:0:5.920  
Alejandra Gonzalez  
Alejandra, or it can just be alle, whichever 1.

0:0:7.160 --> 0:0:8.730  
Yun Gao  
Umm yeah.

0:0:9.310 --> 0:0:12.100  
Alejandra Gonzalez  
And can you tell me a little bit more about yourself?

0:0:13.210 --> 0:0:14.80  
Yun Gao  
OK.

0:0:14.390 --> 0:0:15.530  
Yun Gao  
My name is Yun Chao.

0:0:16.330 --> 0:0:16.560  
Alejandra Gonzalez  
Umm.

0:0:16.140 --> 0:0:17.910  
Yun Gao  
Umm, I'm a farmer.

0:0:17.920 --> 0:0:18.260  
Yun Gao  
Racist.

0:0:19.440 --> 0:0:21.930  
Yun Gao  
Uh, I'm also pings. Mom.

0:0:23.440 --> 0:0:30.220  
Yun Gao  
I have some experience specialty lies that in managed care.

0:0:32.640 --> 0:0:40.890  
Yun Gao  
I mainly I used to work for many insurance companies to do the prior authorizations.

0:0:42.670 --> 0:0:51.730  
Yun Gao  
Uh, so I saw, you know, my job was review doctor's chart, you know?

0:0:52.310 --> 0:0:52.470  
Alejandra Gonzalez  
But.

0:0:51.800 --> 0:0:52.720  
Yun Gao  
Doctor's notes.

0:0:53.600 --> 0:1:9.560  
Yun Gao  
Then find the if the medication is medical necessary for this patient and that also call and make him a phone call to a doctor's office.

0:1:11.270 --> 0:1:13.210  
Yun Gao  
Dunham's talk with the patients?

0:1:14.310 --> 0:1:14.570  
Alejandra Gonzalez  
OK.

0:1:14.420 --> 0:1:16.330  
Yun Gao  
Umm yeah.

0:1:16.420 --> 0:1:22.780  
Yun Gao  
But after Ping got her that I mean got her first episode.

0:1:23.790 --> 0:1:31.190  
Yun Gao  
Uh, I feel it's very hard to manage this stressful professional job.

0:1:32.190 --> 0:1:34.290  
Alejandra Gonzalez  
Hmm, I can only imagine, yeah.

0:1:34.850 --> 0:1:36.160  
Yun Gao  
Yeah, with a child.

0:1:36.170 --> 0:1:38.320  
Yun Gao  
You know that really sick.

0:1:40.180 --> 0:1:44.240  
Yun Gao  
So I, uh, yeah, become her caregiver.

0:1:45.680 --> 0:1:45.880  
Alejandra Gonzalez  
Mm-hmm.

0:1:46.460 --> 0:1:46.930  
Yun Gao  
Yeah.

0:1:53.790 --> 0:1:54.50  
Alejandra Gonzalez  
Umm.

0:1:46.940 --> 0:1:55.430  
Yun Gao  
So I manage her medication before she turned 18 after she turned 18.

0:1:55.480 --> 0:2:0.730  
Yun Gao  
I you know, trying to train her how to be independent.

0:2:1.840 --> 0:2:2.40  
Alejandra Gonzalez  
Umm.

0:2:0.740 --> 0:2:5.470  
Yun Gao  
So I just check after she fell her pill box.

0:2:6.730 --> 0:2:6.930  
Alejandra Gonzalez  
Umm.

0:2:8.10 --> 0:2:10.220  
Yun Gao  
Umm. Ohh.

0:2:12.760 --> 0:2:19.840  
Yun Gao  
And I also have a lot of friends who has the same uh children, you know.

0:2:20.600 --> 0:2:20.790  
Alejandra Gonzalez  
Mm-hmm.

0:2:20.970 --> 0:2:22.70  
Yun Gao  
Ah yeah.

0:2:22.80 --> 0:2:22.710  
Yun Gao  
At home.

0:2:23.80 --> 0:2:29.230  
Yun Gao  
So and I've been I went to bunch of support groups.

0:2:29.640 --> 0:2:32.120  
Yun Gao  
Listen to people talking about their problems.

0:2:33.250 --> 0:2:33.650  
Yun Gao  
Yeah.

0:2:33.660 --> 0:2:35.130  
Yun Gao  
So I have deep.

0:2:36.310 --> 0:2:40.390  
Yun Gao  
Understanding of medical I mean medication management.

0:2:41.120 --> 0:2:41.310  
Alejandra Gonzalez  
Mm-hmm.

0:2:42.620 --> 0:2:47.150  
Yun Gao  
Umm, so I mean, I'm just talking about pain.

0:2:47.870 --> 0:2:48.80  
Alejandra Gonzalez  
Mm-hmm.

0:2:48.60 --> 0:2:53.850  
Yun Gao  
When she before she turned 18. Ah.

0:2:56.160 --> 0:3:1.430  
Yun Gao  
You know, because the side effects of those medications make her can be forgettable.

0:3:2.350 --> 0:3:2.540  
Alejandra Gonzalez  
Mm-hmm.

0:3:3.170 --> 0:3:5.250  
Yun Gao  
Yeah, I have to check her three times.

0:3:6.580 --> 0:3:7.10  
Yun Gao  
Yeah.

0:3:7.20 --> 0:3:10.380  
Yun Gao  
If she's taking three times, I have to check three times a day.

0:3:11.200 --> 0:3:11.460  
Alejandra Gonzalez  
Mm-hmm.

0:3:11.510 --> 0:3:13.720  
Yun Gao  
Asked her, did you take her mess?

0:3:13.730 --> 0:3:14.760  
Yun Gao  
Did you take your meds?

0:3:26.940 --> 0:3:27.260  
Alejandra Gonzalez  
OK.

0:3:14.870 --> 0:3:28.820  
Yun Gao  
You know, then sometimes she would say yes, I took it, but actually she didn't because it happens every day.

0:3:29.690 --> 0:3:32.120  
Yun Gao  
She so she found all I took it.

0:3:32.130 --> 0:3:34.130  
Yun Gao  
But that was yesterday.

0:3:34.770 --> 0:3:35.680  
Yun Gao  
Not today.

0:3:36.70 --> 0:3:36.260  
Yun Gao  
Yeah.

0:3:34.480 --> 0:3:36.430  
Alejandra Gonzalez  
Umm yeah.

0:3:37.170 --> 0:3:39.930  
Yun Gao  
Didn't realize. Umm.

0:3:43.690 --> 0:3:48.160  
Yun Gao  
And also she I have to check.

0:3:49.800 --> 0:3:54.630  
Yun Gao  
OK, when I clean up I saw some pills drop on the floor.

0:3:53.970 --> 0:3:56.110  
Alejandra Gonzalez  
Mm-hmm. OK.

0:3:56.830 --> 0:3:57.550  
Yun Gao  
Yeah.

0:3:57.690 --> 0:4:1.980  
Yun Gao  
So that means sometimes she didn't took it properly.

0:4:2.30 --> 0:4:2.770  
Yun Gao  
She drop it?

0:4:4.130 --> 0:4:5.190  
Yun Gao  
Probably she didn't.

0:4:5.200 --> 0:4:7.30  
Yun Gao  
Actually, she didn't take it in.

0:4:8.220 --> 0:4:8.450  
Alejandra Gonzalez  
Mm-hmm.

0:4:10.930 --> 0:4:11.390  
Yun Gao  
Umm.

0:4:12.930 --> 0:4:13.680  
Yun Gao  
Ohh, by the way.

0:4:13.690 --> 0:4:15.410  
Yun Gao  
First of all, yeah, safety first.

0:4:15.880 --> 0:4:16.90  
Alejandra Gonzalez  
Mm-hmm.

0:4:20.410 --> 0:4:20.600  
Alejandra Gonzalez  
Mm-hmm.

0:4:15.890 --> 0:4:24.190  
Yun Gao  
So never give the children the full bottle, or yeah, to too many quantity of pills.

0:4:24.980 --> 0:4:25.390  
Yun Gao  
Umm.

0:4:29.520 --> 0:4:29.820  
Alejandra Gonzalez  
Mm-hmm.

0:4:25.600 --> 0:4:32.560  
Yun Gao  
I gave her a weekly pill box that I try.

0:4:32.610 --> 0:4:34.70  
Yun Gao  
Ohh, that's the key.

0:4:34.250 --> 0:4:35.460  
Yun Gao  
I tried so many people.

0:4:35.470 --> 0:4:38.810  
Yun Gao  
Boxes and finally found this one.

0:4:42.200 --> 0:4:43.630  
Alejandra Gonzalez  
Umm OK.

0:4:38.820 --> 0:4:43.890  
Yun Gao  
This is just a simple clear transparent, yeah.

0:4:45.490 --> 0:4:50.180  
Yun Gao  
Before we had different colors, you know, different shapes.

0:4:56.750 --> 0:4:56.990  
Alejandra Gonzalez  
Mm-hmm.

0:4:50.250 --> 0:5:0.100  
Yun Gao  
But those are not working because the color you know sometimes I can see clearly and the yeah to herself is the same.

0:5:0.110 --> 0:5:2.440  
Yun Gao  
She had a hard time to tell.

0:5:2.450 --> 0:5:4.510  
Yun Gao  
Or did I take it or not?

0:5:5.640 --> 0:5:5.840  
Yun Gao  
Yeah.

0:5:5.810 --> 0:5:6.70  
Alejandra Gonzalez  
OK.

0:5:6.950 --> 0:5:11.800  
Yun Gao  
So from she turned 16.

0:5:18.320 --> 0:5:18.690  
Alejandra Gonzalez  
Mm-hmm.

0:5:13.370 --> 0:5:19.790  
Yun Gao  
Yeah, I we began to train her how to manage her medications, so every.

0:5:22.630 --> 0:5:27.990  
Yun Gao  
Uh, Sunday morning or Saturday morning because she has a lot of time.

0:5:31.90 --> 0:5:31.340  
Alejandra Gonzalez  
Mm-hmm.

0:5:28.780 --> 0:5:36.530  
Yun Gao  
Uh, she's now going to school, so we asked her to fill her pill box by herself.

0:5:39.190 --> 0:5:41.60  
Yun Gao  
Yeah, you're a beginning.

0:5:46.260 --> 0:5:46.520  
Alejandra Gonzalez  
Yeah.

0:5:41.70 --> 0:5:54.120  
Yun Gao  
I have to write a recipe like the list of her medications, like a a pill, a put the two in the morning, put pill B, put the two in afternoon.

0:5:54.170 --> 0:5:58.910  
Yun Gao  
You know those things then she doing?

0:5:58.920 --> 0:5:59.850  
Yun Gao  
Keep doing it.

0:5:59.860 --> 0:6:7.780  
Yun Gao  
Then she can remember umm, but after she failed the pill box I have to double check.

0:6:9.540 --> 0:6:9.820  
Alejandra Gonzalez  
OK.

0:6:10.370 --> 0:6:14.880  
Yun Gao  
Yeah, sometimes she will miss here and there, you know.

0:6:15.780 --> 0:6:19.950  
Yun Gao  
Or sometimes, oh, I don't have no refill left.

0:6:20.910 --> 0:6:21.420  
Yun Gao  
Umm.

0:6:21.890 --> 0:6:25.350  
Yun Gao  
I'll make her call a pharmacist to get to the refill.

0:6:26.190 --> 0:6:26.410  
Alejandra Gonzalez  
Mm-hmm.

0:6:27.450 --> 0:6:27.840  
Yun Gao  
Yeah.

0:6:27.850 --> 0:6:33.590  
Yun Gao  
And always remind her, hey, you have two more pills left.

0:6:34.980 --> 0:6:38.320  
Yun Gao  
Uh, is there any other bottles?

0:6:39.240 --> 0:6:39.510  
Alejandra Gonzalez  
Mm-hmm.

0:6:39.790 --> 0:6:43.860  
Yun Gao  
Maybe hiding somewhere, you know?

0:6:43.900 --> 0:6:49.440  
Yun Gao  
Because if if you go to the pharmacy, you had an early refill, they won't give it to you, right?

0:6:49.860 --> 0:6:50.100  
Alejandra Gonzalez  
Mm-hmm.

0:6:50.910 --> 0:6:51.110  
Yun Gao  
Yeah.

0:6:52.100 --> 0:6:53.370  
Yun Gao  
Uh ohh.

0:6:53.460 --> 0:6:57.260  
Yun Gao  
By the way, I love the big bottles in the cabinet.

0:6:58.130 --> 0:6:58.370  
Alejandra Gonzalez  
OK.

0:6:58.290 --> 0:6:58.700  
Yun Gao  
Two.

0:6:59.190 --> 0:6:59.410  
Yun Gao  
Yeah.

0:7:0.390 --> 0:7:2.370  
Yun Gao  
For the safety concerns.

0:7:6.950 --> 0:7:7.500  
Yun Gao  
And.

0:7:7.290 --> 0:7:12.330  
Alejandra Gonzalez  
And So what are some of your biggest frustrations with managing medications?

0:7:18.570 --> 0:7:18.770  
Yun Gao  
Uh.

0:7:20.90 --> 0:7:24.940  
Yun Gao  
Before she turned 18, my biggest frustration was she's forgettable.

0:7:25.940 --> 0:7:26.180  
Alejandra Gonzalez  
Umm.

0:7:27.560 --> 0:7:30.460  
Yun Gao  
Uh, she's telling me lies.

0:7:32.530 --> 0:7:33.60  
Yun Gao  
She's that.

0:7:32.120 --> 0:7:33.130  
Alejandra Gonzalez  
Umm yeah.

0:7:33.70 --> 0:7:34.20  
Yun Gao  
Yes, I took it.

0:7:34.30 --> 0:7:34.880  
Yun Gao  
Yes, I took it.

0:7:34.970 --> 0:7:41.670  
Yun Gao  
You know, but sometimes if I were busy, I didn't get a chance to check her pill box.

0:7:41.720 --> 0:7:43.550  
Yun Gao  
I didn't know if she took it.

0:7:44.530 --> 0:7:49.500  
Yun Gao  
Sometimes she can take her evening pills instead of the morning.

0:7:52.320 --> 0:7:52.640  
Alejandra Gonzalez  
Mm-hmm.

0:7:49.870 --> 0:7:53.720  
Yun Gao  
You know in the wrong order that happens couple of times.

0:7:54.520 --> 0:7:55.100  
Alejandra Gonzalez  
Ohk OK.

0:7:56.220 --> 0:7:56.400  
Yun Gao  
Yeah.

0:7:59.220 --> 0:7:59.520  
Alejandra Gonzalez  
And.

0:7:59.310 --> 0:8:1.540  
Yun Gao  
Well, just practice makes perfect.

0:8:3.210 --> 0:8:3.720  
Alejandra Gonzalez  
You're right.

0:8:3.620 --> 0:8:4.630  
Yun Gao  
Uh, yeah.

0:8:3.730 --> 0:8:4.800  
Alejandra Gonzalez  
Yes, the more you do it.

0:8:4.700 --> 0:8:9.960  
Yun Gao  
But now, now, after she turned 18, my biggest frustration is.

0:8:13.930 --> 0:8:26.780  
Yun Gao  
She sometimes if she she's too busy with school and works, she might forgot to take and.

0:8:28.450 --> 0:8:29.80  
Yun Gao  
She thought.

0:8:30.790 --> 0:8:31.20  
Alejandra Gonzalez  
Umm.

0:8:29.90 --> 0:8:35.100  
Yun Gao  
It's OK, so I have to get her a lot of education.

0:8:35.110 --> 0:8:36.100  
Yun Gao  
Is now OK.

0:8:36.110 --> 0:8:37.200  
Yun Gao  
I'll skip pills.

0:8:37.490 --> 0:8:38.630  
Yun Gao  
You skip your dose.

0:8:39.680 --> 0:8:39.890  
Alejandra Gonzalez  
Mm-hmm.

0:8:40.180 --> 0:8:40.440  
Yun Gao  
Yeah.

0:8:41.950 --> 0:8:44.160  
Yun Gao  
And I have to.

0:8:45.720 --> 0:8:46.180  
Yun Gao  
Help her.

0:8:50.940 --> 0:8:51.140  
Alejandra Gonzalez  
OK.

0:8:46.540 --> 0:8:52.230  
Yun Gao  
To set up two alarms on her phone? Yeah.

0:8:55.40 --> 0:9:5.560  
Alejandra Gonzalez  
In so you mentioned that one of your biggest frustrations is that paying says she takes the medication, but then she doesn't, right?

0:9:6.70 --> 0:9:6.310  
Yun Gao  
Yeah.

0:9:7.320 --> 0:9:12.790  
Alejandra Gonzalez  
So what would make you feel confident that that medication was taken?

0:9:18.70 --> 0:9:23.610  
Yun Gao  
Hmm, I wish I can have time to sit here.

0:9:24.80 --> 0:9:28.820  
Yun Gao  
What she take every pills, you know?

0:9:29.190 --> 0:9:32.160  
Yun Gao  
It's not realistic.

0:9:33.470 --> 0:9:33.700  
Yun Gao  
Uh.

0:9:38.940 --> 0:9:39.190  
Alejandra Gonzalez  
Umm.

0:9:35.600 --> 0:9:40.210  
Yun Gao  
Uh, But I'm talking about when she was a child, but now she's a doll.

0:9:40.280 --> 0:9:48.330  
Yun Gao  
I felt like, ah, she if if you guys can develop a app.

0:9:49.60 --> 0:9:49.690  
Yun Gao  
Uh.

0:9:50.160 --> 0:9:53.990  
Yun Gao  
Make a taking medication a fun game.

0:9:54.560 --> 0:9:58.630  
Yun Gao  
Then make her hook hook her up.

0:10:2.950 --> 0:10:3.910  
Yun Gao  
Make her fun.

0:10:4.810 --> 0:10:5.360  
Alejandra Gonzalez  
Hmm.

0:10:3.920 --> 0:10:11.450  
Yun Gao  
You know, like like my my uh, the Apple Watch.

0:10:9.950 --> 0:10:11.990  
Alejandra Gonzalez  
But what umm.

0:10:11.560 --> 0:10:23.90  
Yun Gao  
Yeah, I I when I workout I have this ring, you know, like ohh, let me show you the same.

0:10:20.790 --> 0:10:23.120  
Alejandra Gonzalez  
Oh yeah, the I have it too.

0:10:23.710 --> 0:10:24.970  
Alejandra Gonzalez  
Mm-hmm. Yeah.

0:10:23.910 --> 0:10:28.480  
Yun Gao  
And this thing this this thing.

0:10:28.970 --> 0:10:29.110  
Alejandra Gonzalez  
Yes.

0:10:29.920 --> 0:10:30.990  
Yun Gao  
Rings right?

0:10:31.490 --> 0:10:31.690  
Alejandra Gonzalez  
Mm-hmm.

0:10:32.70 --> 0:10:34.760  
Yun Gao  
So I set up my call.

0:10:35.930 --> 0:10:41.190  
Yun Gao  
Uh, and it will give me a file.

0:10:47.570 --> 0:10:47.790  
Alejandra Gonzalez  
Mm-hmm.

0:10:41.200 --> 0:10:50.20  
Yun Gao  
For example, I plan to keep standing up for 8 hours a day and the exercise 30 minutes a day.

0:10:51.640 --> 0:10:51.850  
Alejandra Gonzalez  
Umm.

0:10:51.230 --> 0:10:55.610  
Yun Gao  
Uh, and the burns 300 calories every day.

0:10:55.710 --> 0:11:1.430  
Yun Gao  
So if I reach my goal, it will give me the ring in different colors, right?

0:11:1.920 --> 0:11:2.180  
Alejandra Gonzalez  
Mm-hmm.

0:11:2.330 --> 0:11:3.860  
Yun Gao  
And is spanning.

0:11:7.770 --> 0:11:8.740  
Yun Gao  
You won't be getting.

0:11:8.750 --> 0:11:10.740  
Yun Gao  
I was like ohh, this is nothing.

0:11:10.750 --> 0:11:16.0  
Yun Gao  
It's not like a real stimulations, right?

0:11:16.270 --> 0:11:16.700  
Alejandra Gonzalez  
Mm-hmm.

0:11:21.790 --> 0:11:22.430  
Alejandra Gonzalez  
Hmm.

0:11:16.420 --> 0:11:22.970  
Yun Gao  
But if I see it every day, wow, it makes me happy. Yeah.

0:11:22.770 --> 0:11:28.100  
Alejandra Gonzalez  
OK, I like that I we haven't heard that before about kind of like a reward system.

0:11:28.110 --> 0:11:30.190  
Alejandra Gonzalez  
That's really interesting. OK.

0:11:28.570 --> 0:11:30.880  
Yun Gao  
Umm yeah, it will work.

0:11:30.890 --> 0:11:33.420  
Yun Gao  
Give them license them feel rewarding.

0:11:38.320 --> 0:11:38.560  
Alejandra Gonzalez  
Umm.

0:11:34.400 --> 0:11:44.380  
Yun Gao  
But now feel like a suffering to take the pills because that some pills are better and have nasty taste.

0:11:45.850 --> 0:11:48.560  
Yun Gao  
Make them have bad side effects.

0:11:48.570 --> 0:11:53.390  
Yun Gao  
Make them uncomfortable and the sun pills.

0:11:53.400 --> 0:11:56.60  
Yun Gao  
If too big, make them one to throw up.

0:11:57.210 --> 0:12:4.500  
Yun Gao  
You know, it's it's not like a but it's not like fun things to take pills.

0:12:4.880 --> 0:12:9.190  
Yun Gao  
But if you guys can make it fun, funner.

0:12:9.10 --> 0:12:9.220  
Alejandra Gonzalez  
Umm.

0:12:12.550 --> 0:12:15.390  
Yun Gao  
Yeah, I can imagine they will like it.

0:12:16.230 --> 0:12:16.520  
Alejandra Gonzalez  
Yeah.

0:12:16.530 --> 0:12:17.480  
Alejandra Gonzalez  
No, that's a great idea.

0:12:16.430 --> 0:12:17.600  
Yun Gao  
Like this ring?

0:12:18.170 --> 0:12:19.610  
Yun Gao  
Yeah, like this ring system.

0:12:20.520 --> 0:12:20.770  
Alejandra Gonzalez  
Mm-hmm.

0:12:20.710 --> 0:12:26.300  
Yun Gao  
Uh, it not only gave me the rings, you know, when I reach the goal.

0:12:26.310 --> 0:12:29.540  
Yun Gao  
But it reminds me, hey, you haven't do.

0:12:31.390 --> 0:12:32.690  
Yun Gao  
You'll have to reach our goal today.

0:12:33.760 --> 0:12:33.990  
Alejandra Gonzalez  
Umm.

0:12:36.10 --> 0:12:38.770  
Yun Gao  
Check your your activity.

0:12:39.890 --> 0:12:40.270  
Alejandra Gonzalez  
Mm-hmm.

0:12:39.830 --> 0:12:43.930  
Yun Gao  
Make it a make make a day make make it happen.

0:12:45.30 --> 0:12:45.240  
Alejandra Gonzalez  
Mm-hmm.

0:12:46.470 --> 0:12:46.800  
Alejandra Gonzalez  
Yeah.

0:12:46.810 --> 0:12:47.100  
Alejandra Gonzalez  
Mine.

0:12:44.730 --> 0:12:47.280  
Yun Gao  
Uh, if I really.

0:12:47.410 --> 0:12:48.200  
Alejandra Gonzalez  
Reminds me.

0:12:48.210 --> 0:12:50.300  
Alejandra Gonzalez  
Hey, you haven't stood up in a while.

0:12:50.310 --> 0:12:51.310  
Alejandra Gonzalez  
Maybe you should.

0:12:50.610 --> 0:12:51.340  
Yun Gao  
Right.

0:12:51.520 --> 0:12:52.890  
Yun Gao  
That get up?

0:12:53.320 --> 0:12:53.890  
Yun Gao  
Yeah.

0:12:53.900 --> 0:13:0.560  
Yun Gao  
So so if I reach my goal it will give me some metal, right?

0:13:1.470 --> 0:13:7.440  
Yun Gao  
Hey, you did a good job on uh umm, the holiday.

0:13:7.450 --> 0:13:8.420  
Yun Gao  
Who are your?

0:13:8.430 --> 0:13:10.850  
Yun Gao  
Hey, you did a good job in this month.

0:13:11.510 --> 0:13:11.710  
Alejandra Gonzalez  
Mm-hmm.

0:13:11.350 --> 0:13:20.0  
Yun Gao  
You continue exercise 30 minutes for 12 \* a month, then give me a reward.

0:13:22.630 --> 0:13:25.340  
Alejandra Gonzalez  
No, I love that. Uh.

0:13:24.650 --> 0:13:28.940  
Yun Gao  
I but I no this is city, but this is it works.

0:13:30.720 --> 0:13:32.110  
Alejandra Gonzalez  
It's that endorphin.

0:13:32.120 --> 0:13:32.750  
Alejandra Gonzalez  
You know you.

0:13:32.760 --> 0:13:33.990  
Alejandra Gonzalez  
Oh, I did something.

0:13:33.630 --> 0:13:34.850  
Yun Gao  
Uh-huh. Yeah.

0:13:34.0 --> 0:13:35.70  
Alejandra Gonzalez  
I got a metal.

0:13:35.140 --> 0:13:36.440  
Alejandra Gonzalez  
I on the same way.

0:13:36.450 --> 0:13:39.710  
Alejandra Gonzalez  
That's the only reason why I go to the gym to close my rings.

0:13:40.50 --> 0:13:40.860  
Yun Gao  
Yeah.

0:13:40.870 --> 0:13:42.660  
Yun Gao  
And nobody knows what are you doing?

0:13:42.670 --> 0:13:43.710  
Yun Gao  
What are you looking at?

0:13:43.720 --> 0:13:45.860  
Yun Gao  
Your phone and you're you're watch.

0:13:46.930 --> 0:13:47.860  
Yun Gao  
But not telling them.

0:13:50.510 --> 0:13:50.870  
Alejandra Gonzalez  
Umm.

0:13:51.90 --> 0:13:55.600  
Alejandra Gonzalez  
And so you mentioned that you help ping set up reminders.

0:13:55.990 --> 0:13:56.820  
Alejandra Gonzalez  
What?

0:13:57.130 --> 0:13:59.630  
Alejandra Gonzalez  
How successful are those reminders?

0:14:1.400 --> 0:14:4.780  
Alejandra Gonzalez  
Yeah, I guess how successful are they for paying for her to take her medication?

0:14:5.980 --> 0:14:9.430  
Yun Gao  
OK, we tried different ways.

0:14:10.600 --> 0:14:11.290  
Yun Gao  
Uh, Ellen.

0:14:11.300 --> 0:14:14.540  
Yun Gao  
Beginning we used the timer.

0:14:15.210 --> 0:14:15.460  
Alejandra Gonzalez  
Mm-hmm.

0:14:15.640 --> 0:14:16.80  
Yun Gao  
Your phone?

0:14:17.40 --> 0:14:20.230  
Yun Gao  
Uh, I also, she has her Apple Watch too.

0:14:20.700 --> 0:14:20.940  
Alejandra Gonzalez  
You can.

0:14:28.830 --> 0:14:29.50  
Alejandra Gonzalez  
Mm-hmm.

0:14:20.340 --> 0:14:33.820  
Yun Gao  
So she yeah, in the beginning she used timer but it doesn't work well because if she's busy, uh, she's.

0:14:34.350 --> 0:14:36.200  
Yun Gao  
Uh, for example?

0:14:36.210 --> 0:14:37.150  
Yun Gao  
She's today.

0:14:43.730 --> 0:14:44.110  
Alejandra Gonzalez  
OK.

0:14:37.160 --> 0:14:45.260  
Yun Gao  
She miss her lunch hour that you will forget because it only ruined once and no fun.

0:14:45.270 --> 0:14:49.30  
Yun Gao  
It's all the same, yeah.

0:14:49.80 --> 0:14:57.840  
Yun Gao  
So if fails, then we try ah app called.

0:14:57.850 --> 0:15:1.40  
Yun Gao  
The storyline story line.

0:15:1.290 --> 0:15:1.820  
Yun Gao  
Yes.

0:15:3.710 --> 0:15:3.930  
Alejandra Gonzalez  
OK.

0:15:2.10 --> 0:15:11.90  
Yun Gao  
Storyline by uh by American Airlines of schizophrenia.

0:15:12.410 --> 0:15:12.650  
Alejandra Gonzalez  
OK.

0:15:13.280 --> 0:15:17.130  
Yun Gao  
Umm, it's it's too complicated.

0:15:17.180 --> 0:15:17.990  
Yun Gao  
I don't like it.

0:15:18.470 --> 0:15:18.790  
Alejandra Gonzalez  
Mm-hmm.

0:15:18.350 --> 0:15:23.590  
Yun Gao  
It you can record your.

0:15:24.680 --> 0:15:28.580  
Yun Gao  
Symptoms your. Yeah.

0:15:28.590 --> 0:15:30.250  
Yun Gao  
Medication reminder.

0:15:30.260 --> 0:15:33.640  
Yun Gao  
UM, a lot of stuff in it, but too complicated.

0:15:35.700 --> 0:15:36.570  
Yun Gao  
Anna has no fun.

0:15:37.960 --> 0:15:38.260  
Alejandra Gonzalez  
OK.

0:15:37.810 --> 0:15:40.700  
Yun Gao  
Ah, so ping.

0:15:41.450 --> 0:15:47.810  
Yun Gao  
Ohh OK, so now she's using help in her iPhone?

0:15:46.640 --> 0:15:49.250  
Alejandra Gonzalez  
OK. Mm-hmm.

0:15:49.920 --> 0:15:52.230  
Yun Gao  
Yeah, pins actually likes it because.

0:15:55.260 --> 0:15:59.560  
Yun Gao  
House App has a feature uh.

0:16:2.80 --> 0:16:3.630  
Yun Gao  
Ohh, you'll have to log.

0:16:3.920 --> 0:16:4.620  
Yun Gao  
You have to check.

0:16:5.240 --> 0:16:5.520  
Alejandra Gonzalez  
Mm-hmm.

0:16:6.130 --> 0:16:6.760  
Yun Gao  
Yeah.

0:16:6.830 --> 0:16:11.640  
Yun Gao  
Well, the reminder pop up if she took it, she check it.

0:16:12.730 --> 0:16:13.20  
Alejandra Gonzalez  
Mm-hmm.

0:16:14.250 --> 0:16:14.450  
Yun Gao  
Yeah.

0:16:16.70 --> 0:16:24.560  
Alejandra Gonzalez  
And so with those multiple apps that you've trialed, what would a good reminder system be like to you?

0:16:24.610 --> 0:16:25.540  
Alejandra Gonzalez  
What would it do?

0:16:25.550 --> 0:16:26.360  
Alejandra Gonzalez  
What would it look like?

0:16:30.690 --> 0:16:31.560  
Yun Gao  
It's fun.

0:16:32.790 --> 0:16:36.990  
Yun Gao  
Uh, it's simple. Uh.

0:16:38.890 --> 0:16:42.80  
Yun Gao  
And it has reminder and it has check up.

0:16:50.900 --> 0:17:2.70  
Alejandra Gonzalez  
And then as a pharmacist, you mentioned that you kind of educated paying about why miss dosages are bad.

0:17:2.400 --> 0:17:3.690  
Alejandra Gonzalez  
I mean, why she shouldn't?

0:17:2.850 --> 0:17:4.430  
Yun Gao  
Umm. Mm-hmm.

0:17:4.110 --> 0:17:5.100  
Alejandra Gonzalez  
So what?

0:17:6.60 --> 0:17:15.660  
Alejandra Gonzalez  
What level of education do you think it's important for paying or your patients to have about the medications that they're taking?

0:17:20.300 --> 0:17:20.940  
Yun Gao  
What do you mean?

0:17:22.150 --> 0:17:22.620  
Alejandra Gonzalez  
Uh.

0:17:31.820 --> 0:17:32.280  
Yun Gao  
Ohh.

0:17:22.730 --> 0:17:35.400  
Alejandra Gonzalez  
So, like knowing about side effects, knowing about interactions, knowing about what happens if you do miss a dose, how important is is that information for you?

0:17:34.830 --> 0:17:36.60  
Yun Gao  
Umm yeah.

0:17:36.110 --> 0:17:37.660  
Yun Gao  
Yeah, that's a good question.

0:17:38.170 --> 0:17:39.540  
Yun Gao  
If they are too young.

0:17:47.870 --> 0:17:48.140  
Alejandra Gonzalez  
Umm.

0:17:44.200 --> 0:17:54.790  
Yun Gao  
Parents has to explain really well and be very patient and uh, role play maybe.

0:17:57.350 --> 0:17:58.580  
Yun Gao  
Just use.

0:18:1.560 --> 0:18:1.970  
Alejandra Gonzalez  
Mm-hmm.

0:17:58.590 --> 0:18:10.430  
Yun Gao  
Their experience as an example like what I did with pain one time she makes her because she's busy at working and uh Java and the school.

0:18:11.870 --> 0:18:14.170  
Yun Gao  
She actually told me.

0:18:14.220 --> 0:18:18.550  
Yun Gao  
Ohh, I missed the five days evening pills.

0:18:19.870 --> 0:18:20.20  
Alejandra Gonzalez  
OK.

0:18:20.850 --> 0:18:24.50  
Yun Gao  
So at that time she was very emotional.

0:18:27.170 --> 0:18:32.80  
Yun Gao  
Uh, she's she has more hallucinations.

0:18:32.90 --> 0:18:34.790  
Yun Gao  
I mean, yeah, in general, she has more symptoms.

0:18:35.510 --> 0:18:35.750  
Alejandra Gonzalez  
Umm.

0:18:36.20 --> 0:18:37.540  
Yun Gao  
So I bring that up.

0:18:37.650 --> 0:18:43.120  
Yun Gao  
I said pin is this because you had a such and such?

0:18:43.130 --> 0:18:44.850  
Yun Gao  
Is it because you miss your pills?

0:18:45.950 --> 0:18:46.140  
Alejandra Gonzalez  
Mm-hmm.

0:18:46.330 --> 0:18:47.200  
Yun Gao  
Then she agreed.

0:18:47.910 --> 0:18:48.620  
Yun Gao  
She said yes.

0:18:48.630 --> 0:18:49.130  
Yun Gao  
I agree.

0:18:50.350 --> 0:18:55.960  
Yun Gao  
Umm, no I can't miss any any dosage I can miss any?

0:18:56.290 --> 0:18:56.660  
Yun Gao  
Yeah.

0:18:56.670 --> 0:18:59.450  
Yun Gao  
Then I have to remind myself better.

0:18:59.590 --> 0:19:6.990  
Yun Gao  
So she enter her reminder into 2 apps, yeah.

0:19:7.950 --> 0:19:8.520  
Alejandra Gonzalez  
OK.

0:19:8.570 --> 0:19:9.700  
Alejandra Gonzalez  
Alright, thank you for that.

0:19:10.630 --> 0:19:11.90  
Alejandra Gonzalez  
Umm.

0:19:11.990 --> 0:19:16.780  
Alejandra Gonzalez  
And so you just mentioned like symptoms and making that connection with ping.

0:19:17.70 --> 0:19:25.350  
Alejandra Gonzalez  
So how important is it for her or you to understand how that medication is working for her?

0:19:29.590 --> 0:19:31.900  
Yun Gao  
You mean, how are you?

0:19:34.40 --> 0:19:34.570  
Alejandra Gonzalez  
Yes.

0:19:31.910 --> 0:19:35.430  
Yun Gao  
Did you say how important me?

0:19:34.580 --> 0:19:37.270  
Alejandra Gonzalez  
How important is it for you to understand?

0:19:37.320 --> 0:19:41.650  
Alejandra Gonzalez  
I guess like the direct effect of the medication with the symptoms.

0:19:41.40 --> 0:19:45.390  
Yun Gao  
Ohh yeah, of course it's very important.

0:19:46.130 --> 0:19:46.370  
Alejandra Gonzalez  
Umm.

0:19:47.740 --> 0:19:48.80  
Yun Gao  
Because.

0:19:47.430 --> 0:19:50.410  
Alejandra Gonzalez  
And do you guys have a way to track that?

0:19:50.420 --> 0:20:7.290  
Alejandra Gonzalez  
Like Ohh you know, besides the experience that you just mentioned, is there another ways that you guys track that in terms of like check a scale, you know you missed your dosage, you felt bad or you took your dosage, you felt good.

0:20:8.810 --> 0:20:11.730  
Yun Gao  
Yeah, just.

0:20:17.420 --> 0:20:17.620  
Alejandra Gonzalez  
Umm.

0:20:14.370 --> 0:20:19.120  
Yun Gao  
Because I I know a lot about her symptoms.

0:20:19.170 --> 0:20:39.800  
Yun Gao  
So I can observe, you know, and every time when I went to see Doctor with her, you know, I always talk about my observed observation and the doctor will gave us some feedbacks.

0:20:40.90 --> 0:20:51.880  
Yun Gao  
You know, so it helps me umm to getting better and better on observe her symptoms.

0:20:52.590 --> 0:20:54.690  
Alejandra Gonzalez  
Umm OK.

0:21:15.180 --> 0:21:15.550  
Alejandra Gonzalez  
Mm-hmm.

0:20:55.390 --> 0:21:16.880  
Yun Gao  
Yeah, I mean, it is very important if you don't understand what the, what kind of the side effects or what kind of the uh, I mean the purpose of this medication, right, you won't tell.

0:21:24.80 --> 0:21:24.330  
Alejandra Gonzalez  
Umm.

0:21:18.270 --> 0:21:24.770  
Yun Gao  
How the the the cost and the effects, right it will cost.

0:21:36.440 --> 0:21:36.660  
Alejandra Gonzalez  
Mm-hmm.

0:21:40.360 --> 0:21:40.640  
Alejandra Gonzalez  
OK.

0:21:28.260 --> 0:21:46.800  
Yun Gao  
But actually storyline is a good app if using for adults you know with better insights I wouldn't say yeah, it helps you see you can check your symptoms every day.

0:21:48.440 --> 0:21:48.720  
Alejandra Gonzalez  
OK.

0:21:48.390 --> 0:21:55.200  
Yun Gao  
For example, like you, Daisy uh, there's a scale from one to 10.

0:21:56.970 --> 0:21:59.660  
Yun Gao  
You can check like all today.

0:21:59.990 --> 0:22:4.560  
Yun Gao  
Dizziness is 5 tomorrow is one you know.

0:22:4.610 --> 0:22:5.930  
Yun Gao  
Then you can see the trains.

0:22:6.780 --> 0:22:7.110  
Alejandra Gonzalez  
Umm.

0:22:8.760 --> 0:22:10.370  
Yun Gao  
But this is just too complicated.

0:22:11.580 --> 0:22:12.100  
Alejandra Gonzalez  
Got it.

0:22:15.470 --> 0:22:16.790  
Alejandra Gonzalez  
And umm.

0:22:18.790 --> 0:22:24.520  
Alejandra Gonzalez  
As a pharmacist, is there anything that you wish your patience would know?

0:22:24.530 --> 0:22:26.50  
Alejandra Gonzalez  
Like when they take the medication.

0:22:32.370 --> 0:22:35.530  
Yun Gao  
Ohh Hearns, appearance is the key.

0:22:38.200 --> 0:22:50.370  
Yun Gao  
Uh, take your medication at the same time every day and the uh in the proper ways.

0:22:51.610 --> 0:22:51.890  
Alejandra Gonzalez  
Umm.

0:22:51.450 --> 0:22:54.130  
Yun Gao  
I mean, uh, follow your doctor's direction?

0:22:57.650 --> 0:23:2.570  
Yun Gao  
And do not stop taking those medications.

0:23:2.780 --> 0:23:5.680  
Yun Gao  
As uh, if your doctor told you.

0:23:7.970 --> 0:23:8.580  
Alejandra Gonzalez  
Got it.

0:23:8.650 --> 0:23:17.860  
Alejandra Gonzalez  
Alright, now if you had a magic wand, what would you do with it to address medication management?

0:23:22.980 --> 0:23:23.310  
Yun Gao  
Hmm.

0:23:28.210 --> 0:23:29.200  
Alejandra Gonzalez  
It's a hard question.

0:23:25.830 --> 0:23:32.630  
Yun Gao  
Time you think that's not magic magic. Ah.

0:23:35.30 --> 0:23:36.700  
Yun Gao  
Have you heard anything about?

0:23:36.710 --> 0:23:44.810  
Yun Gao  
Like uh, they they can put some sensor into the pills.

0:23:45.670 --> 0:23:49.410  
Alejandra Gonzalez  
OK, you know what we, we've heard it from a couple others, yes.

0:23:51.600 --> 0:23:52.40  
Alejandra Gonzalez  
15.

0:23:52.250 --> 0:23:53.20  
Yun Gao  
Yeah.

0:23:53.30 --> 0:23:57.80  
Yun Gao  
So put some sensor into every pair.

0:23:57.530 --> 0:24:0.990  
Yun Gao  
Then if you take it, then the computer will knows.

0:24:4.380 --> 0:24:4.540  
Yun Gao  
Yeah.

0:24:7.200 --> 0:24:8.460  
Alejandra Gonzalez  
So with that.

0:24:26.370 --> 0:24:26.610  
Yun Gao  
Umm.

0:24:11.0 --> 0:24:28.230  
Alejandra Gonzalez  
You know, obviously a sensor that's maybe a couple years from now, if they do that, meanwhile, what would good evidence be for you that she has taken that pill correctly that she has ingested it would like a picture, a video.

0:24:28.240 --> 0:24:33.900  
Alejandra Gonzalez  
What would make you feel more safe that ping has taken her medications the way she's supposed to.

0:24:35.530 --> 0:24:38.950  
Yun Gao  
Umm, I don't trust the pictures or videos.

0:24:40.130 --> 0:24:40.550  
Alejandra Gonzalez  
Why not?

0:24:41.630 --> 0:24:44.890  
Yun Gao  
Because she, she said.

0:24:44.900 --> 0:24:45.590  
Yun Gao  
I took it.

0:24:45.600 --> 0:24:46.940  
Yun Gao  
Maybe you should drop her on the floor.

0:24:48.270 --> 0:24:48.530  
Alejandra Gonzalez  
Mm-hmm.

0:24:48.530 --> 0:24:51.90  
Yun Gao  
Yeah, one or two, because very tiny.

0:24:51.100 --> 0:24:55.440  
Yun Gao  
You know, she might forgot or drop.

0:24:55.510 --> 0:24:56.200  
Yun Gao  
She didn't know.

0:24:57.370 --> 0:24:57.870  
Alejandra Gonzalez  
Got it.

0:24:58.850 --> 0:24:59.470  
Yun Gao  
Umm.

0:25:0.570 --> 0:25:3.200  
Yun Gao  
I just check randomly check her.

0:25:3.370 --> 0:25:9.0  
Yun Gao  
Ask her umm for example.

0:25:10.20 --> 0:25:12.900  
Yun Gao  
At the time of she's supposed to take her meds?

0:25:12.910 --> 0:25:13.760  
Yun Gao  
I'll ask her.

0:25:13.770 --> 0:25:15.370  
Yun Gao  
Hey, did you take your meds?

0:25:16.750 --> 0:25:18.680  
Yun Gao  
Uh, sometimes.

0:25:18.690 --> 0:25:20.130  
Yun Gao  
Should I forgot?

0:25:21.540 --> 0:25:21.770  
Yun Gao  
Let's see.

0:25:21.820 --> 0:25:22.50  
Alejandra Gonzalez  
Mm-hmm.

0:25:22.770 --> 0:25:22.990  
Yun Gao  
Yeah.

0:25:24.340 --> 0:25:24.890  
Yun Gao  
War.

0:25:24.900 --> 0:25:28.760  
Yun Gao  
Uh set most of the time, she will say ohh I took it.

0:25:33.530 --> 0:25:39.170  
Yun Gao  
One time see, I ask her.

0:25:43.880 --> 0:25:57.160  
Yun Gao  
Well, and but caregiver is a key caregiver has to, you know, we can rely on technologies, but we still have to check them.

0:25:58.520 --> 0:25:58.730  
Alejandra Gonzalez  
Mm-hmm.

0:25:58.780 --> 0:26:8.90  
Yun Gao  
For example, sometimes if she's not not at home, I open her drawer, which should keep her medication pill box.

0:26:9.320 --> 0:26:9.660  
Alejandra Gonzalez  
Mm-hmm.

0:26:9.890 --> 0:26:10.420  
Yun Gao  
I will see.

0:26:11.340 --> 0:26:12.80  
Yun Gao  
Is that correct?

0:26:15.720 --> 0:26:18.90  
Yun Gao  
So sometimes it scares me.

0:26:18.100 --> 0:26:18.670  
Yun Gao  
I saw you.

0:26:19.590 --> 0:26:21.0  
Yun Gao  
Why it's not right?

0:26:21.50 --> 0:26:21.900  
Yun Gao  
So I call her.

0:26:21.910 --> 0:26:24.400  
Yun Gao  
What's going on with your pills then?

0:26:24.410 --> 0:26:26.350  
Yun Gao  
She said, oh, mom, I took it with me.

0:26:27.690 --> 0:26:27.910  
Alejandra Gonzalez  
Umm.

0:26:27.510 --> 0:26:29.830  
Yun Gao  
Yeah, yeah.

0:26:32.150 --> 0:26:32.630  
Alejandra Gonzalez  
Got it.

0:26:33.800 --> 0:26:37.640  
Alejandra Gonzalez  
Is there anything else you'd like to share that I haven't asked you about?

0:26:46.140 --> 0:26:51.200  
Yun Gao  
Wait, just just about like, how to take medications, right?

0:26:52.70 --> 0:26:56.540  
Alejandra Gonzalez  
Or your experience with medication management as a pharmacist caregiver.

0:26:55.640 --> 0:26:56.870  
Yun Gao  
Ah, OK, OK.

0:26:56.880 --> 0:26:57.590  
Yun Gao  
Management.

0:26:57.600 --> 0:26:58.0  
Yun Gao  
Yeah.

0:26:58.10 --> 0:27:3.550  
Yun Gao  
The medication management is a lot for the caregivers actually.

0:27:3.700 --> 0:27:10.740  
Yun Gao  
Ohh monitor her symptoms and help her decrease the side effects.

0:27:11.770 --> 0:27:11.970  
Alejandra Gonzalez  
Mm-hmm.

0:27:13.900 --> 0:27:18.650  
Yun Gao  
Yeah, a lot of people because they didn't know.

0:27:18.660 --> 0:27:19.330  
Yun Gao  
They don't.

0:27:20.320 --> 0:27:29.770  
Yun Gao  
You know they can't do it, but I did a lot like, especially in the hot summer day. Like today.

0:27:30.680 --> 0:27:30.900  
Alejandra Gonzalez  
Mm-hmm.

0:27:30.960 --> 0:27:33.490  
Yun Gao  
Yeah, I haven't to make sure she drinking enough water.

0:27:35.440 --> 0:27:35.680  
Alejandra Gonzalez  
Hi.

0:27:35.650 --> 0:27:38.390  
Yun Gao  
Yeah, at least the two letters a day.

0:27:38.530 --> 0:27:39.290  
Alejandra Gonzalez  
That's good.

0:27:39.470 --> 0:27:40.20  
Alejandra Gonzalez  
That is good.

0:27:39.730 --> 0:27:43.20  
Yun Gao  
Yeah, I have to remind her.

0:27:45.300 --> 0:27:45.520  
Alejandra Gonzalez  
Umm.

0:27:43.270 --> 0:27:46.160  
Yun Gao  
Before she going to work, did you bring her water bottle?

0:27:47.140 --> 0:27:49.190  
Yun Gao  
Let me see how big is your water bottle?

0:27:49.200 --> 0:27:50.950  
Yun Gao  
Don't just she.

0:27:50.960 --> 0:27:52.990  
Yun Gao  
Don't just pray 500 mil.

0:27:54.180 --> 0:27:54.710  
Alejandra Gonzalez  
Hmm.

0:27:53.0 --> 0:27:57.860  
Yun Gao  
Why, you know, make sure she has a enough liquid.

0:27:58.750 --> 0:28:1.490  
Alejandra Gonzalez  
Umm, no, that's important staying hydrated.

0:27:59.910 --> 0:28:8.40  
Yun Gao  
Because yeah, before, because if she got dehydrated, she will have more satisfaction.

0:28:8.810 --> 0:28:9.750  
Alejandra Gonzalez  
Umm OK.

0:28:14.540 --> 0:28:14.770  
Alejandra Gonzalez  
Right.

0:28:16.400 --> 0:28:17.230  
Alejandra Gonzalez  
And does she know that?

0:28:19.390 --> 0:28:19.630  
Alejandra Gonzalez  
OK.

0:28:18.380 --> 0:28:19.730  
Yun Gao  
She knows I.

0:28:19.740 --> 0:28:20.970  
Yun Gao  
We talk about it, yeah.

0:28:23.680 --> 0:28:24.20  
Alejandra Gonzalez  
Got it.

0:28:24.10 --> 0:28:27.920  
Yun Gao  
And the take her medication at the certain time.

0:28:28.900 --> 0:28:29.160  
Alejandra Gonzalez  
Umm.

0:28:30.230 --> 0:28:31.870  
Yun Gao  
For example, UM.

0:28:32.820 --> 0:28:43.360  
Yun Gao  
If she's too tired when she got up in the morning, we want to move her evening pill to a head of time.

0:28:46.970 --> 0:28:47.230  
Alejandra Gonzalez  
Mm-hmm.

0:28:43.370 --> 0:28:49.720  
Yun Gao  
Maybe around 4:00 o'clock you know, after she came back from school.

0:28:51.80 --> 0:28:53.330  
Yun Gao  
But not just at the bedtime.

0:28:55.920 --> 0:28:56.320  
Alejandra Gonzalez  
Got it.

0:28:57.80 --> 0:28:58.200  
Alejandra Gonzalez  
Thank you so much.

0:28:58.800 --> 0:28:59.440  
Yun Gao  
You're welcome.

0:28:58.980 --> 0:29:6.610  
Alejandra Gonzalez  
Umm is there anybody else that you know that would be willing to sit down and have an interview with us?

0:29:7.710 --> 0:29:8.480  
Yun Gao  
As a caregiver.

0:29:9.410 --> 0:29:13.150  
Alejandra Gonzalez  
Caregiver pharmacist individuals themselves.

0:29:13.160 --> 0:29:14.360  
Alejandra Gonzalez  
That takes medication.

0:29:13.830 --> 0:29:15.920  
Yun Gao  
Ah, Oh yeah.

0:29:16.900 --> 0:29:18.240  
Yun Gao  
I I I know a lot of people.

0:29:19.430 --> 0:29:21.580  
Yun Gao  
I can ask my friend.

0:29:21.590 --> 0:29:28.60  
Yun Gao  
She also she's a pharmacist, and she also has a daughter with schizophrenia.

0:29:27.130 --> 0:29:30.10  
Alejandra Gonzalez  
Yeah, that would be awesome.

0:29:30.20 --> 0:29:38.870  
Alejandra Gonzalez  
We we really just wanna reach out to more people, learn more about what it is that they need and then we are giving the gift cards.

0:29:39.0 --> 0:29:42.900  
Alejandra Gonzalez  
So that is also something that we're providing in exchange for your time.

0:29:43.510 --> 0:29:43.940  
Yun Gao  
Hmm.

0:29:44.200 --> 0:29:45.870  
Yun Gao  
Yeah. Awesome.

0:29:44.580 --> 0:29:46.270  
Alejandra Gonzalez  
I I would love it.

0:29:46.280 --> 0:29:55.650  
Alejandra Gonzalez  
I can send you the blurb, the official blur for it on your email, and if you can just forward that with my contact information, we would really, really appreciate it.

0:29:56.210 --> 0:29:57.910  
Yun Gao  
Umm. Yeah.

0:29:57.960 --> 0:29:59.210  
Yun Gao  
And it maybe.

0:29:59.280 --> 0:30:2.320  
Yun Gao  
Do you like her psychiatrist?

0:30:3.520 --> 0:30:4.590  
Alejandra Gonzalez  
Like pietrus too?

0:30:4.600 --> 0:30:5.580  
Alejandra Gonzalez  
Yeah, definitely.

0:30:6.430 --> 0:30:7.260  
Yun Gao  
Yeah.

0:30:7.340 --> 0:30:8.550  
Yun Gao  
Yeah, we haven't seen her.

0:30:8.620 --> 0:30:12.390  
Yun Gao  
There, the previous psychiatrist for a while.

0:30:12.400 --> 0:30:13.160  
Yun Gao  
Yeah, maybe.

0:30:13.230 --> 0:30:13.490  
Alejandra Gonzalez  
Umm.

0:30:13.170 --> 0:30:15.710  
Yun Gao  
Yeah, yeah, yeah.

0:30:15.720 --> 0:30:17.360  
Yun Gao  
We we visit him.

0:30:17.410 --> 0:30:19.980  
Yun Gao  
Yeah, that's psychiatrist is really good.

0:30:19.990 --> 0:30:21.60  
Yun Gao  
He's a psychiatrist.

0:30:21.110 --> 0:30:23.70  
Yun Gao  
Is PDP attric psychiatrist.

0:30:23.460 --> 0:30:25.550  
Alejandra Gonzalez  
Oh, OK, yeah.

0:30:25.620 --> 0:30:26.630  
Alejandra Gonzalez  
No, definitely.

0:30:26.640 --> 0:30:38.790  
Alejandra Gonzalez  
Whoever we can get on our roster, like I said, we really just wanna learn more about what you're experiencing, what you're doing now to address it and what could be maybe be helpful for you.

0:30:39.730 --> 0:30:41.270  
Yun Gao  
Umm yeah.

0:30:41.340 --> 0:30:44.450  
Yun Gao  
Then everybody contributes some ideas.

0:30:44.530 --> 0:30:46.790  
Yun Gao  
Then you guys can develop a great app.

0:30:47.770 --> 0:30:48.620  
Alejandra Gonzalez  
That that is.

0:30:48.630 --> 0:30:50.240  
Alejandra Gonzalez  
Yeah, that is the goal right there.

0:30:50.350 --> 0:30:55.110  
Alejandra Gonzalez  
The more we learn, the better we can address those needs in the app we're trying to develop.

0:30:55.970 --> 0:30:56.210  
Yun Gao  
Yeah.

0:30:57.730 --> 0:30:58.380  
Alejandra Gonzalez  
All right.