

## BONEMED ONLINE – A QUICK GUIDE FOR CLINICIANS

### Supporting your patients to stay on osteoporosis medicines between appointments

#### BoneMed Online – At a glance

What it is	Who it is for	What it does	Why it matters
A free, trusted, digital medicine support service from the Royal Osteoporosis Society.	Patients starting or switching osteoporosis medicines.	Provides medicine-specific information, practical tips and ongoing support for a year.	Supports your patients between appointments and helps them stay on track with their osteoporosis medicine.

#### The Challenge

Only 30% of patients remain on osteoporosis treatment after one year<sup>1</sup>.

Osteoporosis medicines strengthen bones and reduce fracture risk, but many patients stop treatment early due to concerns about side effects, practical problems in taking their medicine or uncertainty about the benefits.

#### The Solution: BoneMed Online

BoneMed Online is a **free digital service from the Royal Osteoporosis Society** designed to support people starting or switching osteoporosis medicines. It provides clear, trusted information tailored to your patient's prescribed medicine, and regular check-ins to help patients feel confident about their treatment.

- **79%** of BoneMed Online users feel more confident taking their medicine
- **91%** are taking their medicine as prescribed (4-month survey)
- Almost **7,000** patients have signed up across the UK, covering all medicine types.

#### How BoneMed Online works



##### 1. Short questionnaire

Patients complete a **3-minute** questionnaire, so the service understands which osteoporosis medicine they have been prescribed and how they feel about it.

<sup>1</sup> Fracture Liaison Service Database - Annual report 2026



## 2. Tailored medicine information

They get clear information and guidance tailored to their specific osteoporosis medicine, including:

- ✓ what to expect
- ✓ how to take their medicine
- ✓ how it works
- ✓ possible side effects
- ✓ practical tips, short videos, and step-by-step guidance.



## 3. Ongoing support

Patients receive six helpful emails with extra guidance and support for 12 months.

### Benefits for healthcare professionals

- Supports patients between appointments
- Reduces follow-up queries about osteoporosis medicines
- Helps patients feel confident about staying on treatment
- Complements clinical care without adding to your workload

*"I definitely feel more confident taking the medication and completing the course."* Fiona, BoneMed Online user

### Signposting takes less than a minute

It's quick and easy to signpost your patients to BoneMed Online:

1. Ask your patient to [visit \*\*theros.org.uk/joinbonemed\*\*](https://theros.org.uk/joinbonemed)
2. They can sign up in 3 minutes

### FREE resources for healthcare settings

Visit [theros.org.uk/bonemed-clinicians](https://theros.org.uk/bonemed-clinicians) to download and order:

- Waiting room posters
- BoneMed Online referral cards
- Text, email and letter templates

For more information about BoneMed Online visit: [theros.org.uk/bonemed-clinicians](https://theros.org.uk/bonemed-clinicians)

### **BoneMed Online - Supporting thousands of people across the UK with their osteoporosis medicine.**

BoneMed Online was developed with academic input from Keele University, informed by research from Professor Rob Horne (UCL), with behavioural science support from Personia Health Ltd, and generously supported by the Wigoder Family Foundation. BoneMed Online does not replace medical advice. Patients should always follow guidance from their healthcare professional.