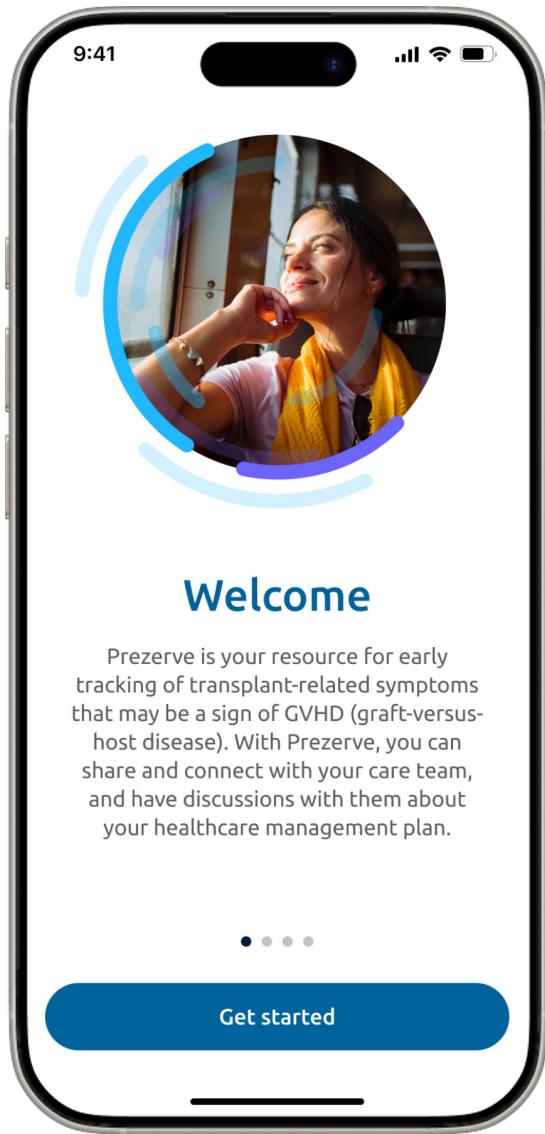
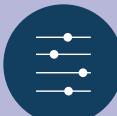




# Taking care with the Prezerve™ post-transplant symptom tracker app



Easily track how you're feeling after a transplant with:



Symptom tracking



Doctor insights



Helpful resources

# Monitor Your GVHD at Home With the Prezerve™ App

After a bone marrow transplant, taking care of yourself and managing your GVHD (graft-versus-host disease) symptoms can feel overwhelming.

It's important to pay attention to how you're feeling after a bone marrow transplant so that if you develop GVHD, you can be diagnosed and start treatment quickly. Accurate symptom tracking will give your doctor a clear picture of how you feel. This will help them create a treatment plan that manages your symptoms and keeps you one step ahead of disease progression.

**The Prezerve™ app makes it easy!** This simple-to-use app helps you feel more in control of your GVHD. Take your first step in easily tracking and sharing your symptoms with the Prezerve™ app here.

A circular icon showing a man with glasses using a smartphone, surrounded by a blue and purple circular graphic.

**Share symptoms sooner**

Track your symptoms on specific areas of your body. You can even take photos to upload to the app and share with your care team.

• • •

**Get started**

Scan the QR code for your device to download the Prezerve™ app



**Apple store**



**Google Play store**



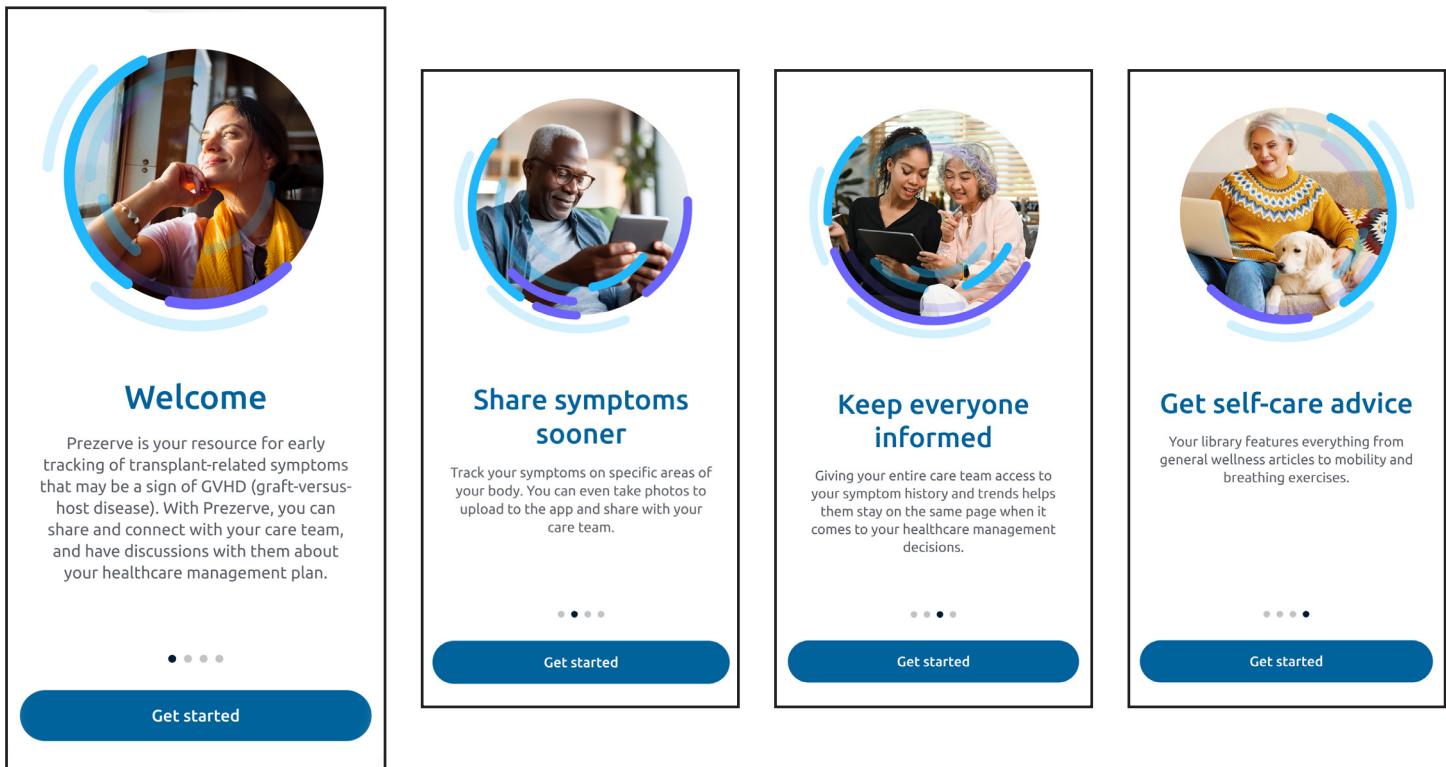
# Getting Started

## How do I download the Prezerve™ app?

### Getting started is as easy as 1-2-3:

1. Open the app store on your phone or tablet. The Prezerve™ app is available on both Apple and Google Play app stores
2. Search for “Prezerve™” 
3. Tap “Download”

Once the app downloads, you will be greeted by 4 welcome screens that will give you a brief overview of the app.



**Welcome**

Prezerve is your resource for early tracking of transplant-related symptoms that may be a sign of GVHD (graft-versus-host disease). With Prezerve, you can share and connect with your care team, and have discussions with them about your healthcare management plan.

Get started

**Share symptoms sooner**

Track your symptoms on specific areas of your body. You can even take photos to upload to the app and share with your care team.

Get started

**Keep everyone informed**

Giving your entire care team access to your symptom history and trends helps them stay on the same page when it comes to your healthcare management decisions.

Get started

**Get self-care advice**

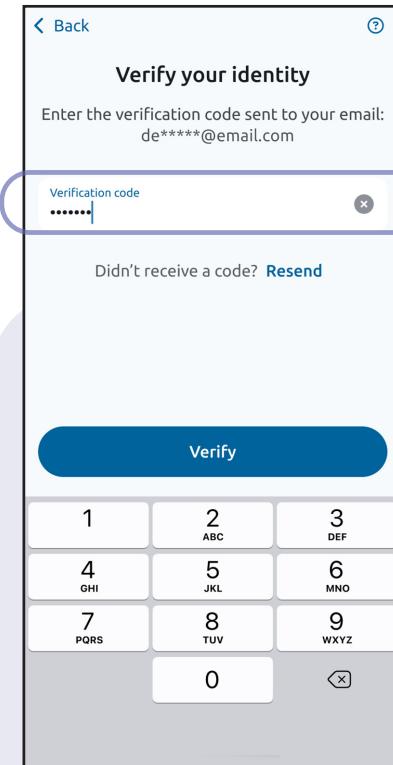
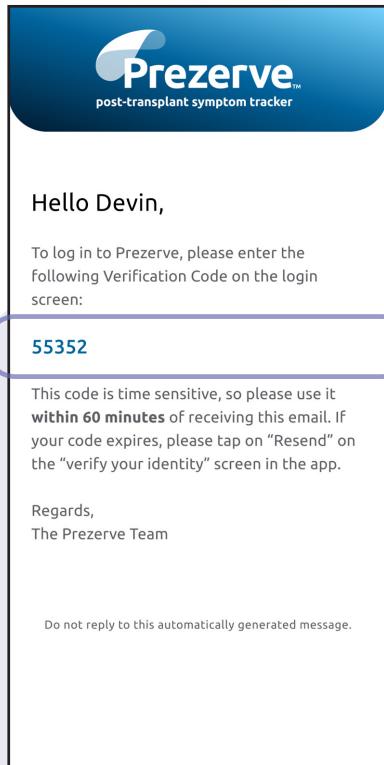
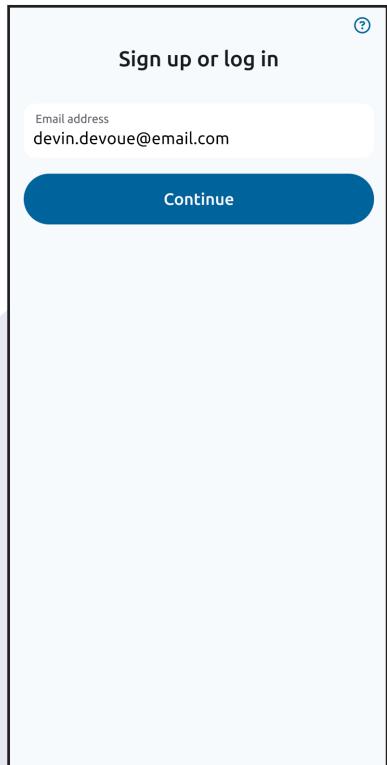
Your library features everything from general wellness articles to mobility and breathing exercises.

Get started

That's it! Now you're ready to **set up your profile**. →

# Setting Up Your Profile Is Simple

First, you'll sign up with your **email**:



**1. Sign up for the Prezerve™ app with your email address**

**2. You will be sent an email asking you to verify your email address after signing up**

**3. Enter the code that you receive in your email into the app to verify your identity**

You will then be led to the User Agreement, which you must read and agree to before using the app.

# Setting Up Your Profile Is Simple

Then you will continue setting up your **profile page**:

Step 1 of 3

Please share a little about you

First name: Devin

Last name: Devoue

Date of birth: Dec 6, 1960

Month	Day	Year
September	2	1957
October	4	1958
November	5	1959
December	6	1960
January	7	1961
February	8	1962
March	9	1963

Continue

Step 2 of 3

Tell us about your transplant

Transplant procedure:

Bone marrow / stem cell: autologous

Bone marrow / stem cell: allogenic

Transplant date: Dec 6, 2024

December 2024 < >

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Continue

Step 3 of 3

Enable notifications to get daily reminders?



Enable notifications

Not now

## 4. Provide your first and last names and your date of birth

## 5. Tell us about your transplant

Select the type of transplant you received and the transplant date.

## 6. Set your privacy and notification preferences

You can enable notifications to receive daily reminders that help you stay on top of tracking your symptoms.



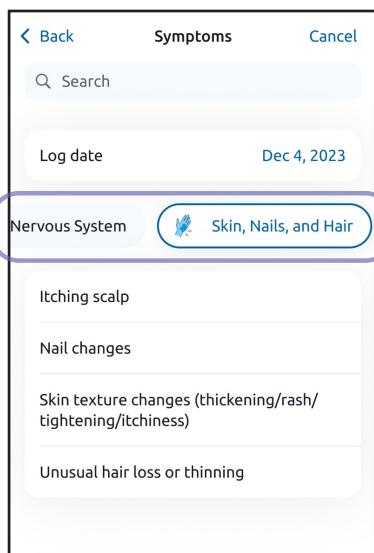
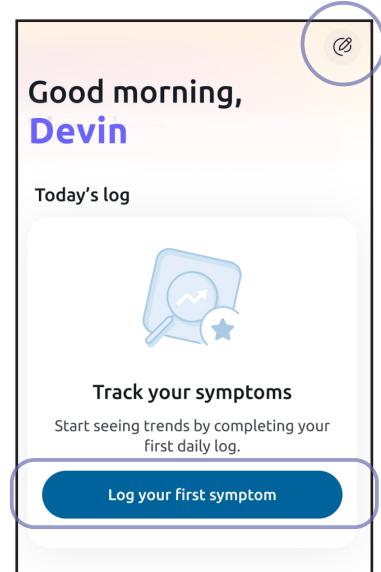
After setting up and saving your profile information, you can make any changes later by going to the "Account" tab in the bottom right corner of your screen.

# Start Tracking Your Symptoms Right Away

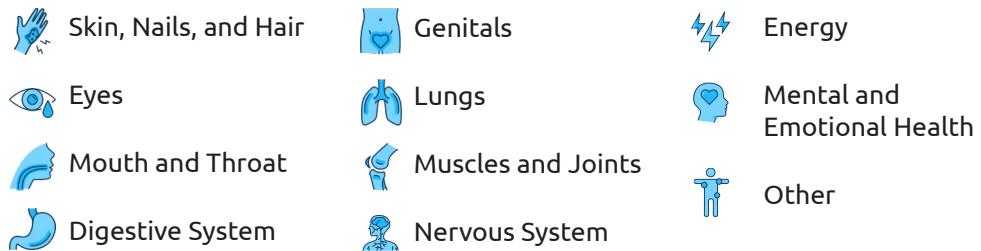
Now you're ready to start tracking symptoms. You can easily log any of your symptoms on the homepage of the Prezerve™ app. Tap "Log your first symptom" or tap on the icon in the top right corner on your screen. You can log as many symptoms as you experience in a day, so don't feel limited to logging just one symptom.

## To log a symptom:

1. Check the date
2. Choose your symptom from a list of options organized by area  
OR  
Use the search bar to find the symptom you want to log
3. Add details about your symptom



### Choose your symptom from this list of options:



**For any symptoms that do not fall under the listed options, you can select "Other"**

**For example,** if you're experiencing cramping in your hands and you're not sure where to record it, you can use the option "Other," and after the app prompts you to submit how much it's bothering you, you can write in notes something like "My hands cramp when I try to hold a pen." You can also select additional information in "Daily Life Impact." For this example, you might select "Interfered with routine physical activities" or "Interfered with work/family responsibilities."

## When should I log my symptoms?

You should log your symptoms as soon as you experience them. That way your doctor can have accurate information about how often you're experiencing your symptoms. Try to make logging symptoms part of your daily routine.

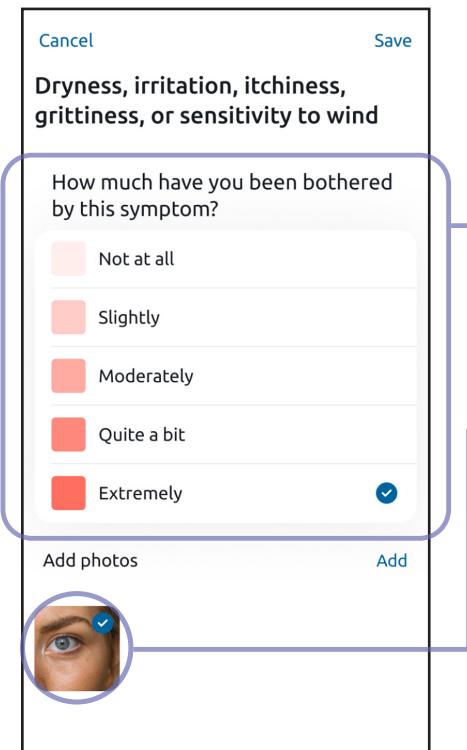
**For example,** you might log how you feel every day after you brush your teeth.

 **Try logging a symptom now!**

# +

# Add Details About Your Symptoms

After logging your symptom, you will have the option to add more information about the symptom and how it's affecting you. You will have the option to add details for every symptom that you log. Including these details will help your care team more fully understand how you're feeling and whether your GVHD is progressing.



Cancel Save

Dryness, irritation, itchiness, grittiness, or sensitivity to wind

How much have you been bothered by this symptom?

Not at all  
Slightly  
Moderately  
Quite a bit  
Extremely

Add photos Add



## 1. Bothersome scale

The bothersome scale asks how much you have been bothered by this symptom, from "Not at all" to "Extremely."

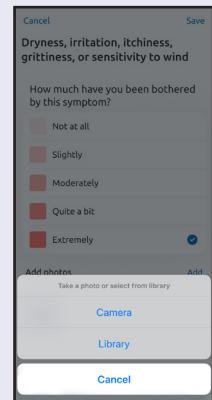
 **For example,** if you find yourself a little dissatisfied with a food you usually enjoy, you might log the symptom "Change of appetite" and select "Slightly" from the bothersome scale.

## 2. Add photos

For applicable symptoms, there is an option to attach an image.

 **For example,** if your eyes are red and dry, you can take a picture of your eyes and attach it to the symptom you're logging.

Tap the icon of the camera and you'll be able to choose a picture from your library or take a photo with the in-app camera. **You may need to check your settings to allow the Prezerve™ app to use your camera.**



Cancel Save

Dryness, irritation, itchiness, grittiness, or sensitivity to wind

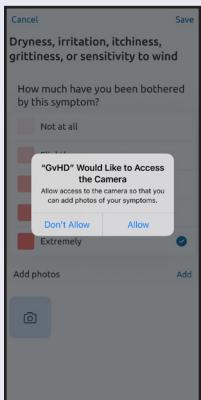
How much have you been bothered by this symptom?

Not at all  
Slightly  
Moderately  
Quite a bit  
Extremely

Add photos

Take a photo or select from library

Camera Library Cancel



Cancel Save

Dryness, irritation, itchiness, grittiness, or sensitivity to wind

How much have you been bothered by this symptom?

Not at all  
Slightly  
Moderately  
Quite a bit  
Extremely

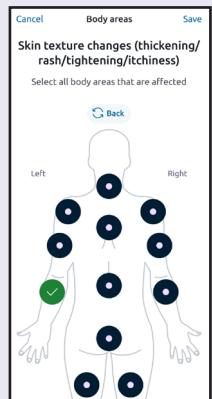
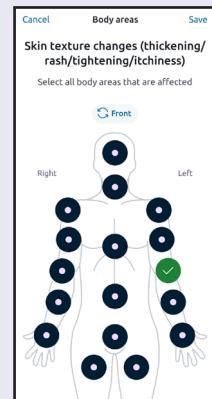
Add photos

Allow

## Body location

For other symptoms, such as skin texture changes, you can mark where on your body you're seeing changes. The Prezerve™ app will prompt you to be specific about where you're experiencing the symptom.

 **For example,** if you have a rash wrapping around your left elbow, you might mark the left elbow on both the front and back of the body map.



# +

# Add Details About Your Symptoms

[Back](#) [Add details](#) [Cancel](#)

Log date Dec 4, 2023

Daily life impact  
Optional [Add >](#)

Add notes

Information you enter here or share via Dr. Summary report is not a substitute for communication with your healthcare providers.

**Submit log**

After you've added all of the details that you want to include, tap "**Submit log**" to add the symptom to your log. You can also tap "Cancel" to delete it.

## 3. Impact on daily life

After tapping "Next" at the bottom of your daily symptom log, you'll be prompted to add the optional detail "Daily Life Impact." Here you can select the option(s) that most closely describe(s) how the symptom has impacted your daily life.

 **For example,** if dry eyes make it difficult for you to look at your computer screen while working, you may choose "Interfered with work/family responsibilities."

Daily life impact [Cancel](#)

Overall, how do these symptoms affect your daily life?

Select all that apply

Makes me want to avoid being social  
Interfered with intimacy with my partner  
Made me feel depressed or anxious  
Interfered with work/family responsibilities  
Interfered with routine physical activities  
I started avoiding certain foods/drinks  
Other

**Done**

## 4. Notes

For any other information about your symptom that isn't covered in the options above, you can add the specifics here in "Add notes."

 **For example,** you can add the time of day, whether you used any over-the-counter remedies, and any other information you feel is important for your care team to know about.

[Back](#) [Add details](#) [Cancel](#)

Log date Dec 4, 2023

Daily life impact  
Optional 2 >

Add notes  
My rash is really bad this week.

**Done**

"Nail" Nail changes Nails

Q W E R T Y U I O P  
A S D F G H J K L  
Z X C V B N M ↻  
123 space return  
😊

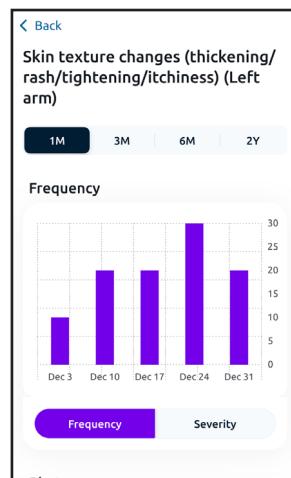
 Try logging a symptom now!

# Get to Know the Dr. Summary

The "Dr. Summary" tab is on the bottom menu to the right of the "Home" tab. In this tab, you and your doctor can see what symptoms have been bothering you, at what frequency and severity, and for how long.



Your doctor will be able to see **insights** from the information you've added.



**Insights work by showing the information you've logged in the symptom tracker over time.**

The Prezerve™ app will take the information that you log about your symptoms and create graphs. You and your care team can see how your symptoms have affected you over a period of time.

During office visits with your care team, you can share these insights from the Prezerve™ app to:

- Inform your doctor about worsening symptoms
- Share any new symptoms that you have started experiencing since your last visit
- Talk about the symptoms that are most frequent and bothersome

The Dr. Summary page also allows you to generate a summary report PDF that you can send to your doctor using the sharing features available on your phone.



# Find Resources to Help You on Your Journey

The "Resources" tab, located on the bottom menu to the left of the "Account" tab, includes a collection of resources. Here, there are articles and videos to help you on your post-transplant journey, including, but not limited to, tips for managing your symptoms and for helping you eat healthy.



There are 3 different sections:

**Resources**

**For you** (highlighted), Topics, Saved

**Featured**

**Your Relationship**  
**Understand How Life May Change for You as a Caregiver**  
While most discussions around caregiving may center on the negative aspects, there may be...  
Unread | 2 Min |

**Caring for Yourself**  
**Consider These Personalities for Your Personal Support T...**  
Unread | 4 Min |

Home, Dr. Summary, Resources, Account

**Resources**

For you, **Topics** (highlighted), Saved

**Your Relationship**

- Eating Healthy >
- Managing Emotions >
- Managing Symptoms >
- For Caregivers >
- Relaxation Exercises >

Home, Dr. Summary, Resources, Account

**Resources**

For you, Topics, **Saved** (highlighted)

**Your Relationship**  
**Understand How Life May Change for You as a Caregiver**  
Unread | 2 Min |

**Lifestyle**  
**Working After a Transplant**  
Unread | 4 Min |

**Caring for Yourself**  
**Consider These Personalities for Your Personal Support T...**  
Unread | 5 Min |

Home, Dr. Summary, Resources, Account

## For you

Resources are tailored by the Prezerve™ app to feature relevant information based on the symptoms you've logged.

## Topics

You can find the complete library of resources, where you can search for a variety of topics that might interest you.

## Saved

You can also save any articles that you find helpful so that you can return to them in the future.

With these resources at your fingertips, you'll be able to learn more about your GVHD.

Try finding the video "Patient Education at Day 100 Visit" to start!



# Start tracking your symptoms today

Managing GVHD doesn't need to be overwhelming—the Prezerve™ post-transplant symptom tracker app is here to help make living with GVHD easier.

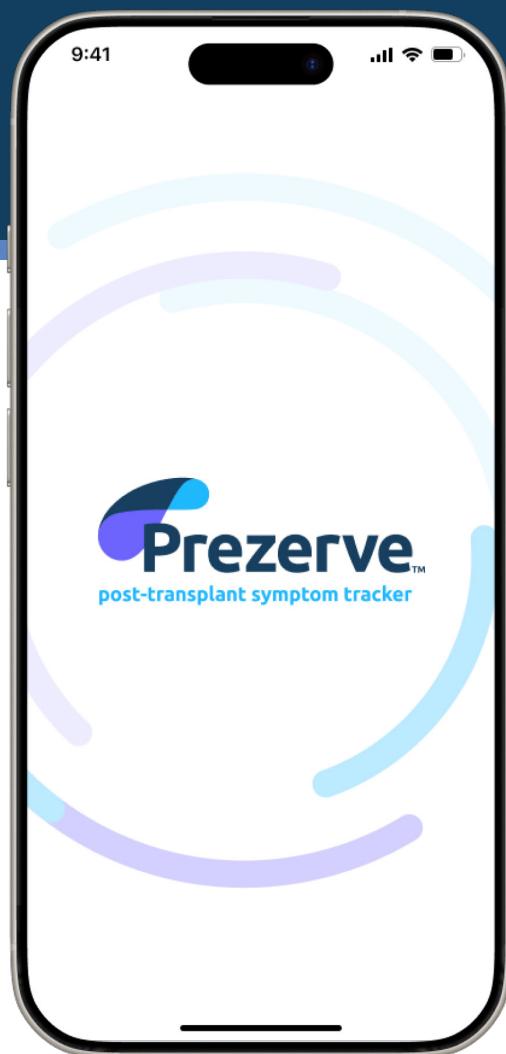
Download the Prezerve™ app now



Apple store



Google Play store



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