

Instructions for Use Careology App

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Available in the following languages: English

Purpose

The Careology app is designed to empower you to track your treatment, understand your symptoms, and keep on top of your medications to help you create more up days during your cancer treatment. With Careology, you can:

- Log your symptoms, mood and other health metrics, such as temperature and heart rate
- Record how you're responding to treatment with entries in your treatment journal
- Schedule personalised medication reminders
- Keep tabs on where you are in your treatment plan by logging appointments
- Read helpful articles, recipes and tips
- Connect with your family, friends and carers keeping them up to date with any information you choose to share
- Share key information about your health with your cancer care team in real-time

The Careology app is intended for use by adults over the age of 18 who have been diagnosed with any type of cancer.



Please read this user instruction guide carefully before using the Careology app.

Downloading the App and Creating Your Account

Setup Requirements

Mobile Device Requirements

The Careology app is best used with the following mobile operating systems and newer versions:

- Apple devices: iOS 14
- Android devices: Android 9.0 Pie

Active Internet Connection

Since the Careology app stores data in the cloud, you must have an active internet connection via Wi-Fi or mobile data network to be able to access and use the app. The app will notify you when you do not have an active internet connection.

Creating Your Account

After downloading the Careology app from the Apple App Store or Google Play Store, you can create an account. During the registration process, you will have to provide the following information:

- Email address
- First name
- Last name
- Sex at birth
- Mobile phone number
- Date of birth

Registering Your Account

During the registration process, you can also add the following information to personalise your Careology experience:

- Your cancer diagnosis and treatment
- Your main hospital details

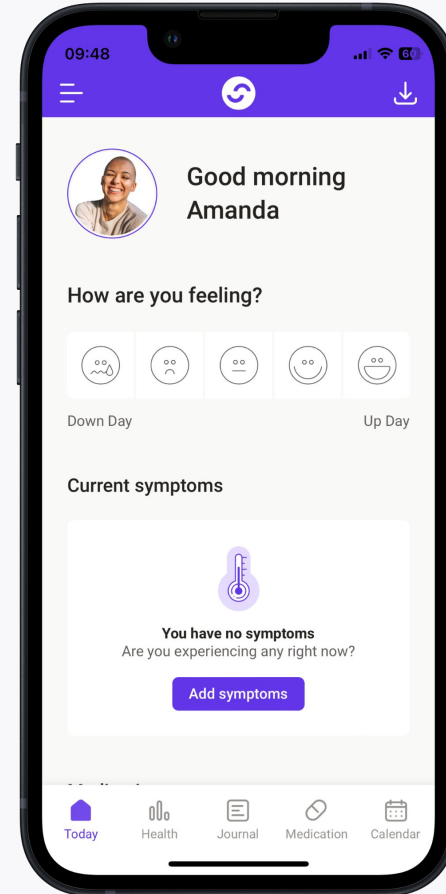
We'll also ask you to optionally:

- Enable push notifications so that you can receive helpful medication reminders and other notifications
- Invite caregivers by providing their mobile number
- Connect to Apple Health to so that your steps, heart rate, and other health metrics can be synced to Careology if you are using an Apple mobile device

Using the Careology App

You can navigate the Careology app using the bar at the bottom. Here's a quick summary of the sections of the app:

- **Today:** overview of your day and how you've been feeling
- **Health:** track your symptoms, side effects, and metrics like temperature and blood pressure
- **Journal:** write journal entries and notes about whatever you'd like
- **Medication:** keep track of all the medications you're taking
- **Calendar:** overview of symptoms, journal entries, medication adherence and more



General Warnings and Precautions, Clinical Safety and Regulatory Information

General Warnings and Precautions

People living and dealing with cancer who use the Careology app should be aware of the following:

- Medication reminders are sent based on the schedule you have set in the medications tab. If you are connected to an organisation, some medication schedules may be added by your pharmacist.
- Health information is not monitored in real-time by healthcare professionals. If you are feeling unwell, contact your healthcare professional or call 999.
- Be sure to check the information entered in the Careology app for accuracy and completeness to ensure that your clinicians do not receive data that could be misinterpreted when shared with them
- Recommendations from the Careology app are intended to support you in self-management and do not replace or override any advice from your clinical care team. Always listen to your clinician care team and contact them with any concerns about your health and wellbeing.



Clinical Safety

The Careology Platform (Careology Digital Cancer Care application and Careology Professional web application) has been developed in compliance with UK Medical Device Regulations 2002 for Class 1 devices.

The Careology Platform and its contents have been co-developed with clinicians and healthcare professionals (including from Guys & St Thomas NHS Foundation Trust, The Royal Marsden NHS Foundation Trust, and Nuffield Health) to ensure it meets the needs of people living and dealing with cancer and their care teams.

Evidence of the Apps' Use and Benefits

Users are able to log their symptoms, medication, journal entries and mood over time and connect with popular wearables and health services. Users can access content from various recognised bodies and professionals including Macmillan Cancer Support.

Careology Digital Cancer Care has been assessed on the NHS Digital Technology Assessment Criteria (DTAC) and is recognised by the Organisation for the Review of Care and Health Apps (ORCHA).

Clinical Safety

Our Clinical Safety Officer is **Stuart Hall BSc MSc MCSP, Principal Clinical Safety Officer** at ETHOS Ltd. Careology complies with **Clinical Safety Standard DCB0129: Clinical Risk Management: its Application in the Manufacture of Health IT Systems**.

During our product development process, we actively apply risk identification techniques such as Failure Modes and Effects Analysis (FMEA) and Fault Tree Analysis (FTA) to understand potential hazards and develop mitigation plans to reduce the clinical risks of the Careology platform. Careology maintains a hazard log, outlining risks identified, implemented mitigations and accepted residual risks. The hazard log is shared with our healthcare organisation partners.

Each identified hazard is recorded with: hazard number; name and description; potential clinical impact; possible causes; existing controls, which will continue to remain in place post-implementation and will be used as part of the initial Hazard Risk Assessment. Each hazard is reviewed by the Clinical Safety Officer and appropriate stakeholders to estimate and evaluate clinical risk and controls, and the outcome is recorded in the hazard log.

If you would like to raise a risk or hazard, please contact us on **support@careology.health**.

We have a documented Clinical Incident Management process which would be followed in the event of any incident being identified.

Data Security and Privacy

All information you provide to us is stored on our secure servers and is encrypted between your device and any external host storage to keep it safe. Where we have given you (or where you have chosen) a password which enables you to access certain parts of the Sites or App, you are responsible for keeping this password confidential. We ask you not to share a password with anyone.

Unfortunately, the transmission of information via the internet is not completely secure. Although we will do our best to protect your personal data, we cannot guarantee the security of your data transmitted to the Sites or App; any transmission is at your own risk. Once we have received your information, we will use strict procedures and security features to try to prevent unauthorised access.

Our **Data Protection Officer** is **Danny Ogen** and can be contacted at **dpo@careology.health**.

Regulatory Information

Product Name: Careology Digital Cancer Care App



Version:

The Careology app version number is available at the bottom of the side menu. These instructions for use apply from version 5.1.0 onward.



Date of Release:

Release date for the most recent Careology app version is available on the Apple App Store for Apple devices and the Google Play Store for Android Devices.

Regulatory Information



Manufacturer:

Careology Health Ltd., 1-2 Paris Garden, London, SE1 8ND



Patient Information Website:

Please visit <https://www.careology.health/> for more information.



The Careology Digital Cancer Care App is a Medical Device