

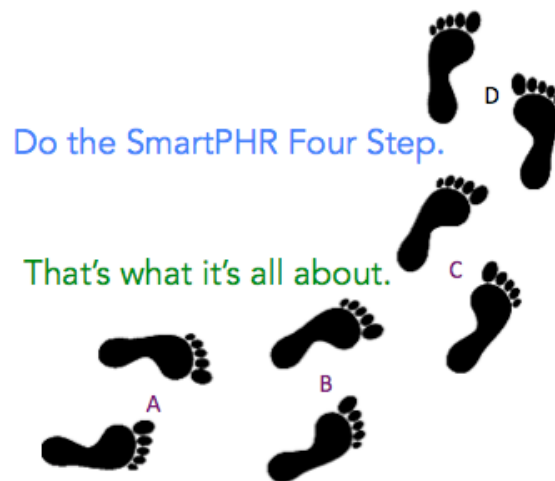


Cope with Chronic Conditions. Anytime. Anywhere.

Scenario: Coping with Breast Cancer

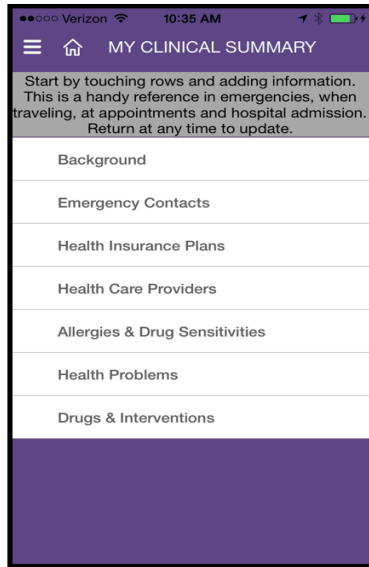
This scenario illustrates how the SmartPHR Health Aware app might be used by an imaginary woman with breast cancer. This is not medical advice. Always consult with your health care providers about app usage for chronic disease management.

One in eight women will be diagnosed with breast cancer during her lifetime. Breast cancer is second only to lung cancer in cancer deaths among US women. Although treatment of this cancer has improved much over the past decades, the needed treatments are lengthy, have troublesome side-effects and for some women may keep the cancer at bay for only months or years. Even when the cancer is detected early and has a high likelihood of being cured, the cancer and its treatments result in life-long adjustments in physical and mental health. The good news is that there are close to three million breast cancer survivors in the US today.

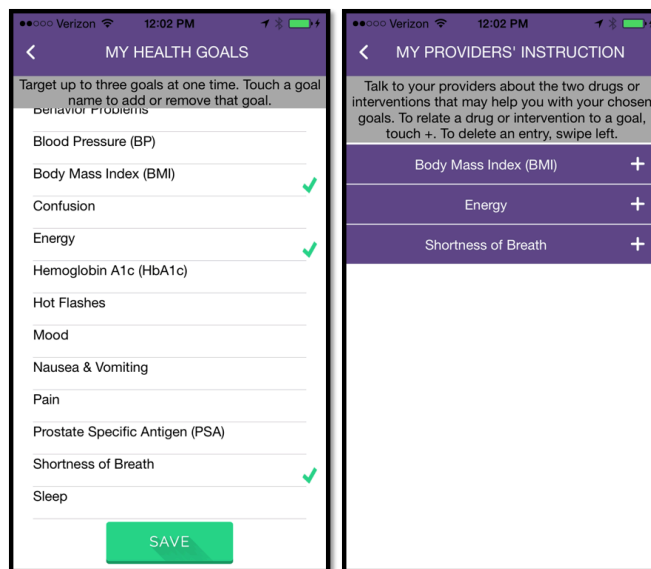


Anna H. is a 56-year old woman with recently diagnosed breast cancer. Following surgery, she is advised to receive a course of chemotherapy followed by hormone therapy to decrease the risk of the cancer recurring. As she enters this stressful and frightening phase of her life, she is faced with many changes and problems, including decreased energy, depression, poor sleep, nausea and vomiting from the

chemotherapy, hot flashes from chemotherapy and hormone therapy, and weight gain due anti-nausea medications and hormone therapy. With encouragement from her sister, Anna downloads the app to her mobile phone. The app guides Anna through Four Easy Steps for coordination of services and monitoring of compliance and symptoms during active treatment and subsequent follow-up.

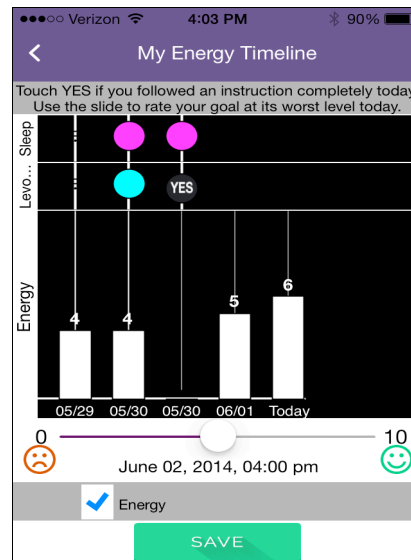


Step A. Using the app’s MY CLINICAL SUMMARY tool, Anna enters medical information that she can easily share at each health care visit, such as emergency contacts, health insurance plans, health care providers (her primary care physician as well as cancer specialists, such as Surgery, Radiotherapy and Medical Oncology), allergies and drug sensitivities, health problems, and drugs and interventions.



Step B. With the app's MY HEALTH GOALS tools, Anna identifies all the problems she now faces, including Activities of Daily Living, Body Mass Index (calculated automatically from weight and height by the app), Energy, Hot Flashes, Mood, Nausea and Vomiting, Pain, and Sleep and selects 3 problems as high-priority goals.

Step C. With the app's MY PROVIDER INSTRUCTIONS tool, and with the help of her medical oncologist, Anna links the 3 goals that are most important to her with providers' instructions regarding Drugs & Interventions she recorded earlier in MY CLINICAL SUMMARY (energy, mood, nausea and vomiting). She linked her Energy goal to a daily exercise regimen, her Mood goal with a meditation regimen and anti-depressant medications, and her Nausea and Vomiting goal with chemotherapy administrations and a prescribed anti-nausea medication regimen.



Step D. At 6 pm each day, Anna's phone reminds her to use the app's MY PROGRESS tool. Anna enters information on graphic timelines about her three selected goals (energy, mood, nausea and vomiting) and her compliance (yes or no) with goal-related drugs or interventions. In this way, Anna visually observes each goal as recorded daily over time in MY PROGRESS and sees the positive impact of exercise and various medications, as well as the negative impact of chemotherapy in the days following its administration on nausea and vomiting. By sharing these graphic timelines of goals and related instructions with her doctors and chemotherapy nurses, she actively participates in evaluating the benefit of various medications and interventions on her most bothersome symptoms, and shares quantitative and qualitative data to support changes in her medications and other instructions. She is free to change the goals most important to her as she moves through her treatment, completes it, and begins to adjust to long-term cancer survivorship.