

# **myLDN Health Tracker App**

# Purpose

Provide patients a tool for tracking their medication(s) and progress while taking LDN medication. Optionally, patients can also allow medical providers access to their information to enable them to easily monitor their progress.

# Benefits of myLDN Health Tracker

- By using the free LDN App you will be taking part in the the first, global remote LDN Research Study of its kind
- All data is collected anonymously; we don't have access to your personal details like email addresses etc.
- The App can be used before starting LDN or after, so we are able to see how LDN impacts on your quality of life
- It is quick and easy to register and use, best of all it is FREE!
- Track your current medication, pain, mood, fatigue and much more, reports can be downloaded



# Tool Overview



**myLDN Smartphone App (free)**  
**syncs across:**

Tablets and Smartphones  
(*iPhone or Android*)  
Computers  
(*Windows or Mac*)

# Process Overview

- Patients use the free myLDN app to track their dose, sleep, pain, mood, quality of life, disability, weight, and more
- Patients can grant access to this data by entering their provider's license number and confirming their consent
- With patient authorization, Prescribers or Pharmacists can then monitor their patients' progress via the LDN Hub Provider's Portal by accessing the patients ID

# Security & Data Privacy

- LDN Hub is secure, password protected, and the patient is ultimately in control of allowing access to their data
- The patient provides access to their data by entering their providers license number into myLDN
- All data is anonymous and held securely
- No personal data, such as emails, or addresses are tracked, only an ID number (*and name only if the patient decides to do so*)
- The patient can remove access to their data at any time by removing their providers license number

*(See next slide)*

# myLDN Details

- Keep track of changes in LDN dosage
- Record how LDN affects you in:
  - ◆ Quality of Life
  - ◆ Sleep patterns
  - ◆ Pain
  - ◆ Mood
  - ◆ Energy

# myLDN Details *(continued)*

- Track additional medications or supplements, dosage and frequency
- Set reminder alarms to take your LDN and other medications
- Track any diet items which might have affected you
- Track exercise
- Track any additional medical aids
- Journal your progress
- View graphs of data entered

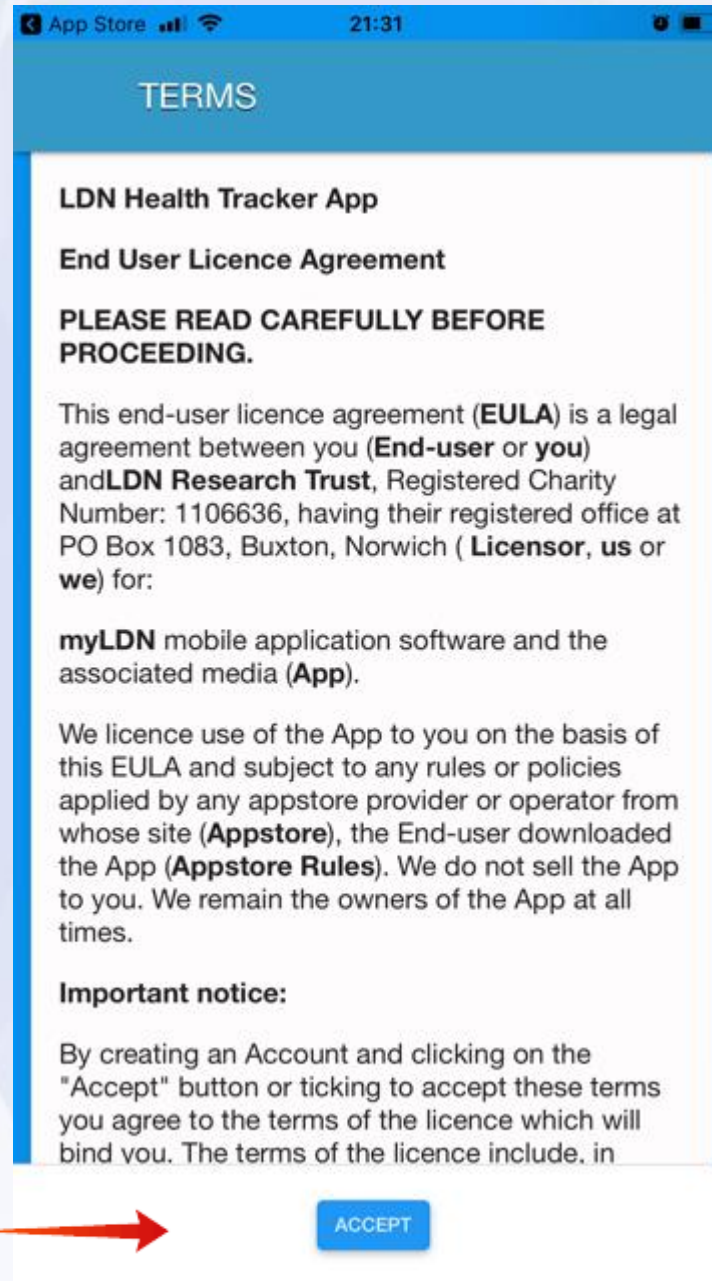
# myLDN Details *(continued)*

- Create and print PDF reports of your data for your medical provider
- Receive notifications from LDN Research Trust directly via the app
- Document specific questionnaires for Multiple Sclerosis, Fibromyalgia, Chronic Fatigue Syndrome, Spinal Cord Diseases, and Alcohol Use Disorder

# myLDN Setup Instructions

- Install myLDN via one of the following:
  - Android download link: [Google Play Store](#)
  - iPhone download link: [iTunes \(Apple\)](#)
- For people without an Android or Apple device
  - PC's and Laptops link: [www.ldnapp.org/](http://www.ldnapp.org/)

**Terms:**  
Select 'Accept'



The screenshot shows a mobile app interface with a blue header bar containing the word "TERMS". Below the header, the text "LDN Health Tracker App" and "End User Licence Agreement" are displayed. A bold instruction reads "PLEASE READ CAREFULLY BEFORE PROCEEDING." The main body of text explains that this is a legal agreement (EULA) between the user and LDN Research Trust, a registered charity. It details the terms of use for the myLDN mobile application software and associated media. An "Important notice" section states that by creating an account and clicking "Accept", the user agrees to the terms. At the bottom, a red arrow points to a blue "ACCEPT" button.

App Store 21:31

## TERMS

### LDN Health Tracker App

#### End User Licence Agreement

**PLEASE READ CAREFULLY BEFORE PROCEEDING.**

This end-user licence agreement (**EULA**) is a legal agreement between you (**End-user** or **you**) and **LDN Research Trust**, Registered Charity Number: 1106636, having their registered office at PO Box 1083, Buxton, Norwich ( **Licensor**, **us** or **we**) for:

**myLDN** mobile application software and the associated media (**App**).

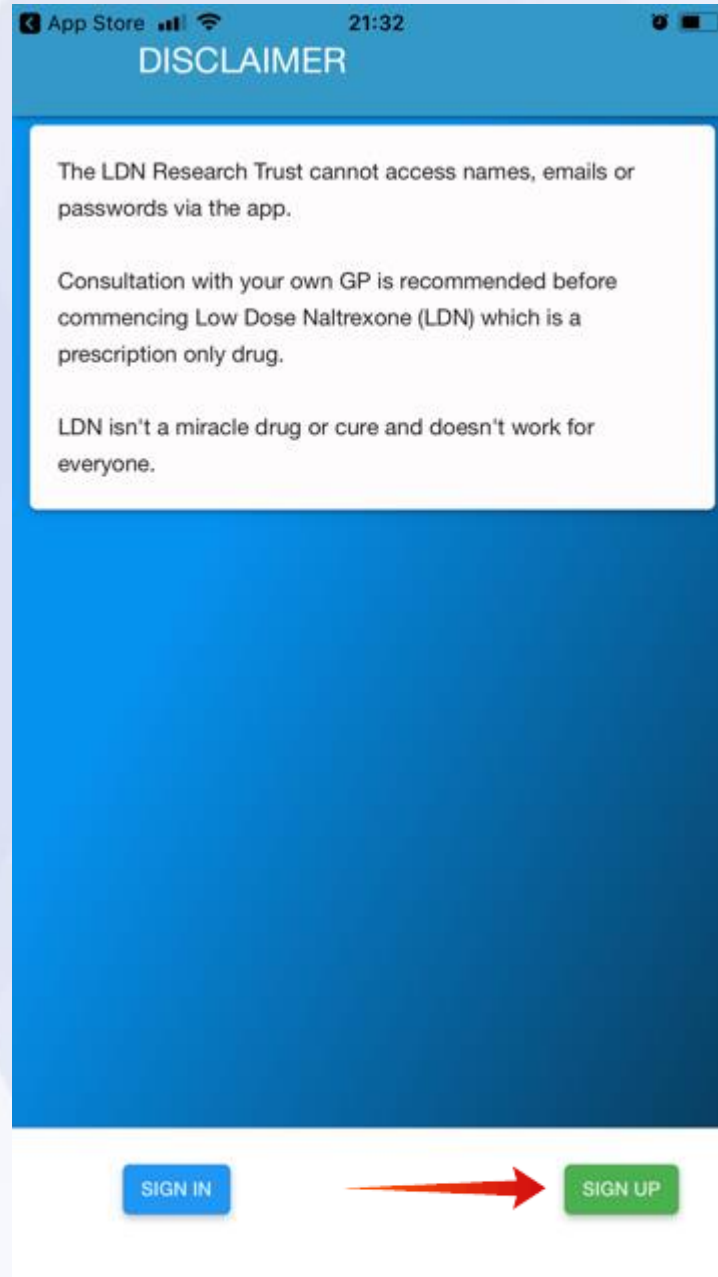
We licence use of the App to you on the basis of this EULA and subject to any rules or policies applied by any appstore provider or operator from whose site (**Appstore**), the End-user downloaded the App (**Appstore Rules**). We do not sell the App to you. We remain the owners of the App at all times.

**Important notice:**

By creating an Account and clicking on the "Accept" button or ticking to accept these terms you agree to the terms of the licence which will bind you. The terms of the licence include, in

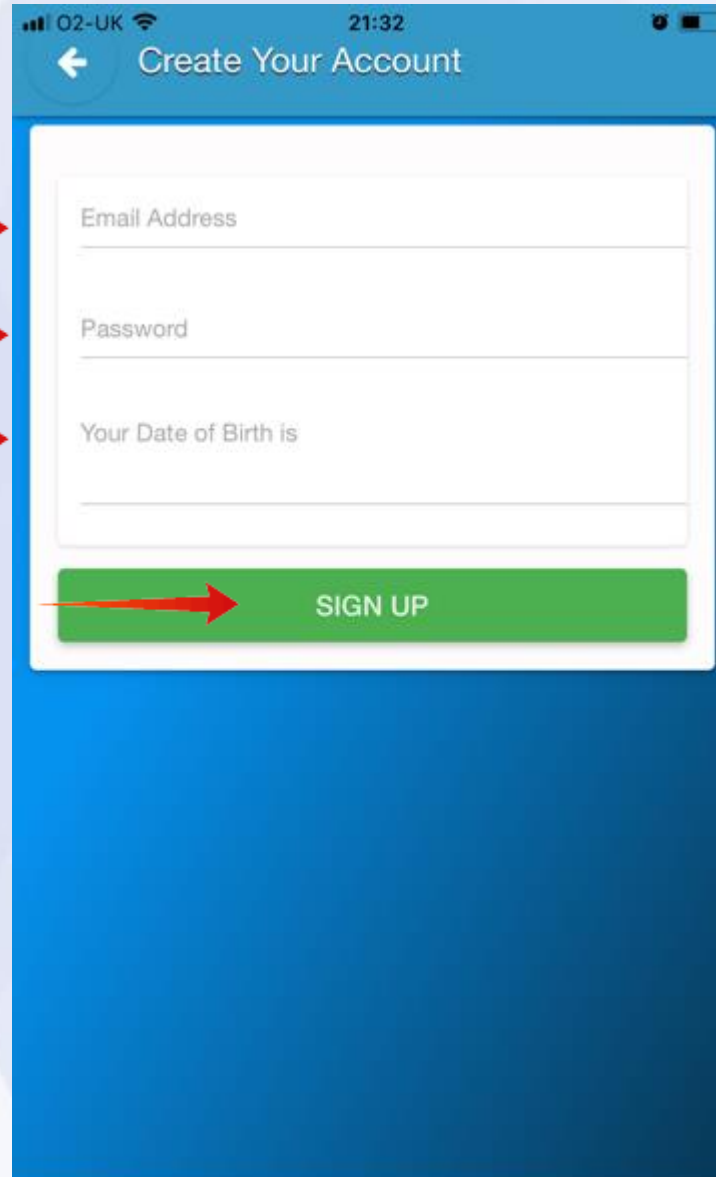
**ACCEPT**

**Disclaimer:**  
Select 'Sign Up'  
for initial setup



## Create Your Account:

Enter your email, password, and date of birth and select 'SIGN UP'



The screenshot shows a mobile app interface for creating an account. The status bar at the top displays '02-UK', signal strength, Wi-Fi, the time '21:32', and battery level. The app title 'Create Your Account' is at the top with a back arrow. The form contains three input fields: 'Email Address', 'Password', and 'Your Date of Birth is'. A green 'SIGN UP' button is at the bottom. Red arrows point to each of these elements from the left.

**NOTE:** When selecting the date, select the year first, then move to the correct month and select the day. Note that the date will be displayed in Euro format.

**Step 2 of 3:**  
Type your  
primary  
condition and  
select from  
drop-down

02-UK 21:32

### Signup step 2 of 3

**To Get Started**

Fibr

- Fibrodysplasia ossificans progressiva
- Fibromyalgia (FB)
- Fibrosing aveolitis
- Idiopathic pulmonary fibrosis
- Retroperitoneal fibrosis

Over the next couple of screens, we'll ask you some basics about your LDN usage. This will make your daily journaling faster and easier.

What is the **primary condition** you are taking LDN for?

Please start typing your condition in the box above, and we'll try to match your condition with one we have on file.

**You can add other conditions later on by clicking on 'Other Conditions' in the 'Settings' menu.**

### Step 3 of 3:

Select your gender and enter height, selecting feet/inches or centimeters, and country. When finished, select ✓.

Signup step 3 of 3 ✓

What is your gender?

MALE FEMALE

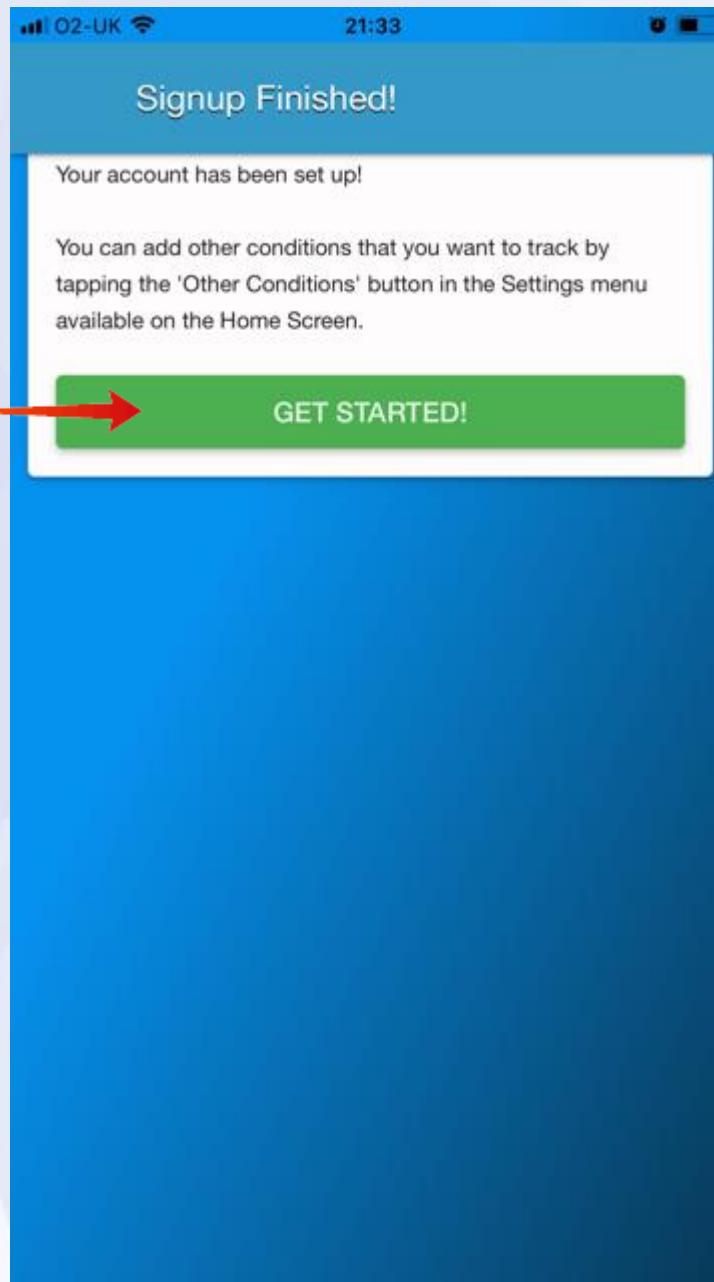
What is your height?

162 cm

FEET & INCHES CENTIMETERS

UNITED STATES ▼

**Signup  
Finished:**  
Select 'GET  
STARTED'



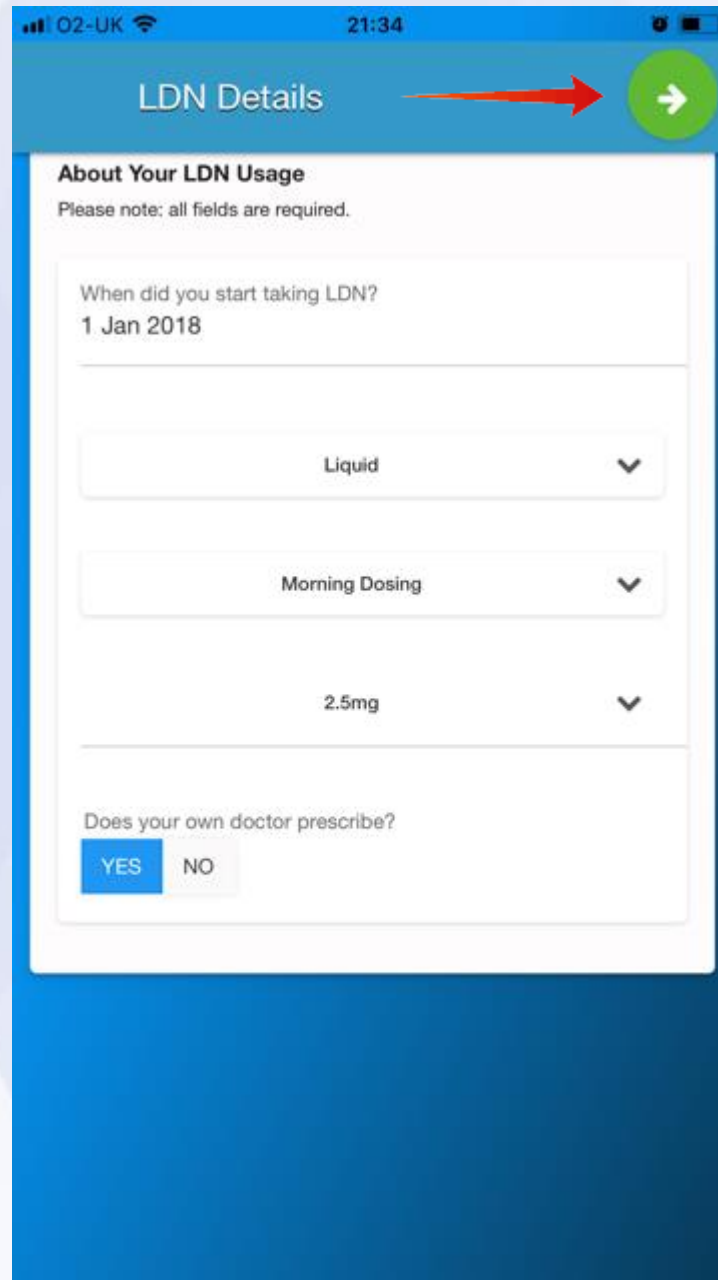
LDN Research

As part of the LDN research, every 30 days we will ask you to complete a small questionnaire, and as you've just signed up we'll start that questionnaire now!

Are you currently taking LDN?

Select 'YES' or  
'NO'

Provide details of  
your LDN dosage



The screenshot shows a mobile app interface titled "LDN Details". At the top, there is a status bar with "02-UK", a Wi-Fi icon, and the time "21:34". Below the title bar, there is a green circular button with a white right-pointing arrow, which is highlighted by a red arrow. The main content area is titled "About Your LDN Usage" and includes a note: "Please note: all fields are required." There are four input fields, each with a dropdown arrow on the right, highlighted by red arrows from the left. The first field is labeled "When did you start taking LDN?" and contains the text "1 Jan 2018". The second field contains the text "Liquid". The third field contains the text "Morning Dosing". The fourth field contains the text "2.5mg". Below these fields, there is a question "Does your own doctor prescribe?" with two buttons: "YES" (highlighted in blue) and "NO".

**NOTE:** When selecting the date, select the year first, then move to the correct month and select the day. Note that the date will be displayed in Euro format.

02-UK 21:34

LDN Research

**Quality of Life**  
Please tap here to complete this survey.

**Oswestry Disability Index**  
Please tap here to complete this survey.

Your Weight

\_\_\_\_\_ Kg

KG STONES POUNDS

How many **prescription** meds are you taking?

\_\_\_\_\_

TAP TO FINISH

Complete QOL survey, Oswestry Disability Index, and enter weight and other prescription meds

02-UK 21:35

## Quality of Life

**Your past 30 days**

1 Your General Health

Would you say that in general your health is:

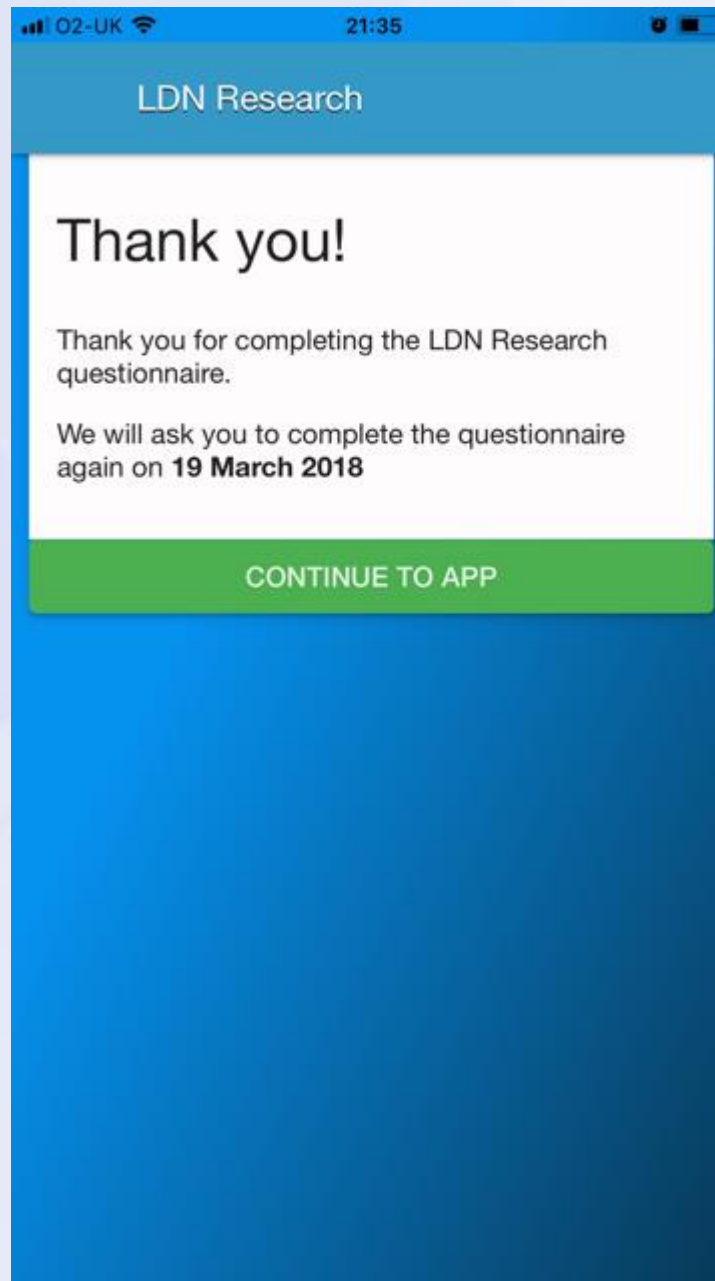
Excellent	Very Good	Good
Fair	Poor	

CONTINUE

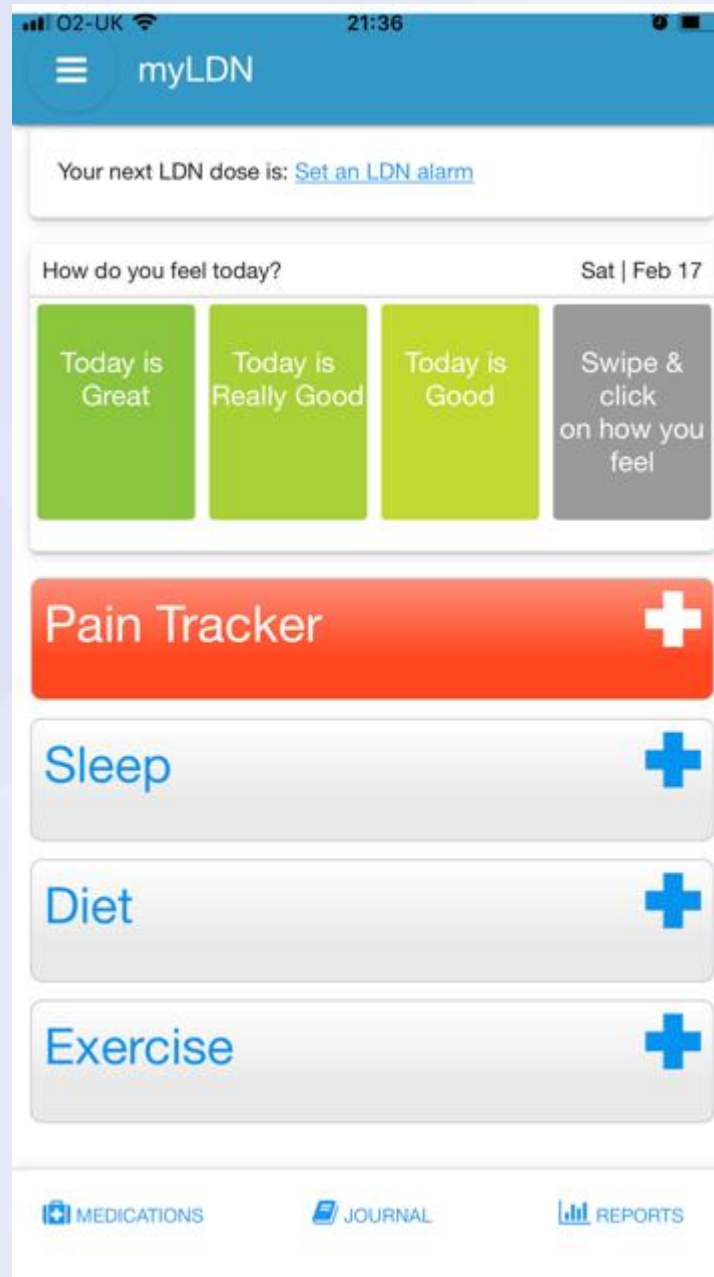
- 2 Your Physical Health
- 3 Your Mental Health
- 4 Your Usual Activities
- 5 Your Usual Activities
- 6 Your Mood
- 7 Your Mood
- 8 Your Rest
- 9 Your MoJo

Complete QOL  
survey, items 1  
through 9

You will be asked to complete this survey again in 30 days. Select 'CONTINUE TO APP'. All survey sections must be completed



This is your home screen for this app, where you can track your pain, sleep, diet, exercise, as well as add medications, journal, or view reports



02-UK 21:36

Pain Tracker

PAIN SYMPTOMS TRIGGERS

less <-- My Pain Level --> more

4

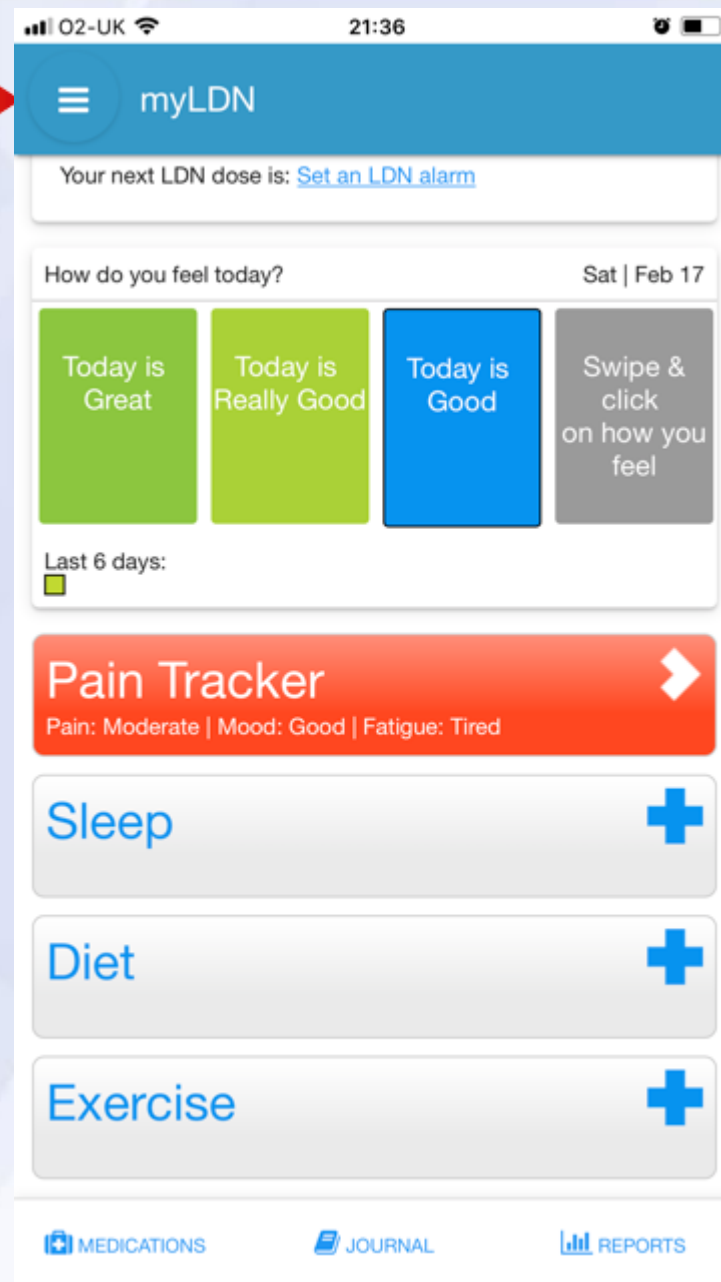
better <-- My Mood --> worse

3

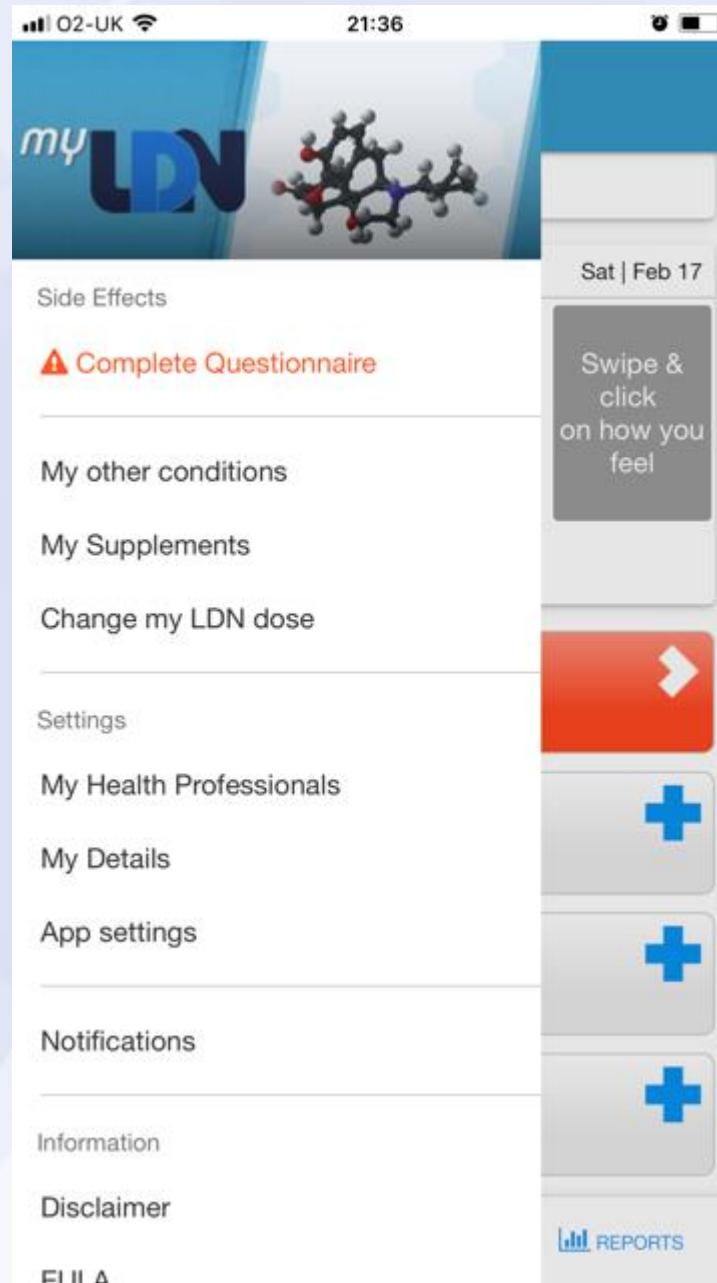
more <-- My Energy --> less

6

Here you can select your level of pain, mood, and energy. Select 'Symptoms' or 'Triggers' to log additional information.



Select the menu button above for additional options



Select 'My Health Professionals' to allow your providers to view your information

02-UK 21:37

## ← My Health Professionals

Allow your Health Professionals to view your progress with LDN. Your Health Professional will initiate this request, you do not need to do anything until they ask you.

**My ID: 5074**  
Give this ID to your Health Professional

GP License No.  
XL5

Add your GP's license number here to allow them access to your myLDN records.

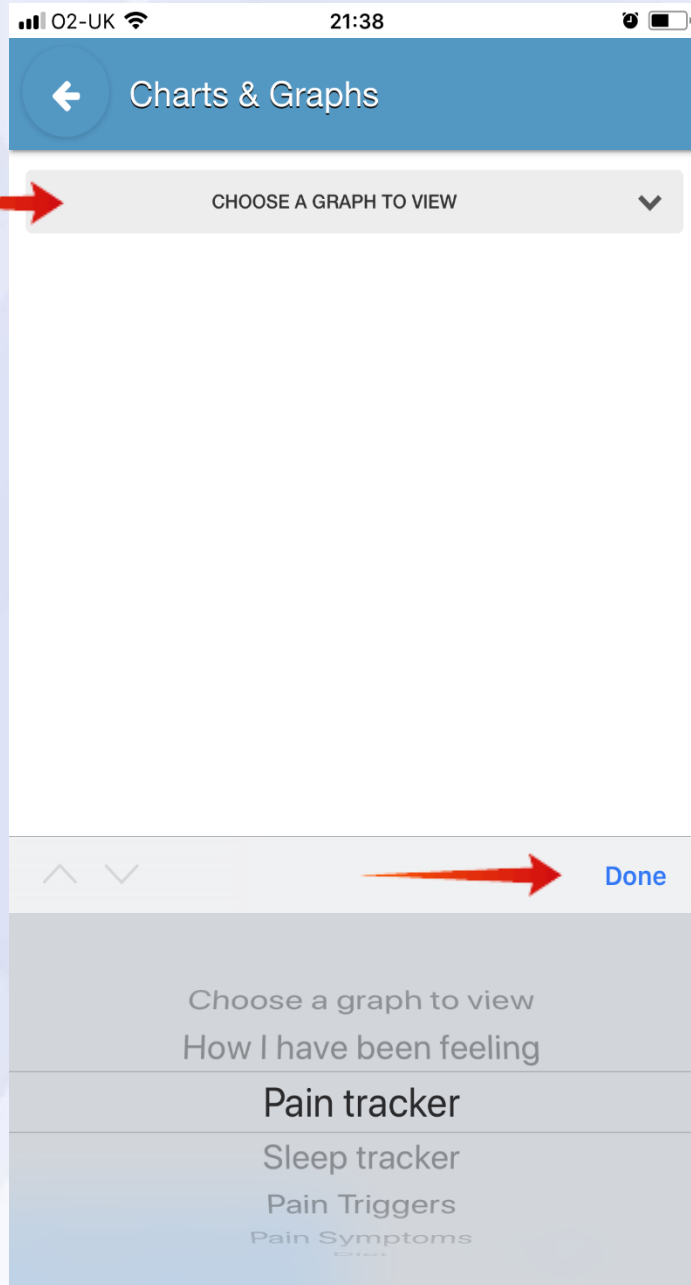
Pharmacist License No.  
Enter license number

Add your Pharmacist's license number here to allow them access to your myLDN records.

**SAVE DETAILS**

### Optional:

Provide 'My ID' to your providers to allow access to your data. Enter the GP license number to link to your LDN prescriber. Enter your Pharmacist License No. to link to your pharmacy.



To view a graph, select the type of graph, then select 'Done'

# Support

For application support, please send inquiries to:

[support@LDNapp.org](mailto:support@LDNapp.org)

