

### **What is Rheumera and how does it work?**

Rheumera is an app to help you track your symptoms and communicate better with our team and to keep your doctor updated with your health journey. You'll have the opportunity for daily check-ins for symptoms that you experience as a result of your disease as well as your medication, activities, nutrition, and sleep quality. Report any flare-ups directly to your care team and they'll be notified immediately. The provider will be able to monitor your symptoms to better understand your health and progress with your disease.

### **Why Should I Use Rheumera?**

Rheumera allows you to track your symptoms, communicate better with your care team, and keep your doctor updated on your health journey. Your provider will receive a summary of your activity in advance of your next appointment, providing them a clearer picture of your health and progress since your last visit. We've included an example of what your provider would see on the next page.

### **What about my data? How is it used by Rheumera?**

The personal health information (data) you create in Rheumera is shared only with your provider(s). This data has the same protections as the information in your medical record. In some cases, it may become part of your medical record. You enter it, they see it, and that's as far as it goes. *It is illegal to sell identifiable personal health information (PHI) without authorization.* Rheumera can't and won't use your data for any purpose other than the one stated above without express authorization. De-identified data (data that cannot be

associated with a specific patient) is used to study the effectiveness of the Rheumera program.

### **How do I get started?**

Download the app from the [App Store](#) (iPhone) or [Play Store](#) (Android). Create an account using your personal information and the clinic code (76109). Log back into the app using your 'Phone Number or Email' and the password you created.

### **How do I continue using Rheumera after onboarding?**

The easiest way is to respond to our reminders and texts that you'll get everyday. Responses to our text messages are added directly to your Rheumera record. You can login daily to record additional information, or report a flare or outside doctor's appointment.

### **How often should I use Rheumera?**

It's recommended to use Rheumera regularly to track your symptoms and health progress. Daily check-ins can provide valuable insights for both you and your healthcare team.

### **Can I contact the support team for assistance?**

Yes, feel free to reach out to support from the bottom of the login screen if you encounter any issues or have questions, or directly at [support@rheumera.com](mailto:support@rheumera.com).

### **Is my information secure on Rheumera?**

Yes, Rheumera prioritizes the security and privacy of your information. Your data is encrypted and stored securely to protect your privacy.

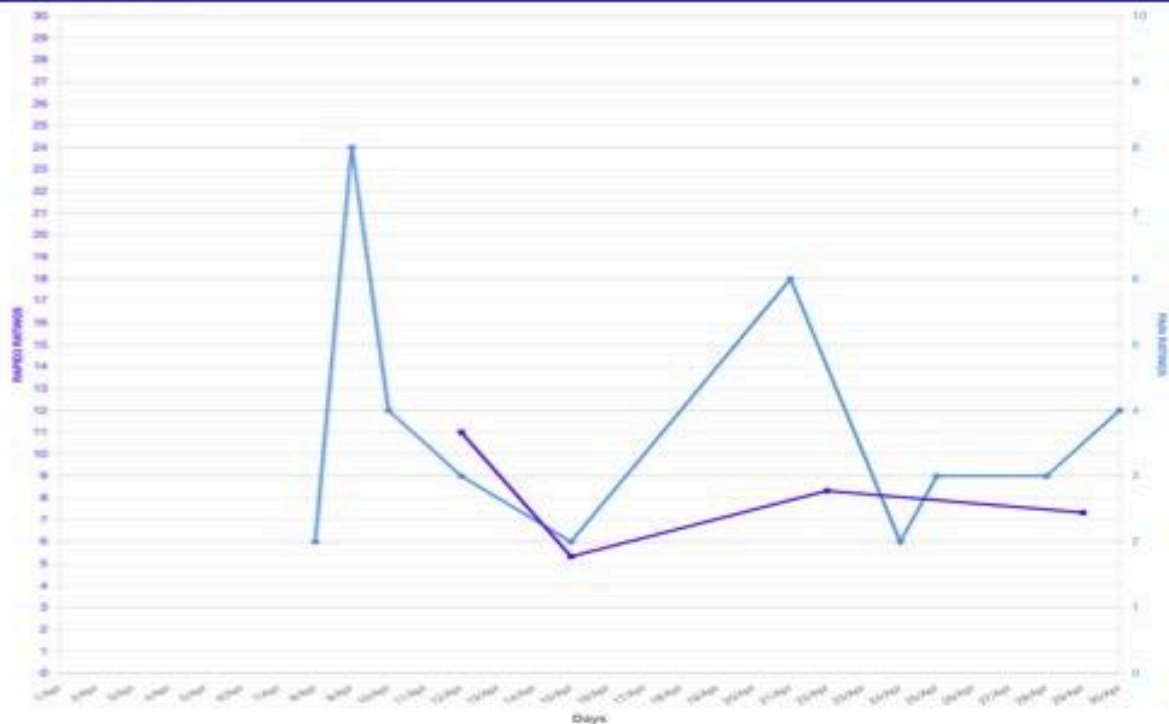
# Destiny Fitzpatrick Reported Outcomes - Results & Review

Patient MRN: TEST588  
03/31/2024 - 04/30/2024

- Peak RAPID3 score: 11.0 (04-12-2024), Average RAPID3 score: 7.995
- Peak Pain score: 8.0 (04-09-2024), Average Pain score: 3.7
- Peak Fatigue score: 10.0 (04-27-2024), Average Fatigue score: 5.14
- Notably, the patient reported a flare on 04-30-2024, indicating fever, swollen, red, and hot joints, difficulty walking, and additional steroid use. The patient wished to alert the provider about these symptoms. There were no specific reports of tenderness or swelling in joints outside of this flare. The patient reported no morning stiffness on 04-20-2024. The patient did not indicate any outside doctor visits during this period. This recent flare could potentially impact the current disease state and care plan of the patient.

- AI Generated Summary

## Rapid3 | Pain Trend



Rapid3 Ratings  Pain Ratings

### FLARE REPORT

Flare Dates: 04-30-2024

**1**

Total number of flares experienced

**1**

Total additional steroids taken

### GENERAL WELLNESS

MET ACTIVITY GOAL 0/30

TRACKED NUTRITION 0/30

SLEPT RESTFULLY 0/30

### TENDERNESS AND SWELLING

Recorded Date: N/A

**0**

Tenderness Count

**0**

Swelling Count