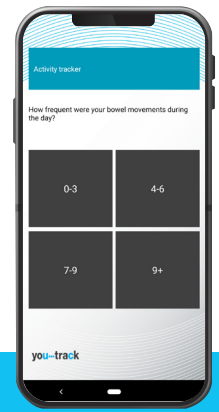


How to access you...track

A smartphone app that helps monitor the activity of ulcerative colitis (UC)



What you...track does

you...track uses a tool called the simple clinical colitis activity index (SCCAI - also called the Walmsley index). This is a symptom measuring system that has been used to monitor UC disease activity for many years in clinical studies. Adapted for use on a smartphone, it will take you less than a minute each day to keep an accurate track of how active your UC is, using the you...track activity tracker.

How to download on your iPhone



Tap the app store icon and search for "you...track"

Tap GET to download and enter your apple ID password (if required)

Once the app has installed, tap the app-icon to start the app

How to download on your Android device

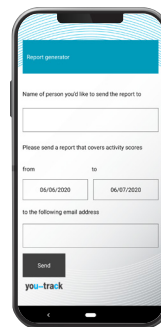


Tap the play store icon and search for "you...track"

Tap INSTALL to begin the download process

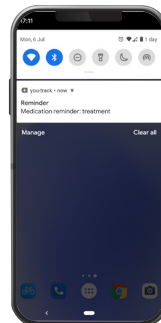
Review required permissions and (if you agree) tap accept & download to begin the installation

Once the app has installed, tap the app-icon to start the app



Report generator

All the information you collect on you...track is private to you. It is not saved anywhere other than on your phone, and you can delete all the stored information at any time by following the simple instructions in the preferences section. That said, if you'd like to, you can also email a report of your results to your doctor or specialist nurse. That way they can see how you've been doing since your last appointment.



Treatment reminder

Medicines can't work if you don't take them! Forgetting to take your medication, even when you're feeling really well, increases the risk that your UC will flare-up again. So you...track also has a treatment reminder alert you can use to help jog your memory.



Appointment notes

You don't get that much time with the healthcare team looking after you. To make the most of contact time, it helps to have a think about what you would like to discuss in advance of your appointments. you...track helps you come prepared with a notes section where you can jot down the problems or questions that matter to you.

Important Information

The application does not provide medical advice, diagnosis or treatment. You should always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking medical advice because of something you have read on the Dr Falk you...track application.



Scan here to download the you...track app