My HHT Tracker
Features of the iOS app

cure**hht**
The Cornerstone of the HHT Community

**Record your nose-bleeds and view your bleeding over time.**

Pro Tip! You can switch between the "Track per interval" and "Track per bleed" Nosebleed tracking methods by clicking Profile in the the top right!
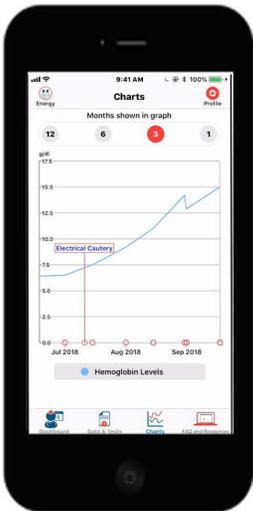
Store Lab Data, Imaging/Radiology, Procedures and Interventions, Transfusions and Infusions.
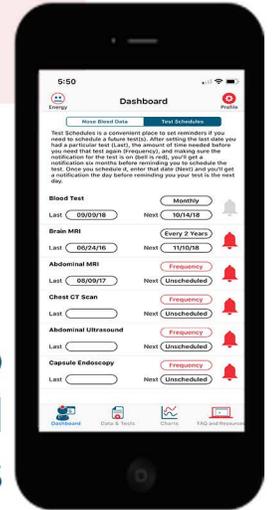
Get reminders to schedule & attend appointments & tests.

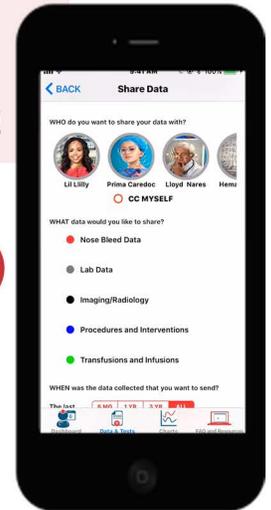**Enter lab data and upload test results and imaging.**
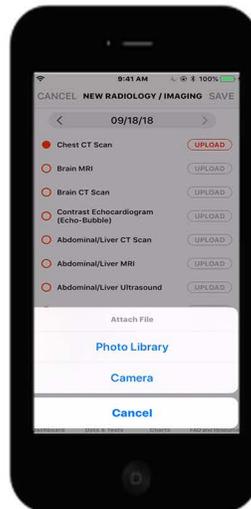
Pro Tip! View the FAQ and Resources tab to learn more about HHT. **Don't forget to Register!**

View how your HHT data has changed over time using Charts.

Easily share your HHT data with your healthcare providers.

Backup your data!

To protect your privacy, the data entered on **My HHT Tracker** does not auto-backup when you backup your Apple device.
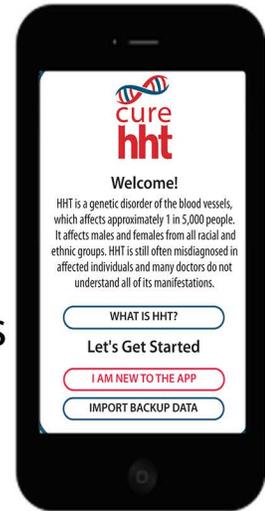
To ensure you don't lose your data, make sure to:

1. Regularly backup your data by emailing yourself the backup file containing your **My HHT Tracker** data. To backup, click Profile in the upper right, then Backup.
2. Setup a Backup Reminder in the Notifications section of Setup!

My HHT Tracker
Installation & Setup

1 Download **My HHT Tracker** for free from the Apple App Store

2 Open **My HHT Tracker**. Click Allow Notifications

3 Select "I am New to the App"

4 When you reach setup, first fill out the "Profile" tab. Be sure to enter your email address, as this will allow you to backup and share your data. You can change the settings of your Profile at any time. Click "Next".

5 On the "Team" tab, enter the names and contact information for your healthcare providers. To add additional contacts to your Team, tap the + in the top right corner. Click "Next".

6 On the "Interview" tab, you will answer standard questions about your HHT & the app will generate an email with general feedback and recommendations about your HHT based on your responses. Hit send. *The "Interview" only occurs when you're setting up the app and cannot be revisited later.*

7 On the "Notifications" tab, set up reminders to enter nosebleed data, appointment reminders, reminders to schedule medical tests, and reminders to backup your data. See the back of this sheet for more information on backing up your data.

8 Click "Done". An email will be generted with general information about your HHT based on your "Interview" responses. Hit Send.