Mi Fertility Plan App

Your step-by-step user guide

On the following screens you will be asked to enter details for your fertility plan as provided by your doctor.

ENTER ›

Pymble, NSW, Australia, Version 2.0.0

Welcome to the MiFertility Plan app

MiFertility Plan is a comprehensive calendar tool to help support you step-by-step through your fertility treatment cycle. Once you record the details of your fertility plan, as prescribed by your fertility doctor, the app is then capable of reminding you of the schedule of medicines that you have been prescribed, as well as appointments such as clinic visits, scans and blood tests that you input into the app. You can also choose to send the information you have entered to your phone calendar, share it with your partner or email a summary to your clinic. If you have been prescribed any of Ferring Pharmaceuticals fertility products, you will also have online access to specific information to assist you in using those products.

A fertility support resource from

FERRING
PHARMACEUTICALS

CONTENTS

These instructions start with a guide for the basic set-up of the app, followed by more detailed descriptions of the many other features that can help you manage your fertility treatment cycle.

Keep these instructions handy or access them anytime at www.ferring.com.au/mifertilityplanapp

FERRING
PHARMACEUTICALS

Chapter 1
KEY FEATURES

- Easy, intuitive, step-by-step set-up

- Comprehensive timeline view that allows you to see your entire fertility treatment plan in one snapshot and can be edited at any time

- Simplified calendar view option to see your daily fertility treatment overview

- Set personalised alerts, reminders and notes about fertility medicines for:
  - Stimulation
  - Downregulation
  - Triggering
  - Luteal phase support

- Set personalised alerts, reminders and notes about other events including:
  - Clinic visits/scans/other events
  - Blood tests
  - IUI
  - Egg pick up
  - Sperm collection
  - Embryo transfer
  - Pregnancy test
  - Early pregnancy scan

- Keep a PDF record or share your fertility treatment plan with your partner or clinic using the simple export function

- Contact your nurse via phone or email, or access the clinic website and information links through the menu button

- Not cloud-based for greater privacy of personal information

Additional features:

- Track changes to medicines with detailed updates to the medication history

- Sync your fertility treatment plan to your phone's calendar and/or send a copy of the calendar to your partner

- Unlock fertility medicine information support for Ferring fertility products, by simply entering a code found on your Ferring medicine pack

- Works offline, so you can enter and review your information without an internet connection
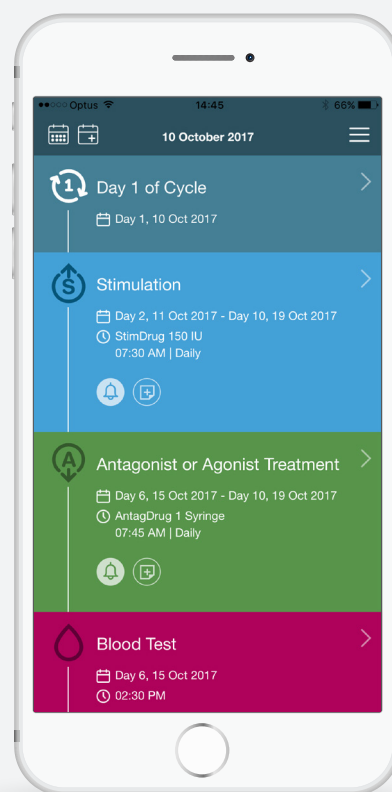
Chapter 2
SET-UP GUIDE

STEP 1.

Go to the App Store in your iPhone or the Play Store on your Android phone and search '**MiFertility**'.
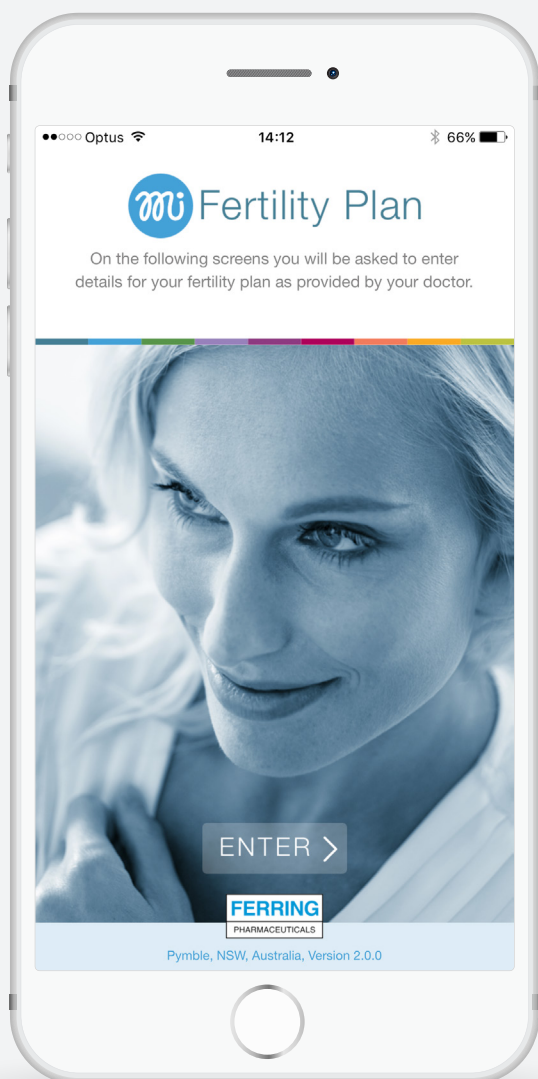
Look for the app with the logo to the right. Press 'GET' or 'INSTALL' (depending on your device) to download the free app.

STEP 2.

Open the '**MiFertility**' Plan app

Press 'ENTER' to read and if you agree, accept the Terms and Conditions

Set-up screens

Steps 3-8 can be skipped. You can also enter or edit these details after the set-up process in the Timeline View.

STEP 3.

Clinic Details
Enter your Clinic Details for quick access to this information when you need it, then press 'Continue'.

STEP 4.

Cycle Set-Up
Select the date for day 1 of your menstrual cycle, then press 'Continue'.

STEP 5.

Stimulation
Enter the details for your prescribed stimulation drug/s and timing. You can add more than one stimulation drug. Then press 'Continue'.

STEP 6.

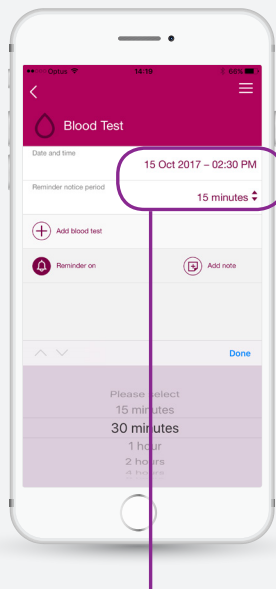**Antagonist or Agonist Set-Up**
Enter the details for your prescribed antagonist or agonist drug and timing, then press 'Continue'.
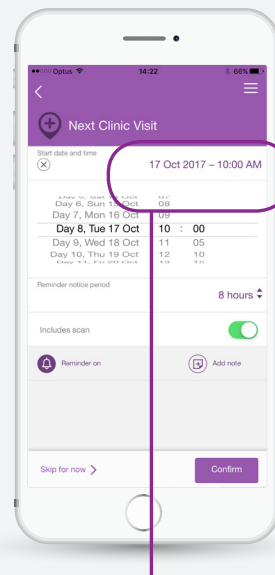
Set-up screens - continued

STEP 7.

STEP 8.

You can turn reminders on or off, personalise alert times and add notes.
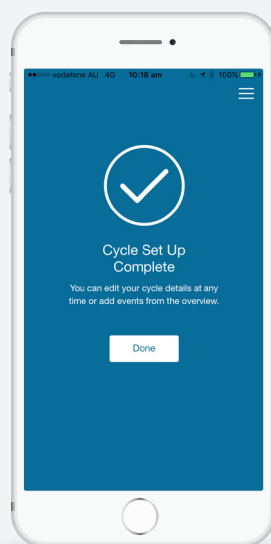
Blood Test
Enter the details for your blood test.

Next Clinic Visit
Enter the details for your next clinic visit.
You can also flag if the visit includes a scan.

Cycle Set-Up Complete

You will see the **Cycle Set-Up Complete** screen once set-up has been successfully completed. All entries can be edited at any time.
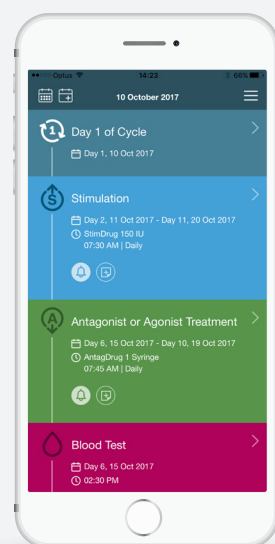
The **Timeline View** will now appear, where you can swipe up and down to view your fertility cycle events, edit existing events and enter details of new events by touching on the event.
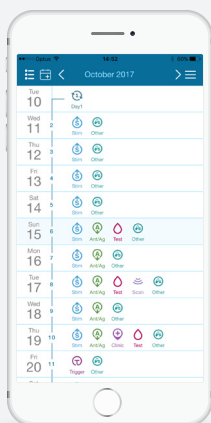
Chapter 3
TIMELINE VIEW

- Swipe up and down to view your events
- Events will appear in chronological order starting from the top of the screen
- Past events will be greyed out

You can select the **Calendar View** to see a snapshot of each day's events over the cycle.

Tapping an event icon will open the event.

Add a **Clinic Visit, Blood Test, Scan, Other Medicines, Other Event, Pregnancy Test** using this button (see page 12 for details).
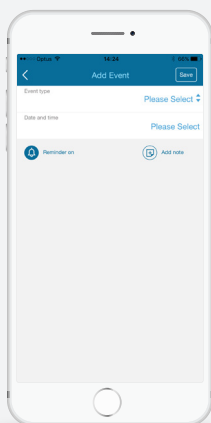
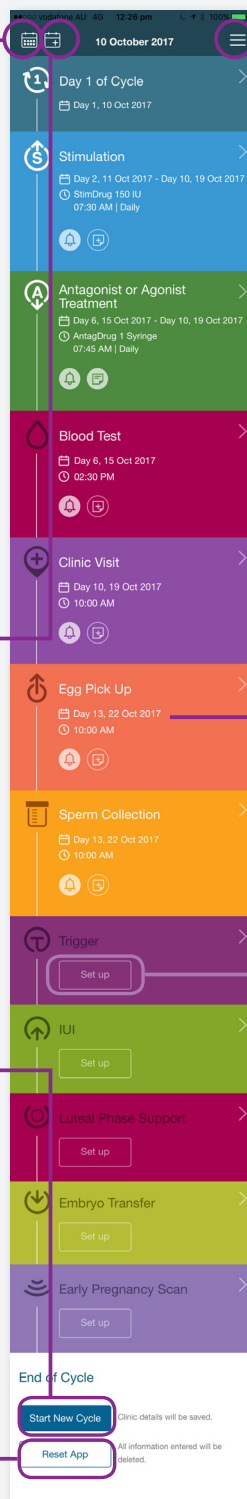If you undergo another fertility treatment cycle, you can use the app again by selecting either:

Start a New Cycle

- Keeps the Clinic Details

Reset the App

- Deletes all information entered

In both cases, you have the option to email a PDF of your fertility treatment plan before your selection is carried out, so that you can keep a record of your completed cycle.
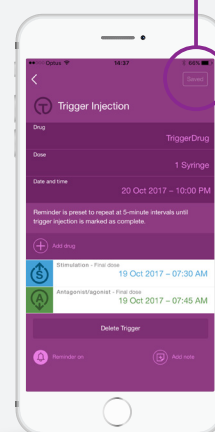
You can open the app menu page by tapping on this icon (see page 14 for details).

To edit or add details to a future event, tap on the relevant panel.

For example, to add details for Trigger Injection, tap here.

After you have added or edited an event, press 'Save' to return to the timeline view.

Tips

Key buttons

<   Takes you back to the previous page

📅   Press to access the Calendar View

☰   Takes you back to the Timeline View

📅+   Allows you to add a reminder for a blood test or clinic visit

≡   Opens the app menu with further options and settings

Important

- All app reminders are optional except for your 'Trigger', as this is a critical part of the IVF cycle
- To receive app reminders, alerts need to be enabled in your phone settings
- To enable the PDF functionality, your phone should have an active email account

Chapter 4
TIMELINE – FERTILITY DRUGS

- You might have entered 'Stimulation' and/or 'Antagonist or Agonist Treatment' details during the set-up process

- You can edit or add these details at any time by tapping on the event from the Timeline or Calendar View

- If you made an error during set-up and have not taken the drug, you can tap on 'Remove drug' and enter the correct details

- You can add a drug by tapping on the 'Add drug' button

- You can stop a drug by tapping on the 'Stop drug' button

- If you make any changes, or stop an existing fertility drug, it will be added to the history, which can be viewed by scrolling down the page

- The fertility drug history will also be included in the PDF of your fertility treatment plan, which you can email to yourself, your partner or healthcare professional
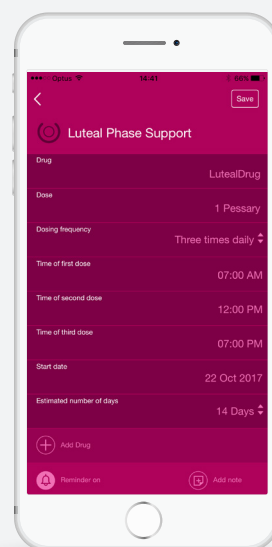
Stimulation
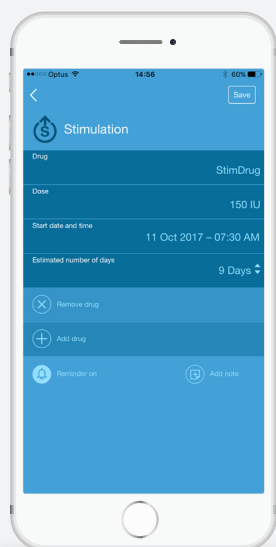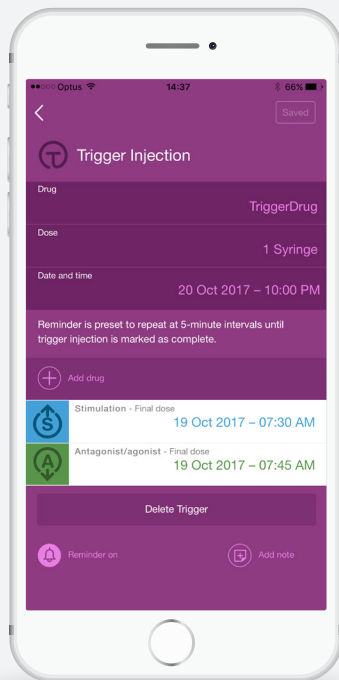

Antagonist or Agonist Treatment
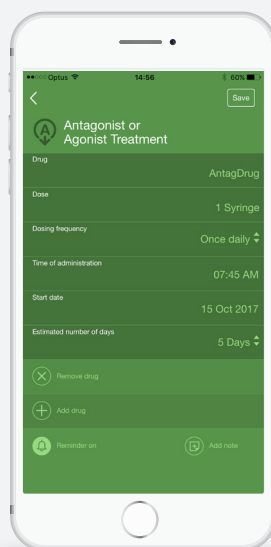
Luteal Phase Support

After you have added or edited an event, press 'Save' to return to the Timeline View. You can also add notes.

Trigger Injection

- Trigger Injection can be set up from the Timeline View

- Unlike all other reminders in this app, the reminder for your Trigger Injection cannot be turned off, as the timing of this step is critical in the fertility treatment cycle

- The date and time of your Trigger Injection might affect the timing of your last dose of Stimulation and Antagonist/Agonist Treatment. The app will prompt you to confirm the date and time of your last dose for Stimulation and Antagonist/Agonist Treatment. Always follow the advice of your fertility clinician
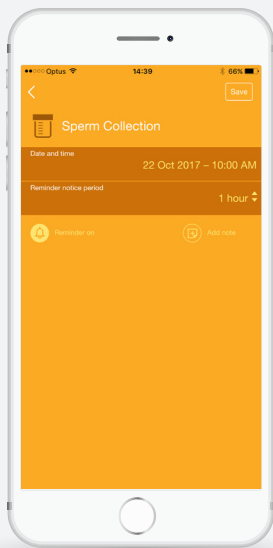
After you have added or edited an event, press 'Save' to return to the Timeline View. You can also add notes.
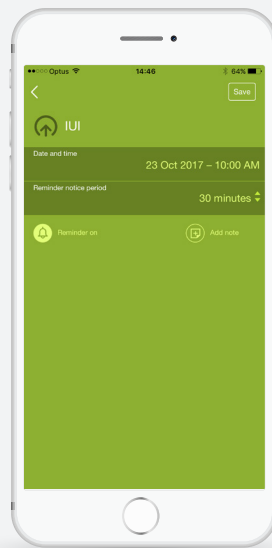
Chapter 5
TIMELINE – EVENTS

- Specific fertility events can be set up from within the Timeline View

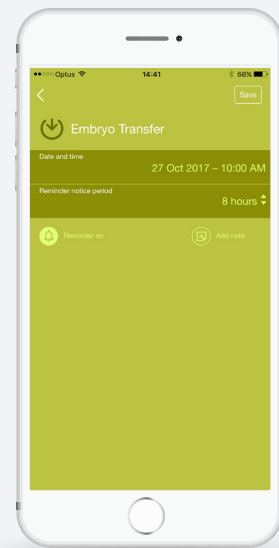- A reminder notification can be set for a period from 15 minutes up to 2 days in advance
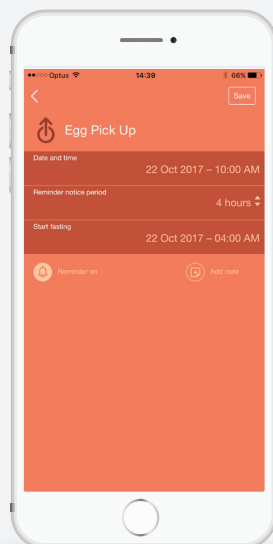
Sperm Collection

IUI

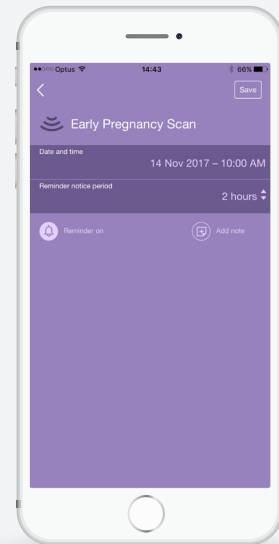

Embryo Transfer

Egg Pick Up

- You can also set the time to start fasting for Egg Pick Up, as advised by your fertility clinician or nurse
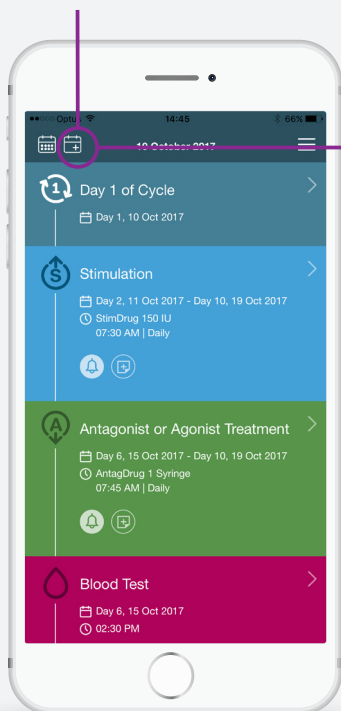
Early Pregnancy Scan

After you have added or edited an event, press 'Save' to return to the Timeline View. You can also add notes.
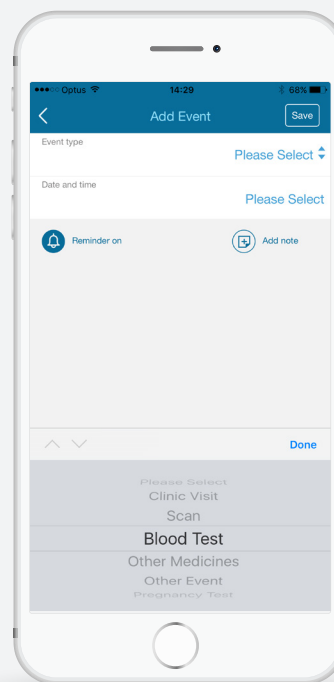
Chapter 6
ADDING A TIMELINE EVENT

- To add a new Clinic Visit, Blood Test, Scan, Other Medicines, Other Event or Pregnancy Test, tap on this button in the Timeline View
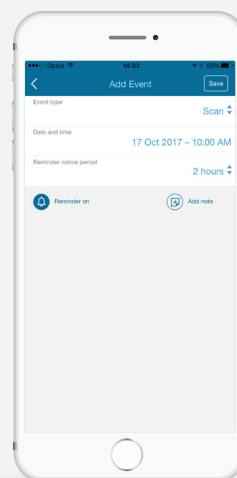

- Select the type of event and enter the details

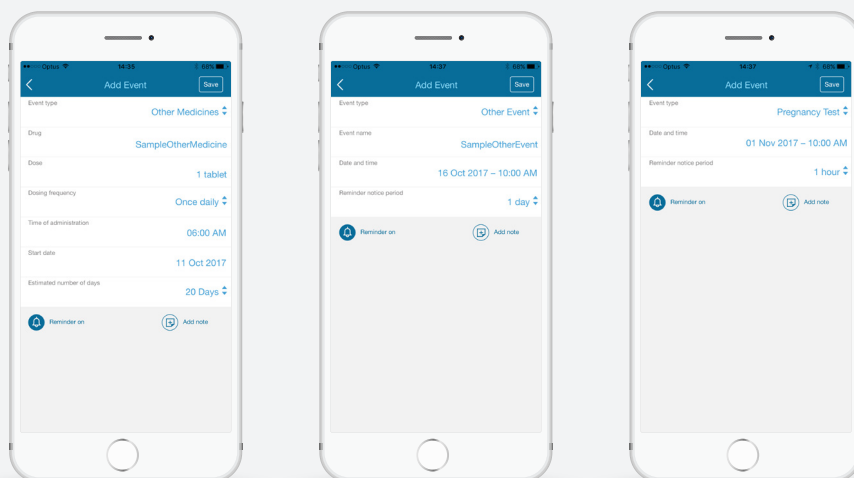## Adding a Clinic Visit, Blood Test or Scan

- Enter the relevant details and press 'Save' to return to the Timeline View
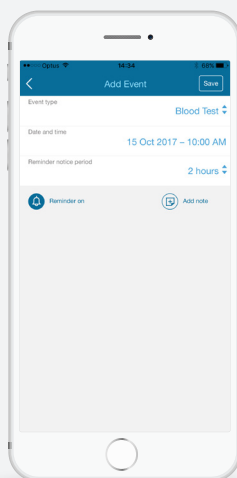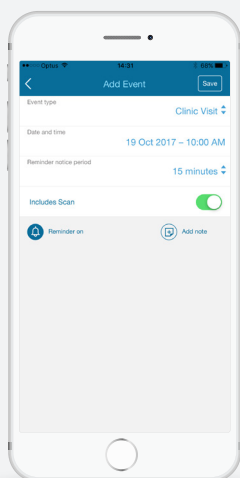
Adding Other Medicines, Other Event or Pregnancy Test

• Enter the relevant details and press 'Save' to return to the Timeline View

• You can edit these at any time by tapping on the event from the Timeline or Calendar View
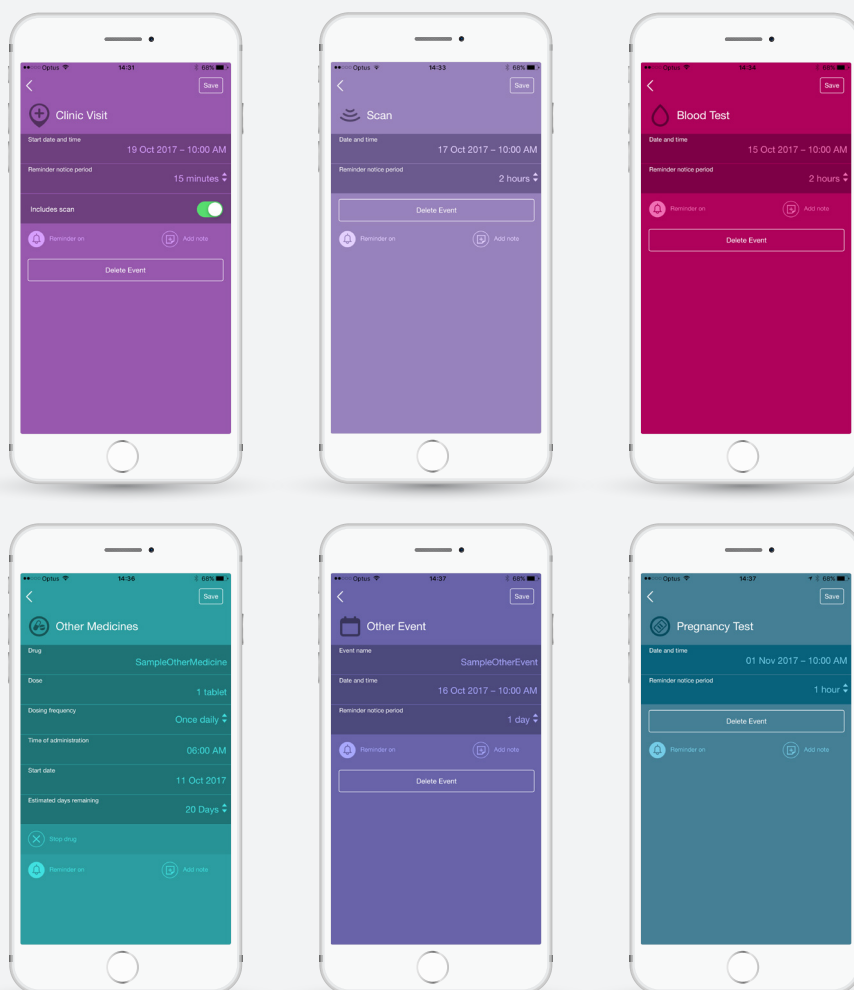
You can turn reminders on or off and add notes.

Chapter 7
MENU
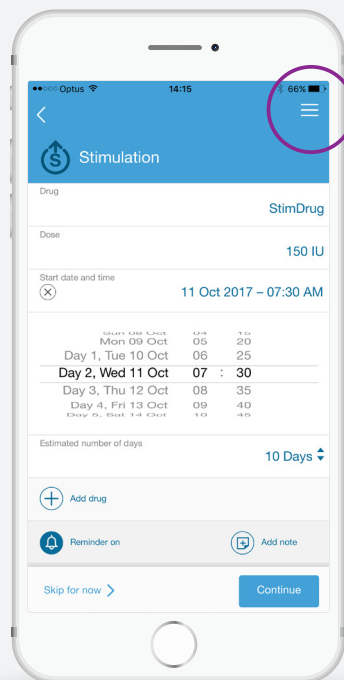
You can use the Menu at any time by pressing ≡ on the top right hand corner of any screen.
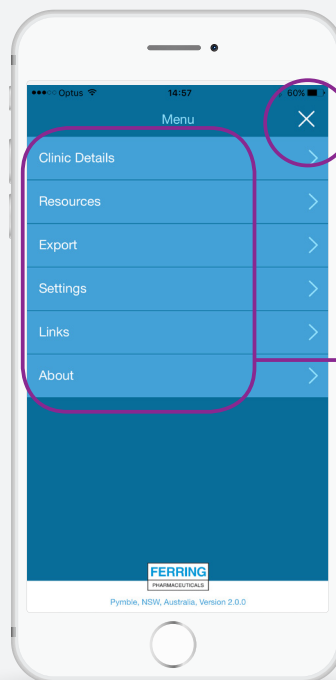
Press this X to exit the Menu and return to the Timeline View

The Menu contains the following features:

Clinic Details
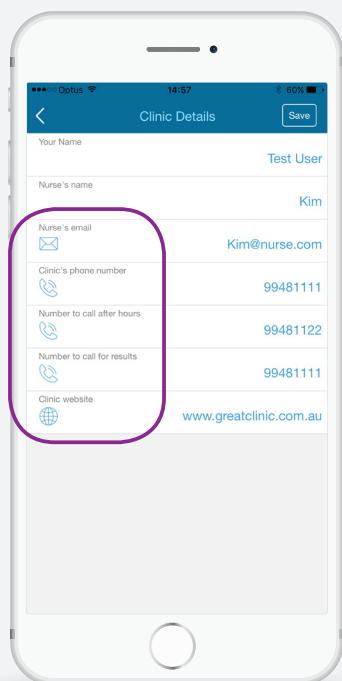
- Clinic information is optional and can be edited at any time

- Tapping the icons to the left allows you to immediately call, email or visit the clinic website based on the details you entered

14

RESEURCES
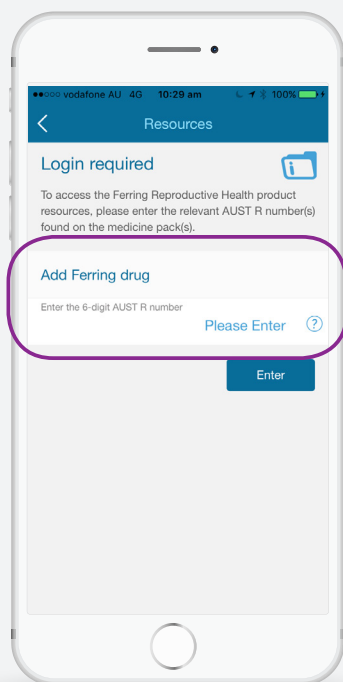
- If you have been prescribed a Ferring fertility product, this section gives you access to medicine information support materials such as administration videos and PDFs

The 6-digit AUST R number on your medicine packaging will need to be entered here to access the Ferring product support materials

For further information on non-Ferring products, please consult your fertility clinician, nurse or pharmacist.

EXPORT
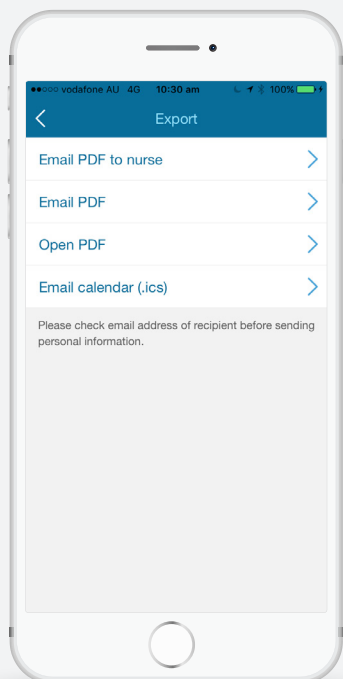
- Use the 'Export' feature to keep a PDF record or share your treatment plan with your partner or clinic

- The PDF functionality is dependent on your phone having an active email account set-up prior to restarting a cycle or resetting the app

SETTINGS

- This page gives you access to reminder and resetting controls

If you choose to sync reminders to your calendar, your MiFertility Plan events will be added to your phone calendar

Choose when to receive your reminders. By default, all reminders are set to ON. The default for drug reminders is 5 minutes. Event reminders are user defined, with a range from 15 minutes to 2 days. Once you have made a change to a reminder the setting will change to 'User defined'
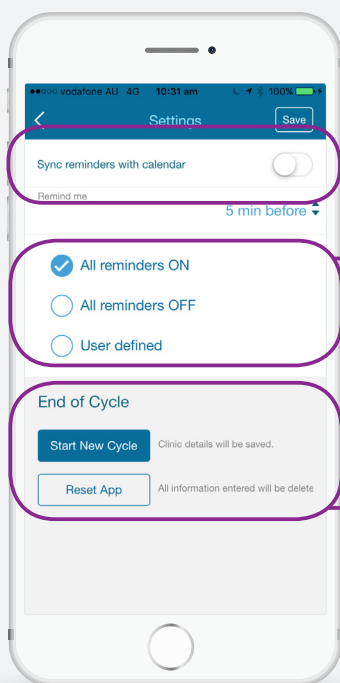
If you undergo another fertility treatment cycle, you can use the app again by selecting either:

Start a New Cycle

- Keeps the Clinic Details

Reset the App

- Deletes all information entered

In both cases, you have the option to email a PDF of your fertility treatment plan before your selection is carried out, so that you can keep a record of your cycle

LINKS
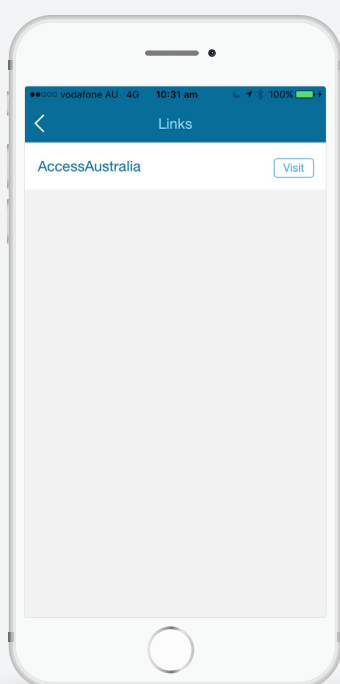
- The LINKS section provides useful click-through access to ACCESS Australia, a consumer-run organisation, committed to providing support for women and men who experience difficulties in conceiving

ABOUT
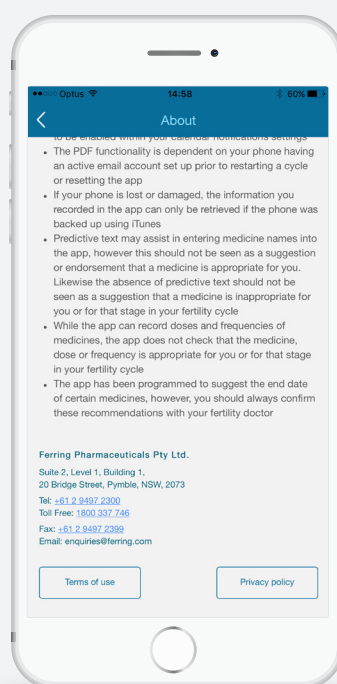
- This contains an overview of the MiFertility Plan app with links to the Terms of Use and the Privacy Policy

Chapter 8
OTHER FEATURES
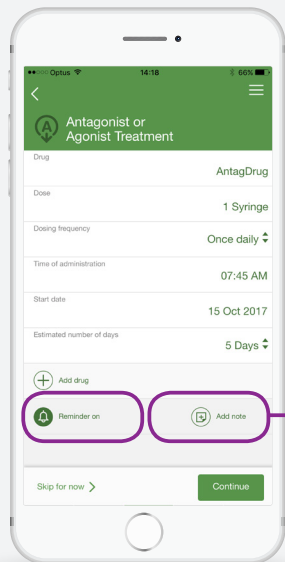
These 2 functions are on all event pages. They provide opportunities for you to personalise the way you use the app

- Add Note: Use this feature to record any additional information you think might be useful

- You can 'Hide note' at any time so it won't be visible every time you open that particular event

- Press the 'View note' button to bring it back into view

Chapter 8
TERMS OF USE

To view the full Terms and Conditions go to the 'About' section in the dropdown menu by pressing ☰ on the top right hand corner of any screen.

Important limitations and disclaimers

- While the step-by-step sequence of treatments and events for a typical fertility cycle has been programmed into the app, 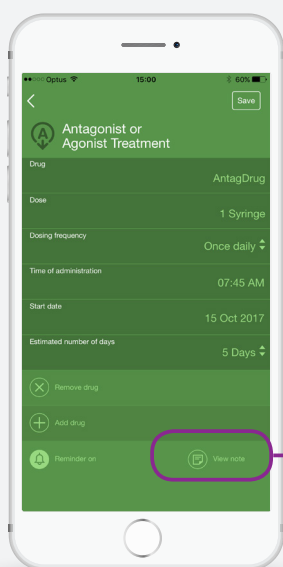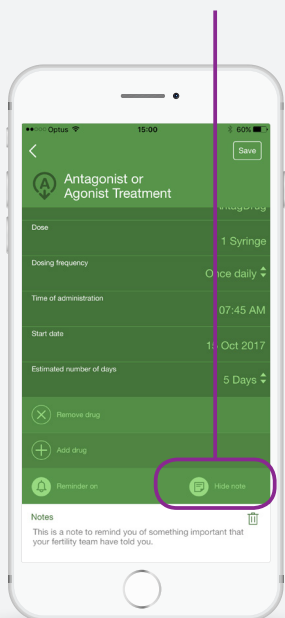if it does not fit your fertility treatment plan, please follow the fertility plan as prescribed by your fertility doctor

- App notifications are enabled as alerts by default. If you turn off/change app notifications, it will impact the way you receive alerts

- If you sync the app with your phone calendar, the app will assume your phone calendar notification settings. If phone calendar notifications are disabled, these will need to be enabled within your calendar notifications settings

- The PDF functionality is dependent on your phone having an active email account set-up prior to restarting a cycle or resetting the app

- If your phone is lost or damaged, the information you recorded in the app can only be retrieved if the phone was backed up using iTunes

- Predictive text may assist in entering medicine names into the app, however, this should not be seen as a suggestion or endorsement that a medicine is appropriate for you. Likewise, the absence of predictive text should not be seen as a suggestion that a medicine is inappropriate for you or for that stage in your fertility cycle

- While the app can record doses and frequencies of medicines, the app does NOT check that the medicine, dose or frequency is appropriate for you or for that stage in your fertility cycle

- The app has been programmed to suggest the end date of certain medicines, however, you should always confirm these recommendations with your fertility doctor

Privacy

As the MiFertility Plan app is not cloud-based, all the data you input into the app is stored locally on your phone. Only you can share your data, including your personal information, by either providing a PDF record, or sharing your calendar appointments via email. In this case, no guarantees can be provided by Ferring regarding the interception or retransmission of the content.

If you choose to back-up your device to iTunes or the cloud, this back-up is based on your own phone preferences and is outside the control of Ferring.

Software analytics via the App/Play Store may be used to collect and use technical information related to your device, system and app software. Ferring, Ferring's affiliates or others working for Ferring may collect generic, un-identifiable usage data about the app itself, however, no personal information can be collected as the app is not cloud-based. For more information about Ferring and privacy, please see http://www.ferring.com.au/privacy.

To access and download the comprehensive user guide for the MiFertility Plan app, go to www.ferring.com.au/mifertilityplanapp

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Pymble, NSW, Australia