



# CareMate<sup>®</sup> mBC

Guide









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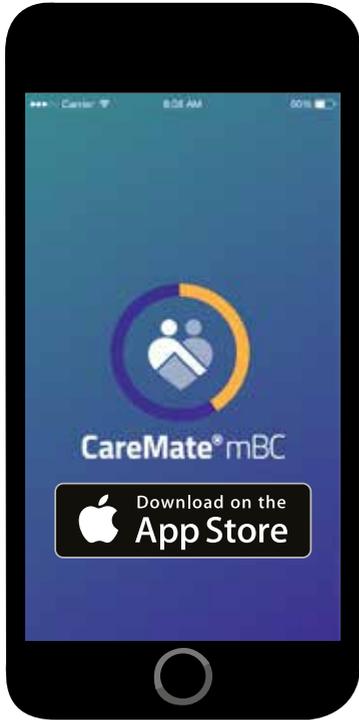
# Welcome to CareMate mBC

CareMate mBC has been designed with you in mind. We know that when you start on your therapy it can feel overwhelming as you adjust to and manage your new treatment. CareMate mBC is here to help make your journey ahead as smooth as possible.

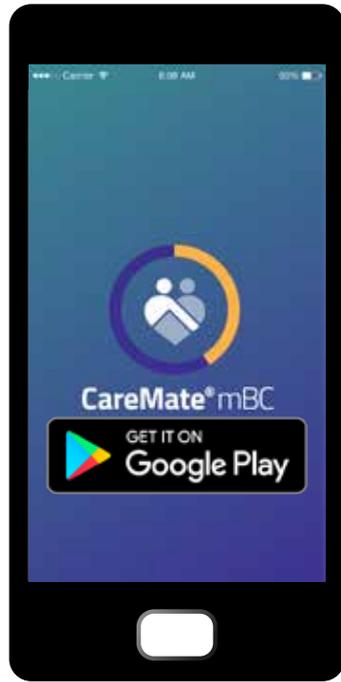
CareMate mBC aims to give you more control over your treatment journey, so you can get on with the things that matter to you.

CareMate mBC is an app which can remind you when to take your medication, be your health diary, help manage some possible side effects and allow you to view this in a report or share it with your doctor. There is also the additional feature of being able to make notes which can then be shared with your doctor.

Let's get started with CareMate mBC.



iPhone®



Android™

# Getting started with CareMate mBC

## Download the CareMate mBC app

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To get started with CareMate mBC, download the app onto your smartphone. How you download the app will depend on the type of phone you have; if you have an iPhone, search 'CareMate mBC' in the App Store®.

If you don't have an iPhone, it is likely that your phone is an Android phone. If you have an Android phone, search 'CareMate mBC' on Google Play™.



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# Setting up your account

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Once the app has successfully installed on your phone the CareMate mBC icon will appear on your screen. Tap this to open the app. When you open CareMate mBC for the first time, follow the steps below to ensure your account is created.



Tap the CareMate mBC icon

## Step 1. Open the app

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Tap on the CareMate mBC icon to open the app.

## Step 2. Create your account

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The first time you launch CareMate mBC, you will be prompted to enter your unique code to unlock access to the app. This code will have been provided to you by your doctor and can be found on the back page of this guide under 'Your Treatment Schedule.'



Enter your unique code

If you have any trouble locating or entering your unique code please freephone **0800 4 CAREMATE (0800 4 2273 6283)**



Accept the Terms and Conditions

### Step 3. Accept the terms and conditions

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When you have successfully entered your unique code, the terms and conditions will pop up on the screen. If you agree to the terms and conditions please tap on the agree button on the right hand side of the screen.

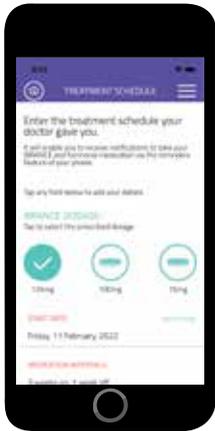
### Step 4. Introduction to using the app

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After accepting the terms and conditions, you'll see a quick tour and introduction on the key features of the app. Swipe left to go to the next screen and right to review the previous screen.



Follow the app tour



Enter your  
treatment schedule

## Step 5. Setting up your treatment schedule

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To ensure that you are getting the most out of CareMate mBC, you will need to enter the treatment schedule your doctor has advised for you. You will find this on the back page of this booklet under 'Your Treatment Schedule.'

Enter the following details:

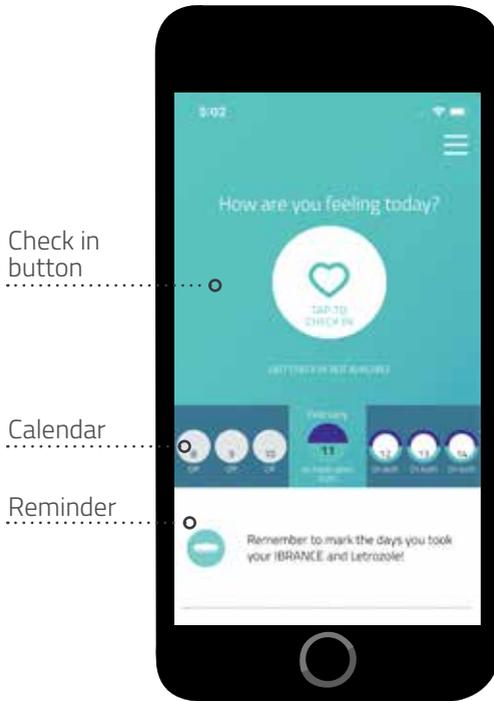
1. Your prescribed Ibrance dose.
2. The date that you will start your treatment and its medication interval.
3. Your prescribed hormonal medication and its medication interval.
4. Don't forget to press save.

Entering in your treatment schedule will enable you to receive reminders to take your medication through the reminder features of your phone.

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# How to use your CareMate mBC app

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## What's on your home screen

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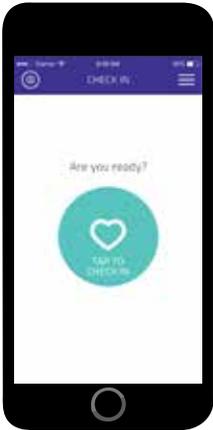
Once you have set up your account, you will see the home screen. You'll be prompted to record if you've taken your medication, based on your treatment schedule. It will also display your upcoming treatment schedule and whether you have taken your medication over the previous days. It is important that you record when you have taken your medication to ensure you have an accurate record of your treatment journey. Any other important notifications will also be displayed on your home screen.

## Making your first check in

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Once you have taken your medication you can make your first check in. To check in, follow the steps below:

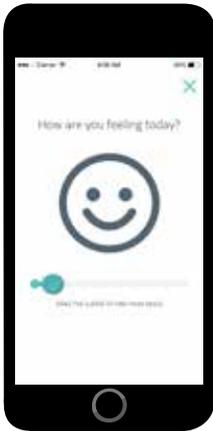
1. Open the app and tap the "Check in" icon on your home screen.
2. You will be prompted to mark if you've taken or missed your Ibrance.
3. Next you will receive another prompt to mark if you've taken or missed your hormonal medication.



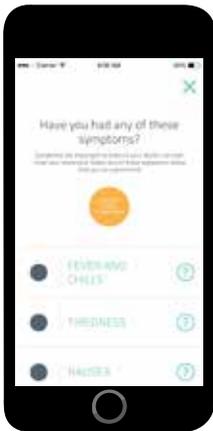
Check in



Mark that you've taken or missed your medication



Record how you're feeling

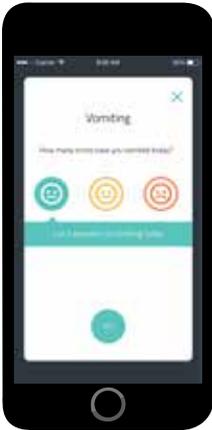


Select symptoms you're experiencing

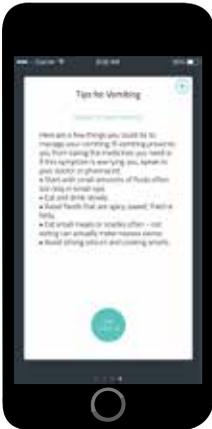
4. Record your mood and how you're feeling. A smiley face will appear on your screen asking you how you are feeling today; drag the slider under the smiley face until your mood is reflected on the screen then press 'Next step'.
5. You will be asked if you've experienced any symptoms. You may select any number of symptoms you may be experiencing. A brief description of each symptom can be viewed by tapping on the question mark. Once you've selected appropriate symptoms, tap on 'I've had these symptoms'.

Alternatively if you haven't experienced any symptoms, tap the 'I've had no symptoms' button.

6. Once you have recorded your symptoms, you will be asked to select how severe each symptom is. Choose the face that best represents the severity of your symptom (be sure to read the description that pops up to ensure that the face you select accurately represents what you are experiencing) then tap 'Next'.



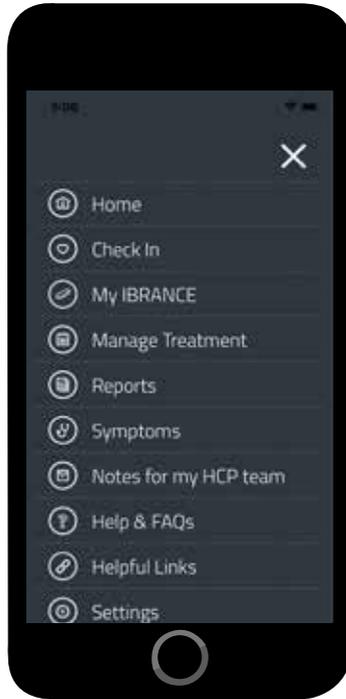
Select the severity of your symptoms



Get symptom tips

7. For every symptom you have selected, you will receive a tip to help you manage this, based on the severity you have indicated. These tips are designed to help you manage some symptoms you may experience to make your treatment journey as easy as possible, however these tips should not replace the advice of your doctor. If a symptom is worrying you, please contact your doctor. Some symptoms may be serious and you might be prompted to see your doctor immediately.
8. When viewing the tips for each symptom, you will see that you can add a note about this symptom, by tapping the plus in the top right hand corner of the screen. You can save these notes to discuss with your healthcare professional the next time you see them.
9. Tap "Save Check in" and your data will be stored.

It's important that you check in every time you take your medication to ensure that you are keeping an accurate diary of your treatment journey. You can also check in throughout the day if you experience any changes to your symptoms or mood. Every time you check in, the information you provide will be captured in a report that you can share with your family and doctor.



## Accessing the menu and more features

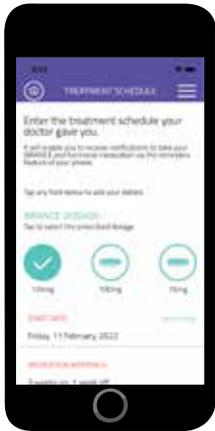
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The CareMate mBC menu can be easily accessed by tapping the three horizontal lines in the top right corner of the app. This menu gives you access to features such as managing your treatment schedule, treatment reports, tips to help you manage symptoms and notes for your healthcare professional team.

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# Frequently asked questions

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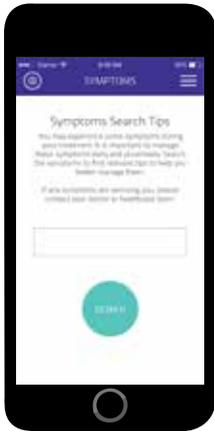
Change your treatment

## How do I change my treatment schedule?

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Your doctor may decide to change your Ibrance treatment schedule. You can easily change your treatment schedule in the CareMate mBC app by going to 'Manage Treatment' in the main menu, then proceed to tap on 'Treatment Schedule'. Please input any changes to your schedule prescribed by your doctor. This schedule will automate reminders to take your medication and it is essential that it is up-to-date.

If your doctor decides that they need to switch you to another hormonal medication that treats breast cancer, then go to "Manage Treatment" in the main menu, and proceed to tap on 'Treatment Schedule'. Select the new hormonal medication and hit the save button.



Search your symptoms

## How do I add symptoms and get tips after checking in?

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If you'd like to record any symptoms you're experiencing or just check in with how you're feeling, you can check in multiple times throughout the day by going to the home screen and tapping on 'Check in'.

If you are experiencing a symptom and would like to search for tips without checking in, go to 'Menu' by tapping on the three horizontal lines in the top right corner of your screen then tap on 'Symptoms'. Type the symptom you are experiencing into the search bar and tap 'Search' to receive tips to help you manage the relevant symptom.



Record when you've taken your medication

## What do I do if I've missed recording my medication?

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If you have missed your medication and have not logged or recorded it in the app, it will appear on the home screen that you are overdue to take your medication. You have the option to mark it either as "missed" or "taken."

## How do I turn reminders on/off?

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The app adds reminders to your phone's calendar to remind you to take your medication based on your treatment schedule. If you prefer not to receive reminders, turn reminders off in the settings function on your phone. It is recommended that you leave the reminders switched on to ensure you are getting the most out of CareMate mBC.



View your reports

## How do I view my reports?

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You can review your reports after checking in, or by going into “Menu” by tapping on the three horizontal lines in the top right corner of your screen, then selecting “Reports.” Reports can help give you and your doctor an overview of your treatment journey and assess how your body is responding to your treatment.

## How do I send my report to my doctor or myself?

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To send your report to yourself or to your doctor tap on “Email this report” and enter the email address details then hit send. Sending your report to yourself or your doctor is important so that you can discuss your progress.

# Support

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In case of emergency, dial 111.

If you are experiencing any issues or have questions about CareMate mBC, please freephone **0800 4 CAREMATE (0800 4 2273 6283)**.

Or alternatively email [medicalaffairs.anz@pfizer.com](mailto:medicalaffairs.anz@pfizer.com).

You can also visit **[carematembc.co.nz](http://carematembc.co.nz)** for more information and support.

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# Your treatment schedule

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# Your treatment schedule

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Your doctor will complete the details on this page to confirm your treatment schedule. You will be prompted to load these details into the CareMate mBC app when you first sign in, so please keep this booklet on hand.

Before you're able to enter your treatment schedule, you must download and set up the CareMate mBC app on your phone. The steps below provide an overview of how to do this, however for detailed step-by-step instructions turn to page 7 of this guide.

**Step 1.** Download the app: search 'CareMate mBC' in the App Store or Google Play.

**Step 2.** Open the app: tap on the 'CareMate mBC' icon to open the app.

**Step 3.** Create your account: enter your unique code, which has been provided below by your doctor.

If you have any questions or issues, please freephone **0800 4 CAREMATE (0800 4 2273 6283)**.

# Ibrance

(For Doctor to complete)

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## UNIQUE CODE

New Zealand: IBR – NZ

## DOSAGE

IBRANCE 125MG    IBRANCE 100MG    IBRANCE 75MG

## TREATMENT SCHEDULE

START DATE \_\_\_\_\_

\_\_\_\_\_ WEEKS/DAYS \_\_\_\_\_ ON

\_\_\_\_\_ WEEKS/DAYS \_\_\_\_\_ OFF

## HORMONAL MEDICATION

Letrozole 2.5mg    Anastrozole 1mg    Exemestane 25mg

Fulvestrant injection    Other

## TREATMENT SCHEDULE

START DATE \_\_\_\_\_

\_\_\_\_\_ WEEKS/DAYS \_\_\_\_\_ ON

\_\_\_\_\_ WEEKS/DAYS \_\_\_\_\_ OFF

## **IBRANCE® (palbociclib 75 mg, 100 mg and 125 mg) Capsules and Tablets**

IBRANCE (palbociclib) is a funded prescription medicine used to treat HR+, HER2- advanced breast cancer taken in combination with an aromatase inhibitor or fulvestrant.

IBRANCE has risks and benefits. Do not take IBRANCE if you are allergic to palbociclib or any of the other ingredients in IBRANCE capsules or IBRANCE tablets.

Caution is needed if you are premenopausal or perimenopausal, have or have had abnormal blood test results, respiratory infections or problems with your lungs, problems with your liver or kidneys, are lactose intolerant, are pregnant or planning to become pregnant or are breastfeeding. Tell your doctor if you are taking any other medicines.

Common side effects include infection, abnormal blood test results, tiredness, feeling sick or vomiting, diarrhoea, sore mouth, lips or tongue, hair loss, loss of appetite, nose bleed, skin rash, change in sense of taste, blurred vision, increased tearing or dry eyes, shortness of breath, bleeding or bruising more easily than usual. If symptoms continue or you have side effects, see your doctor, pharmacist or healthcare professional.

Ask your doctor if IBRANCE is right for you. Use strictly as directed.

Contains 75 mg, 100 mg or 125 mg of palbociclib.

IBRANCE is funded. A pharmacy charge and normal doctor's fees apply for all prescriptions.

Further information on IBRANCE is available from Medsafe [www.medsafe.govt.nz](http://www.medsafe.govt.nz) or Pfizer New Zealand Limited, Auckland, [www.pfizer.co.nz](http://www.pfizer.co.nz) Ph. 0800 736 363.

V10721

Pfizer New Zealand, Auckland.

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