



# CareMate<sup>®</sup>

Guide









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# Welcome to CareMate

CareMate 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 is here to help make your journey ahead as smooth as possible.

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

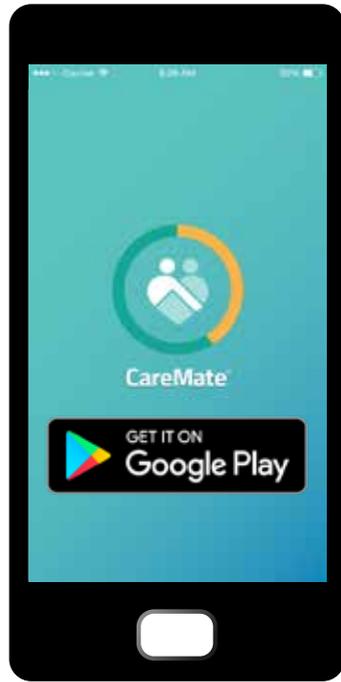
CareMate includes:

- An app which can remind you when to take your medication, be your health diary, help manage possible side effects and allow you to view this in a report or share it with your doctor.
- A pack that complements the app; in the pack you will receive a blood pressure wrist monitor which will help you track how your body is responding to the treatment as well as useful supplies to assist you with some symptoms you may experience.

Let's get started with CareMate.



iPhone®



Android™

# Getting started with CareMate

## Download the CareMate app

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To get started with CareMate, 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' 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' on Google Play™.



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# Setting up your account and ordering your CareMate pack

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



Tap the CareMate icon

## Step 1. Open the app

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Tap on the CareMate icon to open the app.

## Step 2. Create your account

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The first time you launch CareMate, 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.'

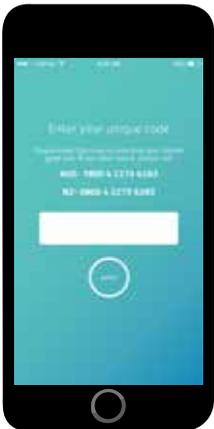
If you have any trouble locating or entering your unique code please freephone one of the following numbers:

From New Zealand:

**0800 4 CAREMATE (0800 4 2273 6283)**

From Australia:

**1800 4 CAREMATE (1800 4 2273 6283)**



Enter your unique code



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.



Follow the app tour

### 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.

### Step 5. Setting up your treatment schedule

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To ensure that you are getting the most out of CareMate, 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 your treatment schedule



Order your pack

Enter the following details:

1. Your prescribed dose.
2. The date that you will start your treatment.
3. Your treatment schedule as advised by your doctor.

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

## Step 6. Ordering your pack

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You will be prompted to enter your delivery details so that a CareMate pack can be sent out to you. In this pack you will receive your blood pressure wrist monitor as well as essential supplies to assist you with some symptoms you may experience. To learn more about the CareMate pack and its contents, please go to page 21.

Remember to press send on your email request to ensure your pack is ordered.

If you would prefer to order your CareMate pack over the phone, please call one of the following freephone numbers:

From New Zealand:

**0800 4 CAREMATE (0800 4 2273 6283)**

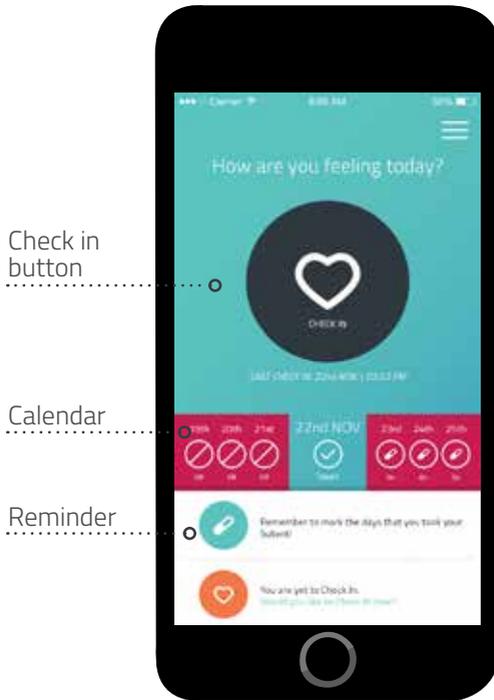
From Australia:

**1800 4 CAREMATE (1800 4 2273 6283)**

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# How to use your CareMate app

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## What's on your home screen

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Once you have set up your account, you will be greeted by 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 reminders will also be displayed on your home screen.

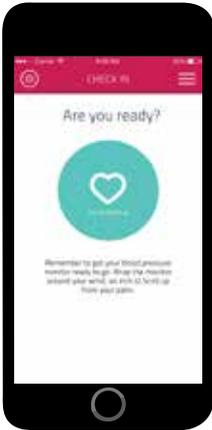
## Making your first check in

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Once you have taken your medication you can record 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. Take your blood pressure using the blood pressure wrist monitor provided in your CareMate pack. Enter both systolic\* and diastolic\*\* measurements from your wrist monitor manually into the app, then tap on “Save.” It is important that you record your blood pressure at the same time and in the same environment every day for a more accurate read.

Note: When you first begin recording your medication, it is likely that you will not have received your blood pressure wrist monitor yet. Use this time to get familiar with the app and into the routine of recording when you have taken your medication. Once you have received your blood pressure wrist monitor you can begin to record your blood pressure and add this into your check in routine.



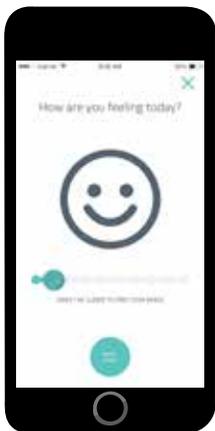
Check in



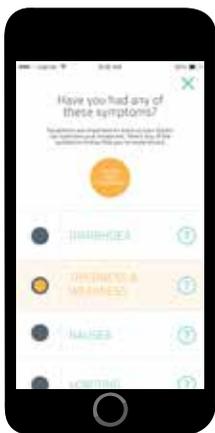
Enter your blood pressure

\* Systolic blood pressure measures the pressure in your blood vessels when your heart beats.

\*\* Diastolic blood pressure measures the pressure in your blood vessels when your heart rests between beats.



Record how you're feeling



Select symptoms you're experiencing

3. After recording your blood pressure, it is time to 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."
4. 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.

5. 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

6. 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 any 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.

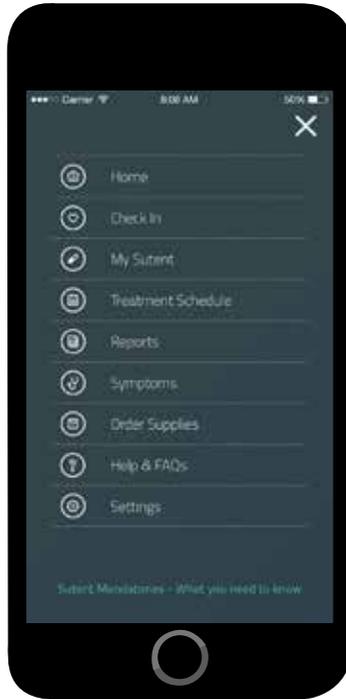
Some symptoms may be serious and you might be prompted to see your doctor immediately.



Get symptom tips

7. Tap "Save Check In" and your data will be stored.

It's important to 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 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 viewing your treatment schedule, treatment reports, ordering new supplies or tips to help you manage any symptoms.

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# Your CareMate pack

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Your CareMate pack should arrive within seven working days of completing your details when signing up on the app. If it has been longer than seven working days since confirming your details, please contact one of the following freephone numbers:

From New Zealand: **0800 4 CAREMATE (0800 4 2273 6283)**

From Australia: **1800 4 CAREMATE (1800 4 2273 6283)**

## What's in your CareMate pack?

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In your pack you will find the following items to use during your therapy:

- **Omron blood pressure monitor:** Use it daily to measure your blood pressure and manually enter your results in the app to track your response to your treatment. Remember to take your blood pressure at the same time and in the same environment every day for a more accurate reading.

For specific instructions on how to use your blood pressure wrist monitor, turn to page 22 or refer to the Omron manual included in your CareMate pack.

- **Eulactol heel balm:** Blisters or rashes can be managed with this balm. Use this balm on your feet from the beginning of your treatment to help alleviate any blisters or rash.
- **Biotene mouthwash:** Mouth sores are a common symptom that can be managed with this mouthwash. Use this alcohol-free mouthwash to rinse your mouth and kill unwanted bacteria throughout your treatment.
- **Udderly Smooth hydrating cream:** Dry skin can be managed with this cream. Apply the cream daily to ensure your skin remains hydrated.
- **Information brochures:**
  1. Your medication guide which outlines important information that will help you with your treatment.
  2. Your blood pressure monitor manual to help you navigate and use the blood pressure monitor so you can ensure you are getting accurate results.

## Your blood pressure monitor

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Taking your blood pressure frequently is important for tracking how your body is responding to therapy. The blood pressure monitor is compact and easy to use for your convenience. Here's how to use it:

1. Sit upright on a chair, feet flat on the floor.
2. Place the wrist cuff over your wrist below the bone and wrap securely around the wrist.
3. Press the START/STOP button. The device will start measuring your blood pressure when your wrist is at the correct level; follow the arrows on the right side of the screen to get your wrist to the right level.
4. The wrist cuff inflates and deflates automatically – the measurement is complete when pressure is released from your wrist.
5. Take the final reading and enter it into your app straight away.

You can refer to the blood pressure monitor manual included in your CareMate pack for more information.

## Got a problem with your blood pressure monitor?

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If you experience any issues with your blood pressure monitor, please contact the distributor directly.

**JA Davey**

From New Zealand: **0800 523 583**

From Australia: **1800 807 464**

## Ordering more supplies

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If you run out of supplies, it's easy for you to order more free of charge through the CareMate app.

You'll see a prompt to order more supplies after a check in or you can simply select "Order Supplies" in the menu.

Tap "Place an order" on the items you require. If it's your first time ordering, you will be prompted to enter details such as your address to confirm the delivery of the supplies.

This address will be saved for future orders, but you can change it on the go if you've moved or would like your supplies to be delivered to a different address.

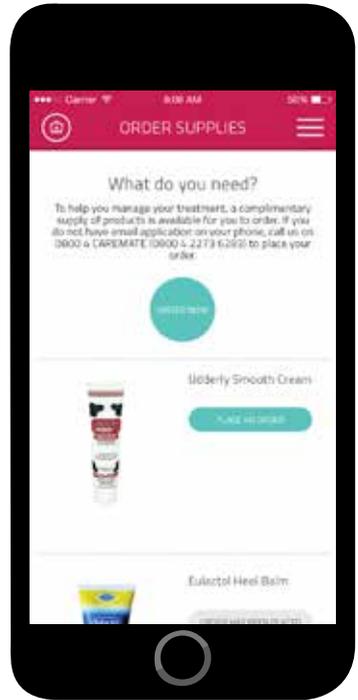
If you don't have the app, you can also order more supplies by calling one of the following freephone numbers:

From New Zealand:

**0800 4 CAREMATE (0800 4 2273 6283)**

From Australia:

**1800 4 CAREMATE (1800 4 2273 6283)**





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# Frequently asked questions

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## How do I change my treatment?

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Change your treatment

Your doctor may decide to change your treatment. Switching medication is simple, just go to “Menu” by tapping on the three horizontal lines in the top right corner of your screen then tap on the “Treatment Schedule.” Once you are on the “Treatment Schedule” screen you will have the option to tap on the “Change Treatment” button near the top of the screen.

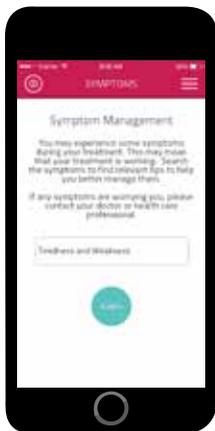
You will then be prompted to enter the unique code that your doctor gave you during your consultation when you were advised of a medication change. If you have misplaced this unique code please freephone one of the following numbers:

From New Zealand:

**0800 4 CAREMATE (0800 4 2273 6283)**

From Australia:

**1800 4 CAREMATE (1800 4 2273 6283)**



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, log your blood pressure results 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.



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 live in New Zealand or 000 if you live in Australia.

If you are experiencing any issues or have questions about CareMate, please freephone one of the following numbers:

From New Zealand: **0800 4 CAREMATE (0800 4 2273 6283)**

From Australia: **1800 4 CAREMATE (1800 4 2273 6283)**

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

You can also visit our website for more information and support;

From New Zealand: **[www.caremate.co.nz](http://www.caremate.co.nz)**

From Australia: **[www.carematepro.com.au](http://www.carematepro.com.au)**

If you experience any issues with your blood pressure monitor please freephone:

**JA Davey**

From New Zealand: **0800 523 583**

From Australia: **1800 807 464**

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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 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 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' in the App Store or Google Play.
- Step 2. Open the app: tap on the 'CareMate' icon to open the app.
- Step 3. Create your account: enter your unique code, which has been selected below by your doctor.

If you have any questions or issues, please freephone one of the following numbers:

From New Zealand: **0800 4 CAREMATE (0800 4 2273 6283)**

From Australia: **1800 4 CAREMATE (1800 4 2273 6283)**

## Sutent

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### UNIQUE CODE

New Zealand: SUT-NZ

Australia: SUT-AU

### DOSAGE

Your doctor will circle your dosage below;

SUTENT 25mg    SUTENT 37.5mg    SUTENT 50mg

SUTENT 62.5mg    SUTENT 75mg

### TREATMENT SCHEDULE

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

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

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

## Inlyta

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### UNIQUE CODE

New Zealand: INL-NZ

Australia: INL-AU

### DOSAGE

Your doctor will circle your dosage below;

INLYTA 2mg    INLYTA 3mg    INLYTA 5mg

INLYTA 7mg    INLYTA 10mg

### TREATMENT SCHEDULE

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

If you're taking Inlyta you'll need to take your medication twice a day, every day. We recommend taking your medication at the same time every day to help establish a routine.





Sutent and Inlyta have risks and benefits. Discuss with your doctor to ensure Sutent or Inlyta is right for you.

For Australia, further information regarding Sutent or Inlyta, please speak to your doctor. Consumer Medicine Information for the products are available at [www.pfizer.com.au](http://www.pfizer.com.au). Pfizer Australia Pty Limited, Sydney, Australia.

## **SUTENT (sunitinib 12.5 mg, 25 mg and 50 mg as malate) Capsules**

SUTENT (sunitinib malate) is a prescription medicine used to treat:

- renal cell carcinoma, a type of kidney cancer
- gastrointestinal stromal tumour (GIST), a cancer of the stomach and bowel
- pancreatic neuroendocrine tumours, a cancer in the cells of the pancreas that release hormones.

Do not take SUTENT if you are allergic to sunitinib or any of the other ingredients in SUTENT capsules. Caution is needed if you have or have ever had high blood pressure, an aneurysm (abnormal balloon-like swelling in the wall of an artery), problems with your heart, liver, kidneys or thyroid, are diabetic, are pregnant or planning to become pregnant, are breastfeeding or going to have dental work. Tell your doctor if you are taking any other medicines. Common side effects include tiredness, diarrhoea, mouth ulcers, sore or dry mouth, change in taste, nausea (feeling sick), loss of appetite, bleeding, vomiting, heart burn, cough, high blood pressure, aches and pains, headache, rash, red, dry, itchy or scaly skin, tingling or rash on palms of hands or soles of feet, blisters, change in skin or hair colour, constipation, shortness of breath, infection, bleeding or bruising under the skin, abnormal blood test results. If you have side effects see your doctor. Use strictly as directed. Consult your doctor to see if SUTENT is right for you. SUTENT is funded for renal cell carcinoma and GIST. A pharmacy charge and normal doctor's fees apply for all prescriptions. Contains 12.5 mg, 25 mg or 50 mg of sunitinib.

Further information on SUTENT is available from [www.medsafe.govt.nz](http://www.medsafe.govt.nz) or Pfizer New Zealand Ltd, Auckland, [www.pfizer.co.nz](http://www.pfizer.co.nz) Ph. 0800 736 363. V10120.

## **INLYTA Tablets**

INLYTA (axitinib) is an unfunded prescription medicine used to treat renal cell carcinoma, a type of kidney cancer. INLYTA has risks and benefits. Use strictly as directed. Consult your doctor to see if INLYTA is right for you. Do not take INLYTA if you are allergic to axitinib or any of the other ingredients in INLYTA tablets. Caution is needed if you have or ever have had high blood pressure, bleeding, blood clots, problems with your thyroid, heart, brain, digestive system, blood vessels, kidneys or liver, are pregnant or planning to become pregnant or are breastfeeding. Tell your doctor if you are taking any other medicines. Common side effects include diarrhoea, high blood pressure, tiredness, loss of appetite, nausea (feeling sick), hoarse or raspy voice, tingling or rash on palms of hands or soles of feet, weight loss, vomiting, feeling weak, constipation, thyroid problems, shortness of breath, cough, mouth ulcers, sore mouth, headache, pain in joints or extremities. If symptoms continue or you have side effects, see your doctor. You will need to pay for this medicine and normal doctor's fees apply. Contains 1 mg or 5 mg of axitinib.

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

V10220

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