

User guide

MyOstomyLife

by Coloplast® Care

An app to help you gain confidence in living with an ostomy





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Why an ostomy app?

We know that having an ostomy is a life-changer. No matter how far you are on your path to recovery, living with an ostomy is not only about day-to-day practicalities of changing your pouch or finding the right product – it is also about coping with everyday challenges.

We have created the MyOstomyLife app to be a companion to you in your life with an ostomy. The app is designed to help you keep track of your ostomy routines, to provide you with a vast and personalized library of articles and videos, to give you access to checklists, to give you access to direct support, and much, much more.



How to get started

The MyOstomyLife app is free to download and use. You can download the app from App Store or Google Play - simply search for “MyOstomyLife” and you will find the app.

Once you have downloaded the app, you will be asked to choose your country and to review the consent. Then, you will be asked to create an account. To do this, you are asked to provide some information about you and your ostomy. We will use this information to create a more personalized experience for you within the app.

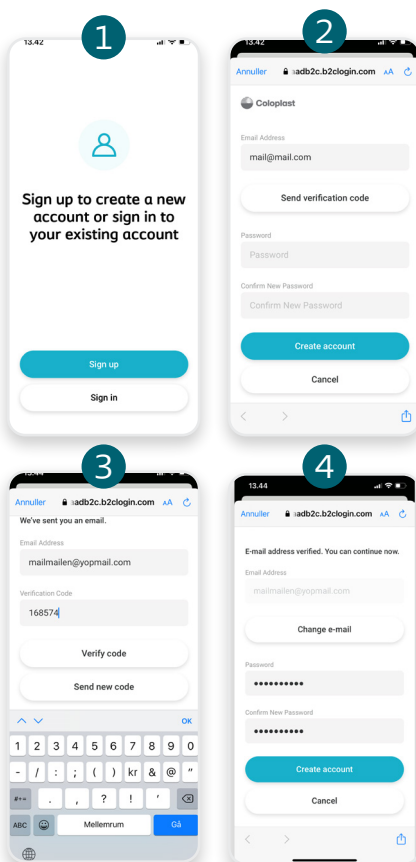
Signing up - step-by-step

1 Click ‘Sign up’, read and respond to the terms of use.

2 Enter your e-mail address and click ‘send verification code’. Open your e-mail inbox and you will find an e-mail that contains a verification code.

3 Return to the MyOstomyLife app and input the code into the designated field. Click ‘Verify code’.

4 Choose a password for the app and re-type it to confirm it. Then click ‘Create account’.



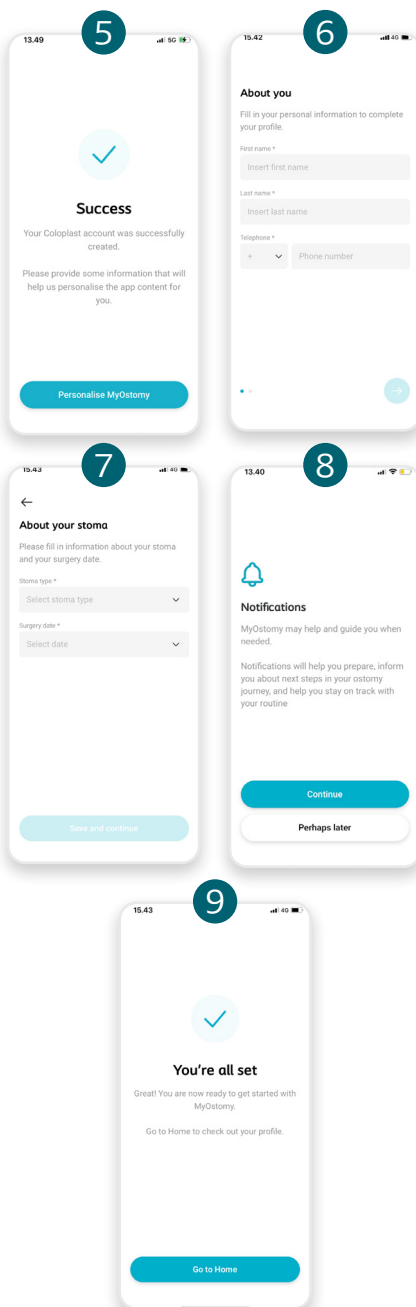
5 Your MyOstomyLife account is now created. Only a few steps to go to personalize your experience. Click 'Personalize MyOstomyLife'.

6 Fill in your first name, your last name and your phone number to complete your profile.

7 Provide a few details on your ostomy to customize the content of the app to your specific needs.

8 Decide on whether you would like to allow the app to send you notifications.

9 **Congratulations!** You are now ready to use MyOstomyLife. Click on 'Go to Home' to find education and tools designed to help make your life with an ostomy easier!



Navigating the app

The MyOstomyLife app is designed to be a companion to you in managing your life with an ostomy.

Journey
Access tools and resources designed for where you are in your ostomy journey.

Guided change
Log your pouch changes in your personal diary.

Library
Access a vast library of articles and videos about the elements of life with an ostomy.

Products
Access your own personal product overview, sampling, and more.

Tools
Find tools such as a change diary, checklists, bodycheck, etc.

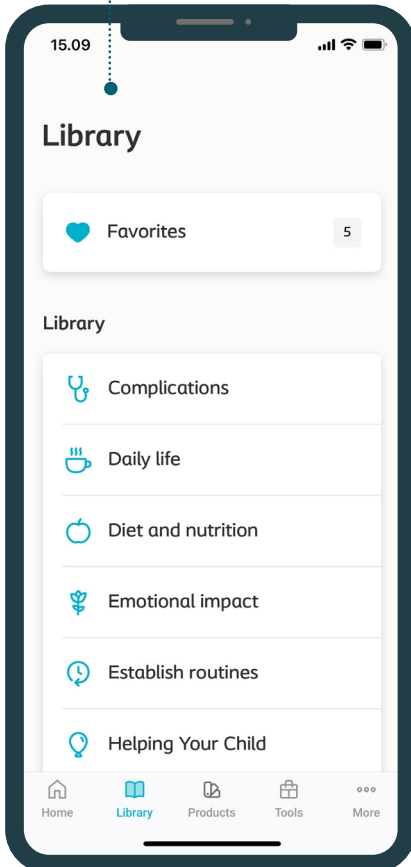
Inbox
Check for information and inspiration about life with an ostomy.

Video linking
Link a video of your change routine for easy access.

More
Find information about the app and contact info.

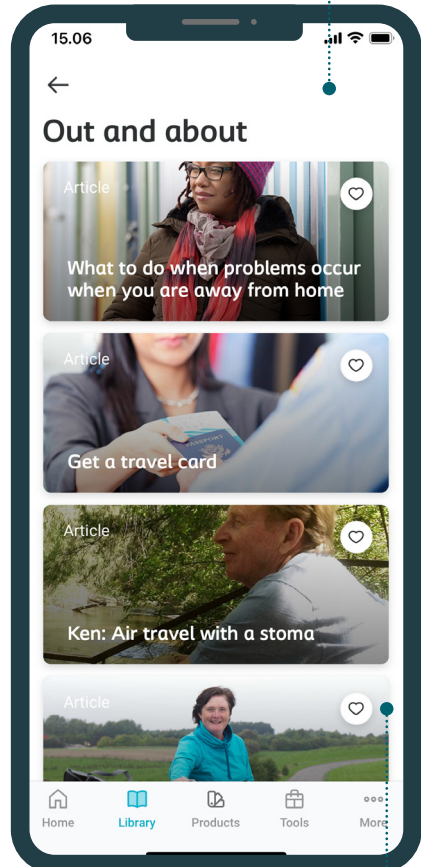
Library

In the library, you will find a list of article categories. From here, you can deep dive into different themes.



Articles

Browse a vast number of articles designed to be inspirational and informative.



Favorite

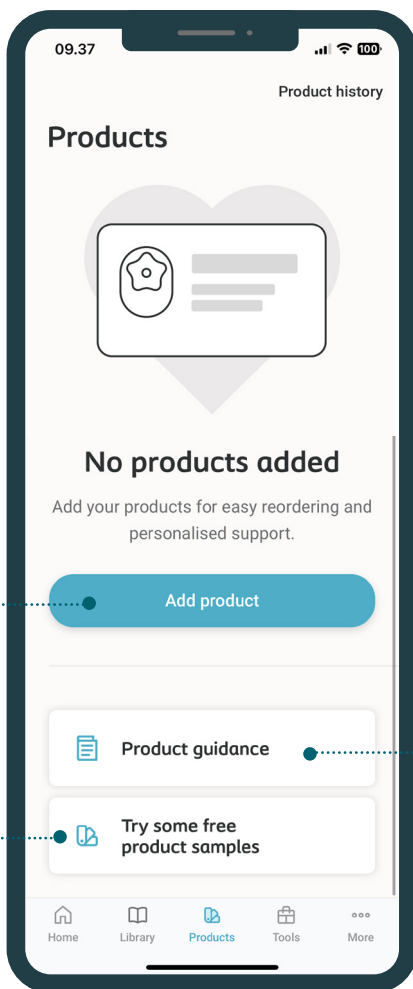
Find an article you really like? Click the heart and the article will now be available under your 'Favorites'.

Navigating the products section

With the MyOstomyLife app, you can create a list of the products you use to manage your ostomy. You can also find 'how-to-use' videos and discover new products.

Add products

Add products to create a list of the products you currently use.



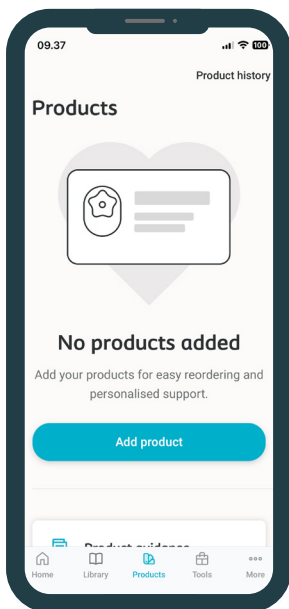
Product guidance

Learn more about how to use different products and how they may help you. Includes how-to-use videos of each product type.

Sample*

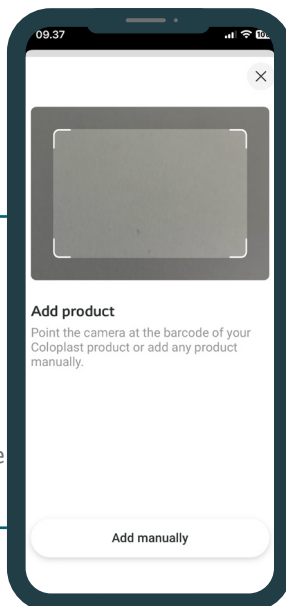
Discover new products and sample* them easily.

*Limitations apply



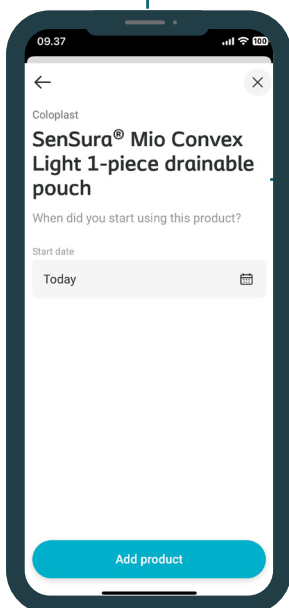
To add a product to your list, click 'add products'.

1



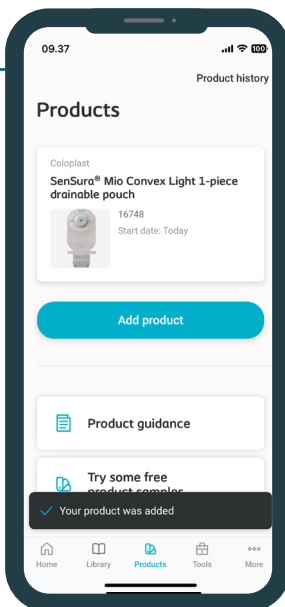
To add your product, either scan the barcode on the product box or type in the product name or product ID manually.

2



Select the date for when you started using the product.

3



Your chosen product will be added to your personal list. You can add as many products as you would like.

4

Tools

Checklists

Designed to support you in living life with an ostomy.

Checklists

Stay organised by activating your checklist and add your personal to-dos



Change routine diary

Keep a good routine by logging your pouch changes



Change diary

Set a personal routine and keep track of your changes and skin.

Goals

Choose pre-set goals designed to motivate you or set your own.

Set goals

Set personal goals and improve life with a stoma



Body check

Take the Body check to get an understanding of your body profile.

Body check

Get a better fit by understanding your body profile



Ostomy check

Check for some of the common issues associated with living with an ostomy.

Ostomy check

Check common issues associated with your stoma



Inbox

Check for information and inspiration about life with an ostomy.

About

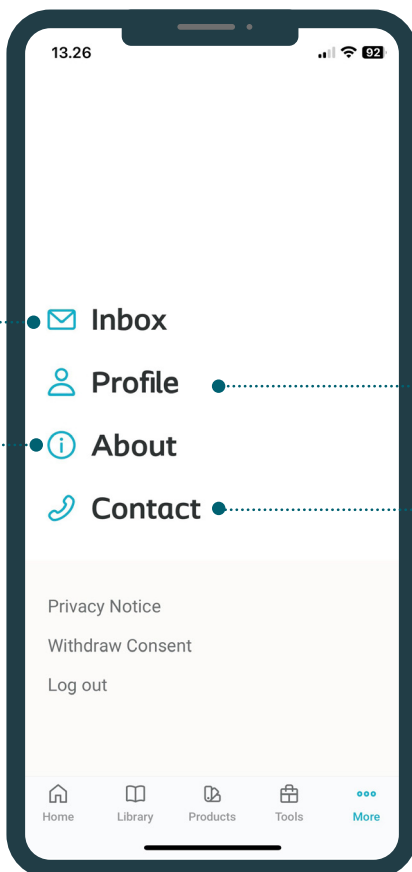
Learn more about the app and about Coloplast.

Profile

Access to see your profile information.

Contact

Find contact information to get in touch with a Coloplast Consumer Care Advisor.



Navigating the ostomy diary

With the MyOstomyLife app, you can set up a digital diary for yourself. This diary is designed to help you keep track of your product changes and the skin around your ostomy.

Timeline

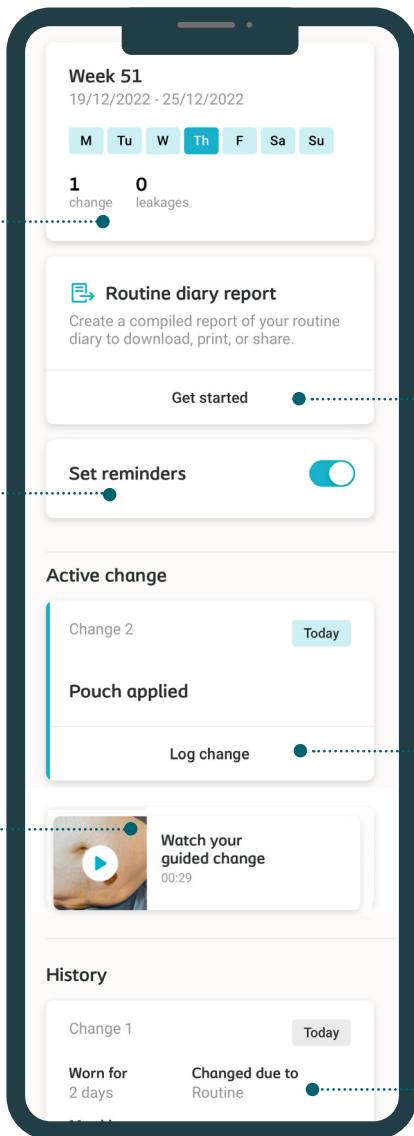
Get an overview of the dates on which you have changed your product.

Reminders

Enable customizable reminders to receive a notification for when it is time to change your product.

Guided change

Link a video of your change routine for easy access.



Create report

Create a report of your diary to download, print, or share.

Log change

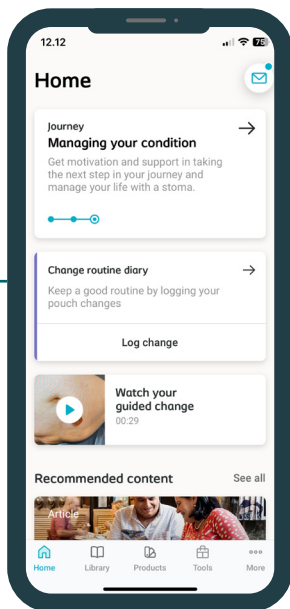
Start logging a change to add to your diary.

History

See an overview of all your changes and compare pictures and notes over time.

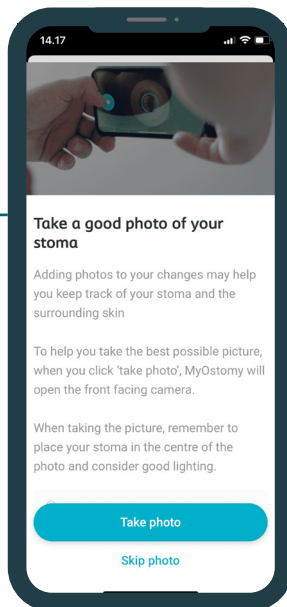
1

To log a change, tap on the Change routine card on your Home page.



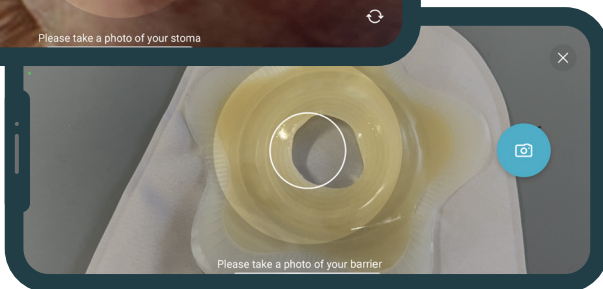
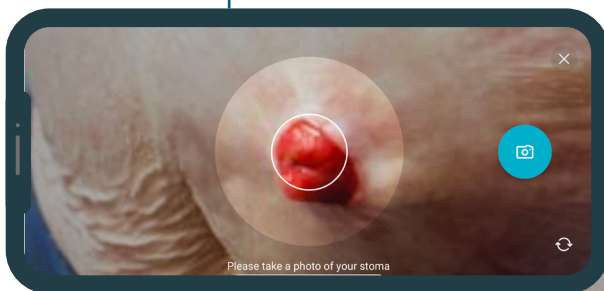
2

To start your log, choose if you want to log with or without photos.



3

Take a good picture of your stoma and then of your barrier



15.00

Change details

Stoma Baseplate

Pouch applied
16. feb. 2023

Pouch removed
Today

Reason for changing
Routine

Skin condition
Healthy

Notes (optional)
Added a Brava Ring for extra security.

Save

Finished! You have now logged your change and it has been added to your diary.

09.07

✓

Change added

The change is added to your diary. We have also registered today as the date you applied your new pouch.

OK

OK, don't show this message again

Add in the reason for your change and the condition of your skin to the log. You can also add in additional notes to the change.

13.59

Still irritated skin. Ask nurse for advice

See details

Worn for 1 day Apr 17, 2023

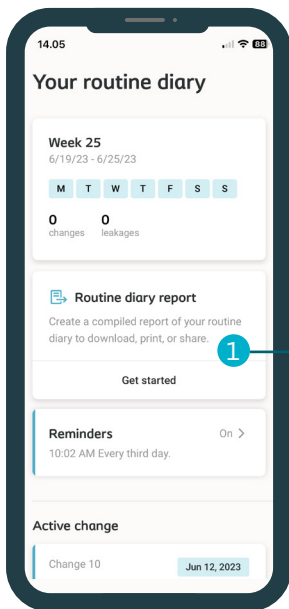
Changed due to Leakage My skin Irritated

Notes
Had some issues today. Weather was warm. Potentially due to sweat? Ask the...

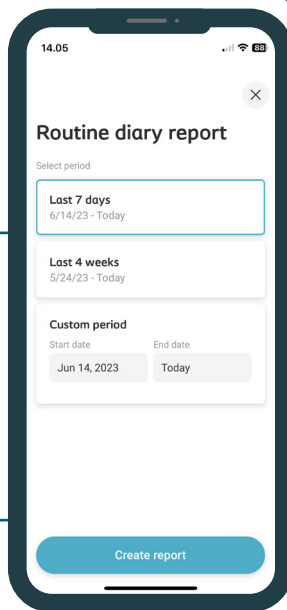
See details

Worn for 2 days Apr 17, 2023

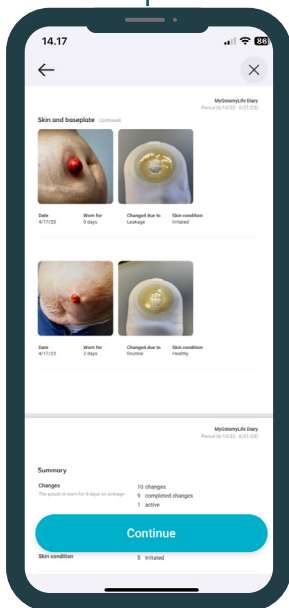
You can always find all your old logs in the diary.



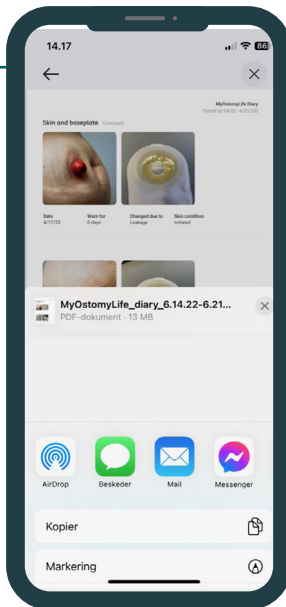
To generate a PDF
of your diary, click
'Get started' in your
diary.



Select the time period
that you would like to
generate a report on.

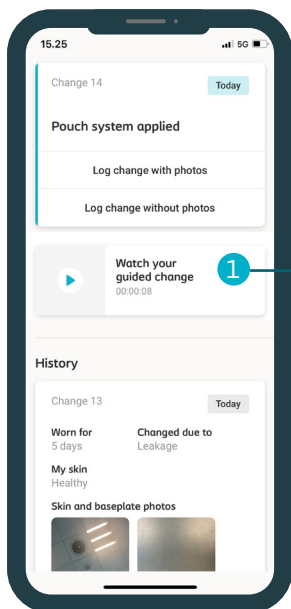


Review the generated
report.

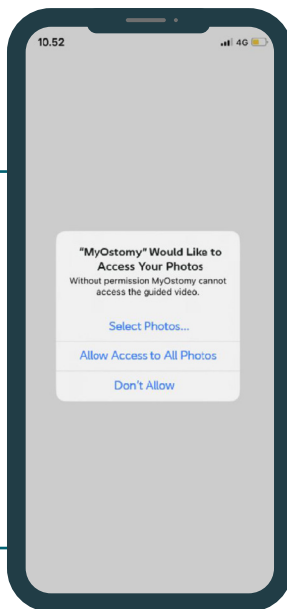


Download, print,
or share your
generated report.

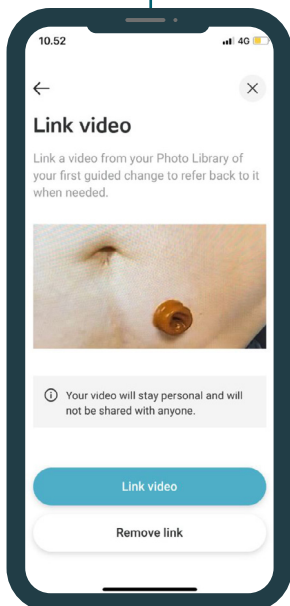
You can upload your report to your electronic medical record (EMR) for your healthcare provider's secure messaging app or website by sharing with the app or saving to your files to upload to their website.



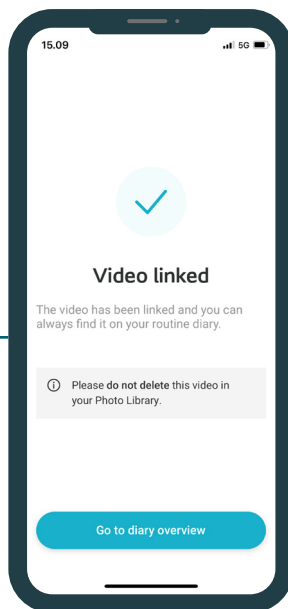
To link a video, click the designated card in your diary or on your home screen.



The app will ask your permission to access photos to enable linking of the chosen video.



When a video has been chosen from your library, it will appear in the app. Click 'link video' to save the link.

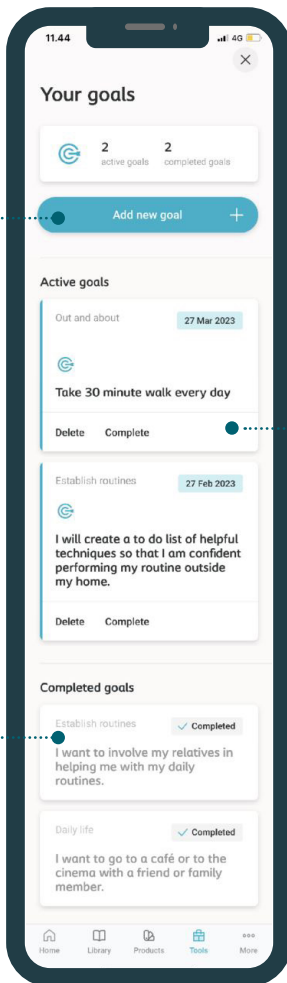


Navigating the goals section

With the MyOstomyLife app, you can set goals for yourself and track your progress. The goal section is designed to inspire and motivate you to achieve your ostomy-related goals, and you can set reminders to help you remember.

Add new goals for yourself. You can select a range of pre-defined goals or create your own. You can also set reminders to be notified to help you stay motivated.

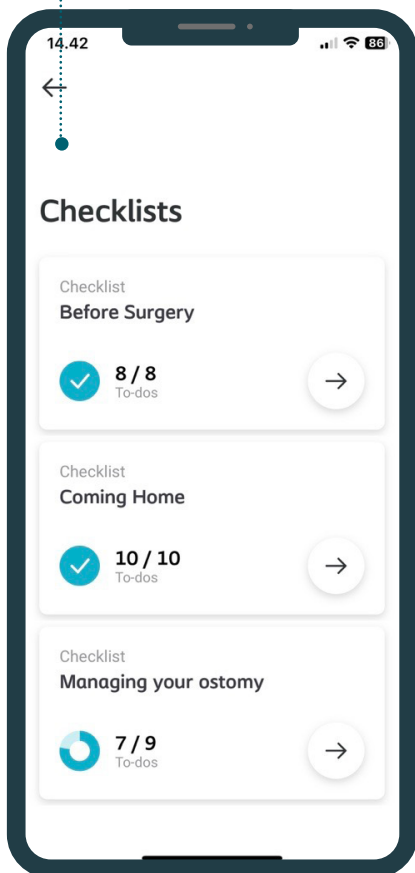
Get an overview of all the goals you have achieved over time.



See your active goals, and mark them as 'complete' once you have achieved them.

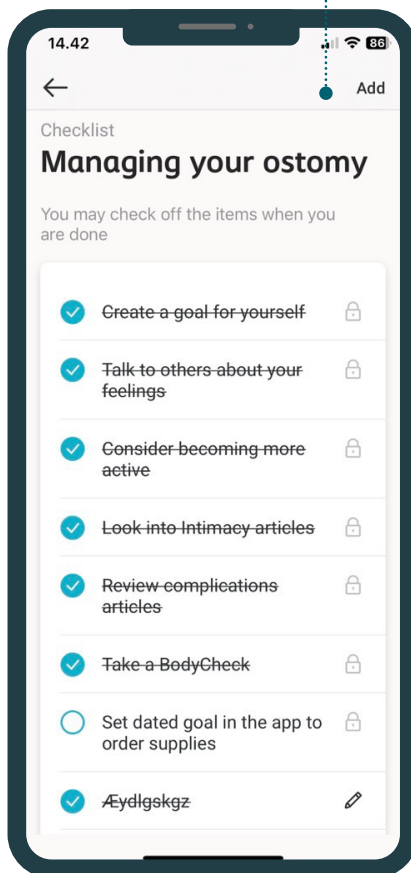
Checklist overview

Under the Checklists, you will find three checklists with suggestions for things to do before your surgery, just after your surgery, and ongoing.



Completing checks

You can complete pre-set checks or add your own.



Tip!

You can access the Check-lists from the Home page and via the Tools section.

Sign up for MyOstomyLife and get started today!

Designed to help you gain confidence in your life with an ostomy.

Search for “MyOstomyLife” in the App Store or Google Play store and download the app for free!



Or scan the QR code to learn more and download the app.



Information provided in the app is for educational purposes only. It is not intended to substitute for professional medical advice and should not be interpreted to contain treatment recommendations. You should rely on the healthcare professional who knows your individual history for personal medical advice and diagnosis.