

Take action now.

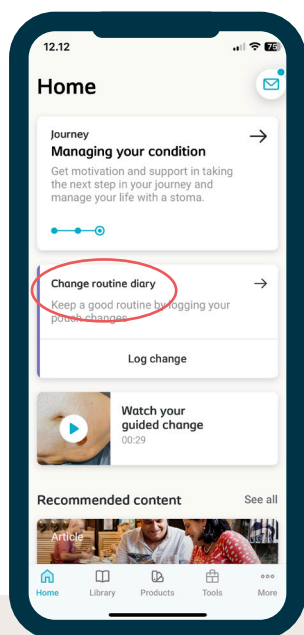
Save your Routine Diary before July 15th, if you'd like to save your data.

If you've been using the MyOstomyLife app to log your pouch changes, we recommend saving your Routine Diary report now so you can keep it for future reference.

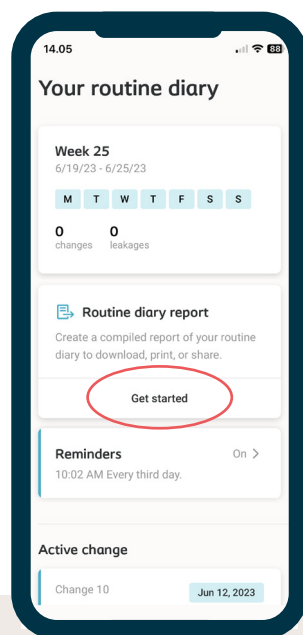
Follow these steps in the app:

- 1 Open the MyOstomyLife app**
Log in if you aren't already signed in.
- 2 Go to your Routine Diary**
On the Home screen, tap "Change routine diary".
- 3 Start your report**
Tap "Routine diary report", then select "Get started".
- 4 Choose the time period**
Select the period you'd like to save. We recommend choosing a **Custom period** and selecting the full time you've used the diary, so you have a complete record.
- 5 Create the report**
Tap "Continue".
- 6 Save or share your report**
When your report appears, tap "Share" and choose how you'd like to save it — for example, emailing it to yourself or saving it to your files.

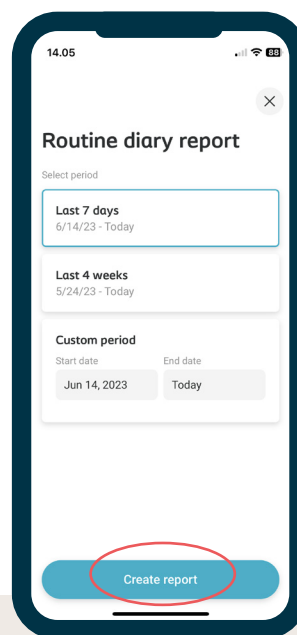
Once saved, you'll be able to access your diary even after July 15th, 2026, when the app is no longer available.



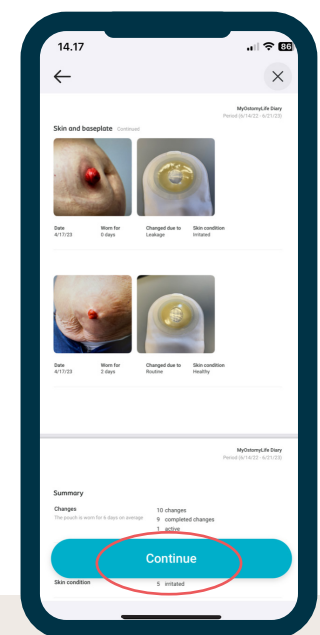
Step 2



Step 3



Step 5



Step 6