

# Care4Today<sup>®</sup>

Customized  
content for  
people with  
PAH

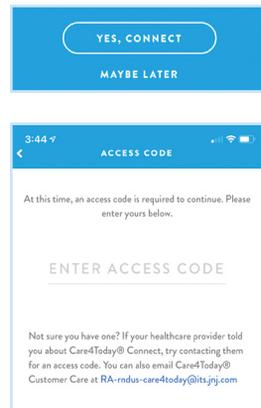
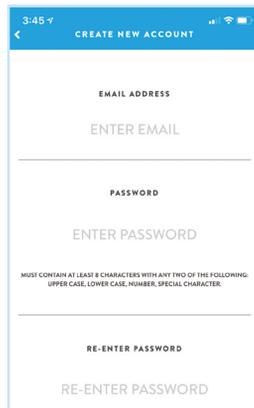
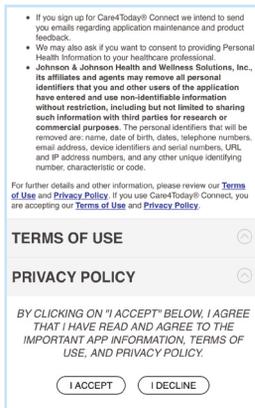
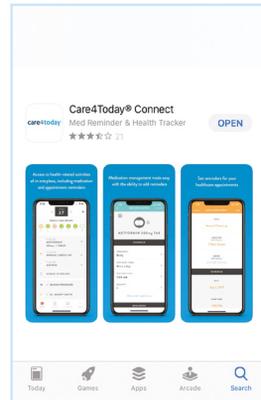


An introduction to Care4Today<sup>®</sup> Connect—a mobile app developed by Johnson & Johnson Health and Wellness Solutions to help you take an active role in your health as you manage your pulmonary arterial hypertension (PAH).

# Getting Started With Care4Today® Connect

## Download and set up the app

**SEARCH** and **DOWNLOAD** the **Care4Today® Connect** app on your smartphone from the Apple App Store or Google Play.



At the main screen, tap **SIGN UP**. Read and **ACCEPT** the Important App Information and then **ENTER** your information to create an account.

Tap “**YES, CONNECT**” and enter the code “**PAH**.”

*You're ready to get started!*

# Care4Today® Connect

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Managing PAH can be challenging. Between medications, appointments, and activities, it can be easy to lose track of it all. Care4Today® Connect is a tool designed specifically for patients like you to help you:

- Understand your condition and take actionable steps toward improving your physical and mental health
- Keep track of medical appointments and medications
- Monitor important aspects of your health, including your activity level, fluid intake, weight, functional class, and more
- Share how you're tracking towards your goals to have more productive conversations with your healthcare team
- Some healthcare professionals treating PAH may be able to see information shared in the app for people who opt in. Ask your doctor if they can connect to your information so they can better understand how your PAH affects you



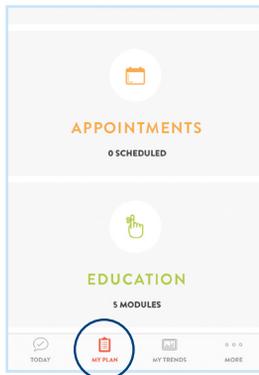
## Care4Today has resources customized for people with PAH like you!

Use the **access code "PAH"** when you sign up to view a library of information and tips for living with PAH, tracking tools specifically for you, and more.

Download Care4Today® Connect from the Apple App Store, Google Play, or visit [care4today.com](https://care4today.com). Enter the access code **"PAH"** at sign-up.



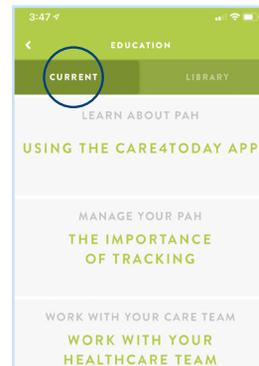
# Explore PAH-specific articles



To view the education section, tap on **MY PLAN** in the navigational tab bar and then tap on **EDUCATION**.



Within the **LIBRARY** tab you can view all article topics available to you.



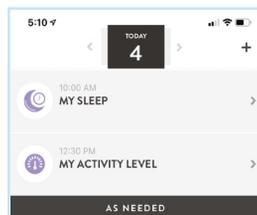
Within the **CURRENT** tab you can view your current articles.

# Track activities and view your trends



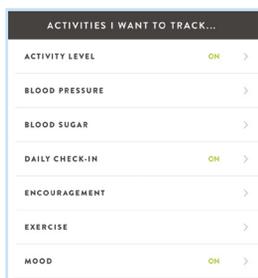
Tap the **+** sign on the **TODAY** screen and then tap on the **TOGGLES** to control which activities you wish to track.

When a **TRACKER** is due, it will appear on your **TODAY** screen.



## With Care4Today,<sup>®</sup> you can also:

- Set medication and appointment reminders
- Link other fitness apps such as Fitbit, Apple Health, and Google Fit



To view your data, tap on **MY TRENDS** in the navigational tab bar.



Access the [Help](#) section within the app for more information or email [RA-rndus-care4today@its.jnj.com](mailto:RA-rndus-care4today@its.jnj.com) for technical support.

# Tips for Tracking

## Using Care4Today® to Make Sense of Your Journey

Care4Today® is designed to help empower you to take an active role in your own healthcare. Oftentimes, quite a few months pass between doctors visits, so it can be hard to remember what's happened, what symptoms you've experienced, or how you've been feeling. Using the tools within Care4Today® to track these experiences can help you partner with your healthcare team to better manage your PAH.

### Here are a few tips to help you with tracking

<b>Determine what to track</b>	Care4Today® has trackers for medications, appointments, activity level, weight, mood, and more. Talk to your doctor about which trackers may be most helpful for you.
<b>Set a goal</b>	Setting goals can help you focus on what matters most to you and provide motivation throughout your treatment. With Care4Today® you can set reminders and stay connected to your goals.
<b>Share what you learn</b>	You can view your trends within Care4Today® to track the progress you are making. This information is great to share with your doctor to help them make better decisions for your health.
<b>Find what works for you</b>	Some patients use Care4Today® for tracking and others prefer tracking by hand in a patient journal. What's important is creating a system that works best for you.

### Why it matters

Tracking is about creating a moment in your day when you can pause and check in with yourself. When you're more in tune with your body and overall health, you can feel better equipped to play an active role in conversations with your healthcare team.

# Tracking your PAH

Care4Today® makes it easier to track a range of factors that may affect your PAH. Take a moment to familiarize yourself with these terms and evaluations so you can select relevant parameters to track within the app.

## Your healthcare professional may determine or consider the following evaluations:

### Functional Class (FC)

Knowing your specific functional class can help healthcare professionals understand how PAH is affecting your daily life. The lower your FC number, the less serious your symptoms.<sup>1</sup> Defined by the World Health Organization (WHO), functional classes can range from FC I to FC IV.<sup>1</sup>

FC I	Patient experiences no symptoms when engaged in ordinary physical activity, such as walking. <sup>1</sup>
FC II	Patient experiences symptoms when engaged in ordinary physical activity. Slight limitation to activities such as walking. <sup>1</sup>
FC III	Patient experiences symptoms when engaged in less than ordinary physical activity, such as putting away the dishes or folding laundry. Significant limitation of physical activity. <sup>1</sup>
FC IV	Patient experiences symptoms with any physical activity, or even at rest. <sup>1</sup>

### Blood Tests (BNP or NT-proBNP & eGFR)

You may receive regular blood tests, some of which may check for BNP or NT-proBNP\* & eGFR.<sup>†2-4</sup>

- BNP and NT-proBNP are hormones in your blood that can indicate heart dysfunction.<sup>3</sup>
- eGFR offers an overall picture of your kidney function.<sup>4</sup>

You can ask your healthcare professional or follow up with your lab for your numbers after receiving any blood tests.

### Systolic Blood Pressure & Heart Rate<sup>5-7</sup>

Since PAH is a disease that affects the heart<sup>5</sup>, these measurements help indicate how hard your heart is working to pump blood. Systolic blood pressure is the top number of your blood pressure. It measures the force your heart exerts on the walls of your arteries each time it beats.<sup>6</sup> Your heart rate is the number of times your heart beats per minute.<sup>7</sup> Ask your PAH healthcare professional about how best to monitor your blood pressure and heart rate.

**References:** 1. Galiè N, Humbert M, Vachiery JL, et al. 2015 ESC/ERS Guidelines for the diagnosis and treatment of pulmonary hypertension. *Eur Respir J*. 2015;46(4):903-975.

2. Benza RL, Kanwar MK, Raina A, et al. Development and Validation of an Abridged Version of the REVEAL 2.0 Risk Score Calculator, REVEAL Lite 2, for Use in Patients With Pulmonary Arterial Hypertension. *Chest*. 2021;159(1):337-346.

3. Lab Tests Online [Internet]. Washington D.C.: American Association for Clinical Chemistry; c2001–2019. BNP and NT-proBNP; [updated 2019 Jul 12; cited 2021 June 9]; [about 2 screens]. Available from: <https://labtestsonline.org/tests/bnp-and-nt-probnp>.

4. Lab Tests Online [Internet]. Washington D.C.: American Association for Clinical Chemistry; c2001–2019. Estimated Glomerular Filtration Rate (eGFR); [updated 2020 Apr 12; cited 2021 June 9]; Available from: <https://labtestsonline.org/tests/estimated-glomerular-filtration-rate-egfr>.

5. McLaughlin VV, Archer SL, Badesch DB, et al. ACCF/AHA 2009 expert consensus document on pulmonary hypertension a report of the American College of Cardiology Foundation Task Force on Expert Consensus Documents and the American Heart Association developed in collaboration with the American College of Chest Physicians; American Thoracic Society, Inc.; and the Pulmonary Hypertension Association. *J Am Coll Cardiol*. 2009;53(17):1573-1619.

6. Wolters Kluwer Health, Inc. (2018). Systolic Pressure. *Stedman's Online*. <https://stedmansonline.com/illustrationImages?term=mlrS2500004128&resourceID=24>.

7. Wolters Kluwer Health, Inc. (2018). Heart Rate. *Stedman's Online*. <https://stedmansonline.com/illustrationImages?term=mlrS2500004128&resourceID=24>.

\*Brain natriuretic peptide (BNP) and N-terminal pro-brain natriuretic peptide (NT-proBNP) are peptides (small proteins) that are either hormones or part of the peptide that contained the hormone at one time. They are continually produced in small quantities in the heart and released in larger quantities when the heart senses that it needs to work harder. High levels of these substances can mean your heart isn't pumping as much blood as your body needs.<sup>3</sup>

† The eGFR is a calculated estimate of the actual glomerular filtration rate (GFR). The glomerular filtration rate is a measure of how well your kidneys are working. As kidney function declines due to damage or disease, the filtration rate decreases.<sup>4</sup>

# What You Can Track

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Talk with your doctor and share the information you can track with your team. This will make it easier for you and your HCP to manage your PAH.



**WHO  
Functional Class**



**Activity**



**Blood Tests\***



**Weight**



**Systolic  
Blood Pressure**



**Heart Rate**

\*BNP/NT-proBNP and eGFR

You should talk to your doctor about what trackers may be most helpful for you. You should always seek the advice of your physician or other qualified healthcare professional with any questions or concerns you may have.

