



Award winning app for
shared decision-making

Myeloma Monitor How-to Guide

Organize, Track & Manage Your Myeloma



**MYELOMA
CANADA**
MAKING MYELOMA MATTER

www.myeloma.ca



Myeloma Monitor How-to Guide

Myeloma Canada's Myeloma Monitor is an award-winning and easy-to-use application (app) designed specifically for multiple myeloma patients and their caregivers. Developed entirely by Myeloma Canada, this intuitive app helps you organize, track and manage your daily activities so you can better understand the many changes that occur, and decisions that need to be made, throughout the various stages of your myeloma journey.

Smart Phones

- See page 49 for How-to Guide instructions for smart phones.

Tablets & Computers

- See next page for How-to Guide instructions for tablets and computers.

Technical Support & Questions

- Please contact Myeloma Canada at 1-888-798-5771 or contact@myeloma.ca.



Instructions for Tablets & Computers



Create Account.....	4
Reset Password or Account.....	6
Toggle Application Features On/Off.....	8
Toggle Quality of Life Markers On/Off.....	9
Toggle Lab Tests to Track On/Off.....	11
Backup and/or Restore Information.....	13
Use Calendar.....	14
Add/Edit Personal Information Profile.....	15
Add Quality of Life Information.....	17
Map Areas of Pain.....	19
Add Lab Results.....	20
Delete Lab Results.....	22
Graph Lab Results.....	24
Filter Through Lab Results.....	25
Add Medications.....	27
Add Medication Refill Reminder or Delete Medication.....	30
Add Contacts.....	32
Delete Contacts.....	34
Search for Contacts.....	36
Add Appointment, Milestone, Task, or Prescription Refill Reminder.....	37
Delete Appointment.....	40
Add Question to Ask Your Healthcare Team.....	42
View, Edit or Answer Questions to Ask Your Healthcare Team.....	44
Add/Organize Important Files.....	47



Create Account



Myeloma Monitor

Organize, Track & Manage Your Myeloma



Username	Password	Login
	Create Account	

Step 1:

Click on "Create Account"





✕ Create Account

Step 2:

Type to complete account information

Username

New Password

Confirm New Password

In what city were you born?

What is your mother's maiden name?

Password Hint

Create Account

Step 3:

Click "Create Account"



Reset Password or Account



Myeloma Monitor

Organize, Track & Manage Your Myeloma



Username	Password	Login
	Forgot Password?	

Step 1:

Click
“Forgot Password?”





✕ Forgot Password?

Password Hint: test

Step 2a:
Type answers to secret questions and new password

In what city were you born?

What is your mother's maiden name?

New Password

Confirm New Password

Password Hint

OR

Step 2b:
Click "Reset Account" and then "Yes" when prompted to reset

Reset Account

Step 3a:
Click "Reset Password"

Reset Password



Toggle Application Features On/Off



Step 1:

Go to "My Profile"



MYELOMA CANADA

Dashboard Quality of Life Appointments Results Medications Contacts Files **My Profile** How-to Guide

Personal Information

Transplants

Cytogenetic

Other

Preferences

Quality of Life Setup Quality of Life Markers to Track

Appointments

Results Setup Tests to Track

Medications

Contacts

Files

Use 24-hour clock Yes

Backup Database

Restore Database

Step 3:

Click on buttons to toggle features on/off

Step 2:

Go to "Preferences"



Toggle Quality of Life Markers On/Off



Step 1:

Go to "My Profile"



The screenshot shows the Myeloma Monitor interface. At the top, there is a navigation bar with icons for Dashboard, Quality of Life, Appointments, Results, Medications, Contacts, Files, My Profile, and How-to Guide. The 'My Profile' icon is highlighted with a red box. Below the navigation bar is a sidebar menu with categories: Personal Information, Transplants, Cytogenetic, Other, and Preferences. The 'Preferences' category is highlighted with a red box. The main content area shows a list of settings with toggle switches: Quality of Life (on), Appointments (on), Results (on), Medications (on), Contacts (on), and Files (on). Below these are buttons for 'Setup Quality of Life Markers to Track', 'Setup Tests to Track', 'Backup Database', and 'Restore Database'. A red arrow points from the 'Setup Quality of Life Markers to Track' button to the 'Step 3' text.

Step 2:

Go to "Preferences"



Step 3:

Click "Setup Quality of Life Markers to Track"





Title	Use
Best Wellbeing	<input checked="" type="checkbox"/>
Pain	<input checked="" type="checkbox"/>
Tiredness	<input checked="" type="checkbox"/>
Drowsiness	<input checked="" type="checkbox"/>
Nausea	<input checked="" type="checkbox"/>
Lack of Appetite	<input checked="" type="checkbox"/>
Shortness of Breath	<input checked="" type="checkbox"/>
Depression	<input checked="" type="checkbox"/>
Anxiety	<input checked="" type="checkbox"/>
Custom	<input type="checkbox"/>

Step 5:

Type to add a custom marker to track and click button to turn on

Step 4:

Click on buttons to toggle on/off



Toggle Lab Tests to Track On/Off



Step 1:
Go to "My Profile"

Step 2:
Go to "Preferences"

Step 3:
Click "Setup Tests to Track"

The screenshot shows the Myeloma Monitor interface. At the top, there is a navigation bar with icons for Dashboard, Quality of Life, Appointments, Results, Medications, Contacts, Files, My Profile, and How-to Guide. The 'My Profile' icon is highlighted with a red box. Below this is a sidebar menu with categories: Personal Information, Transplants, Cytogenetic, and Other. The 'Preferences' option under 'Other' is highlighted with a red box. An arrow points from the 'Preferences' box to the 'Setup Tests to Track' button in the main content area. The main content area has several sections: Quality of Life (with a toggle switch and a 'Setup Quality of Life Markers to Track' button), Appointments (with a toggle switch), Results (with a toggle switch and a 'Setup Tests to Track' button), Medications (with a toggle switch), Contacts (with a toggle switch), Files (with a toggle switch), and a 'Use 24-hour clock' toggle set to 'Yes'. At the bottom, there are 'Backup Database' and 'Restore Database' buttons.





Step 4: Check/uncheck to toggle on/off

Group	Test	Track	Min	Max
Other	Creatinine (24 hr urine) (8.8 - 17.6 mmol/d)	<input checked="" type="checkbox"/>	8.8	17.6
	Glucose (fasting; blood) (3.9 - 6.1 mmol/L)	<input checked="" type="checkbox"/>	3.9	6.1
	Hemoglobin A1c (4.3 - 6 %)	<input checked="" type="checkbox"/>	4.3	6
	Magnesium or Mg (blood) (0.65 - 1.05 mmol/L)	<input checked="" type="checkbox"/>	0.65	1.05
	Phosphorus or P (blood) (0.8 - 1.45 mmol/L)	<input checked="" type="checkbox"/>	0.8	1.45
	Potassium or K (blood) (3.5 - 5.1 mmol/L)	<input checked="" type="checkbox"/>	3.5	5.1
	Sodium or Na (blood) (135 - 145 mmol/L)	<input checked="" type="checkbox"/>	135	145
	Urea (4 - 8.2 mmol/L)	<input checked="" type="checkbox"/>	4	8.2
	Uric acid (blood) (120 - 420 umol/L)	<input checked="" type="checkbox"/>	120	420
	Custom Field 1		<input type="checkbox"/>	0

Step 5:
Add custom lab test to track

Step 6:
Type to edit
min/max values



Backup and/or Restore Information



Step 1:

Go to "My Profile"



Step 2:

Go to "Preferences"



Step 3a:

Click "Backup Database" and save database file

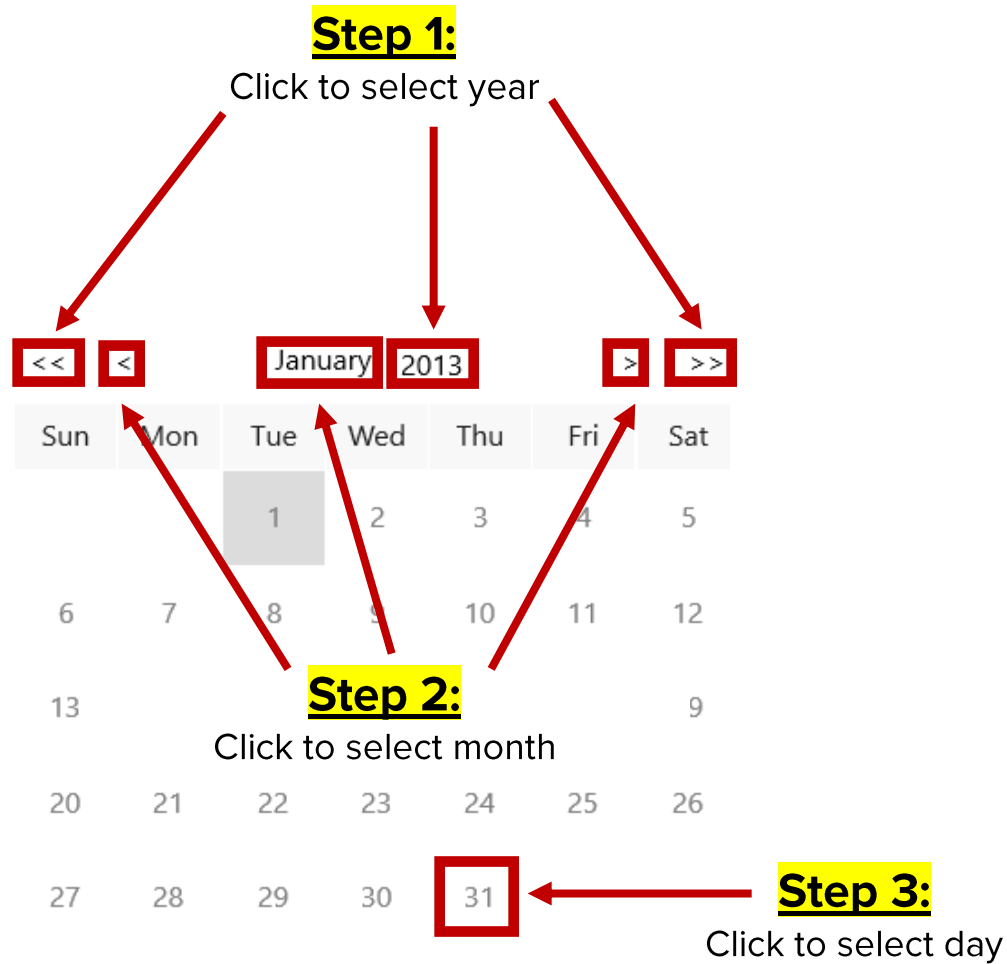
OR

Step 3b:

Click "Restore Database" and select previously saved database file



Use Calendar



Add/Edit Personal Information Profile



Step 2:

Click to add/change photo

Step 1:

Go to "My Profile"

Step 3:

Click "Edit"

MYELOMA CANADA

Dashboard Quality of Life Appointments Results Medications Contacts Files **My Profile** How-to Guide ? LOGOUT

David Smith

Personal Information

Transplants

Cytogenetic

Other

Preferences

Additional Information

Address: 245 Circle Drive, Lakeland, G5D H5Y, QC

Diagnosis: Multiple myeloma

Date of Diagnosis: June 12, 2008

Diagnosing Physician: Dr. Hema T. Ologist

Provincial Health Insurance Name: RAMQ

Provincial Health Insurance Number: SMID 7005 2510

Cancer Centre: The Cancer Centre

Cancer Centre Card Number: SMID 7005 3453

Insurance Provider: MNL Group

Insurance Contract Number: 2352832

Insurance Certificate Number: 00015

Power of Attorney (Health): Debra Clarkson-Smith: 514-674-3425

Power of Attorney (Finance): Debra Clarkson-Smith: 514-674-3425

Notes

IgG Lambda





My Profile

First Name	Last Name	Gender	Height	Weight
Date of Birth	Email	Phone	Blood Type	
Address				
Address	City	Province	PostalCode	
Diagnosis				
Diagnosis	Date of Diagnosis	Diagnosing Physician	Cancer Centre	
Provincial Health Insurance Name		Provincial Health Insurance Number	Cancer Centre Card Number	
Provincial Health Insurance Name	Provincial Health Insurance Number	Cancer Centre Card Number		
Insurance Provider		Insurance Contract Number	Insurance Certificate Number	
Insurance Provider	Insurance Contract Number	Insurance Certificate Number		
Power of Attorney (Health)		Power of Attorney (Finance)		
Name	Phone	Name	Phone	
Notes				
Organ Donor <input type="checkbox"/> No				
Living Will <input type="checkbox"/> No				
Close				

Step 4:
Type to add information

Step 5:
Type to add additional information as notes

Step 6:
Click buttons to toggle on/off

Step 7:
Click to close (saves automatically)



Add Quality of Life Information



Step 1: Go to “Quality of Life”

Step 2: Select date

Step 3: Add entry for that day

Step 4: Select time and click “Create”

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Dashboard Quality of Life Appointments Results Medications Contacts Files My Profile How-to Guide LOGOUT

Friday August 7, 2020

Side Effects Pain Mapping

Select Time

00 00

Create Cancel



Step 11:

Add multiple entries for that day

Step 5:

Type information about Sleep, Weight, Blood Pressure or Temperature



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Dashboard Quality of Life Appointments Results Medications Contacts Files My Profile How-to Guide

Thursday August 6, 2020

08:00

Sleep	Weight	Blood Pressure	Temperature
7 hours	175 lbs	124 / 82	36 °C

Side Effects Pain Mapping

Delete

Step 10:

List side effects

Step 9:

Map areas of pain

Best Wellbeing (Wellbeing = how you feel overall)

Pain None Worst Possible

Tiredness (Tiredness = lack of energy) None Worst Possible

Drowsiness (Drowsiness = feeling sleepy) None Worst Possible

Nausea None Worst Possible

Lack of Appetite None Worst Possible

Shortness of Breath None Worst Possible

Depression (Depression = feeling sad) None Worst Possible

Anxiety (Anxiety = feeling nervous) None Worst Possible

Notes

Step 6:

Slide white balls for all categories/markers to indicate severity of symptoms

Step 7:

Click to add notes for each category

Today was a good day because:	I went for a run!
Today, I was able to complete the following activities:	I cleaned and decorated the basement.
Today's challenges were:	It was hard waking up this morning.

Step 8:

Type information about the day

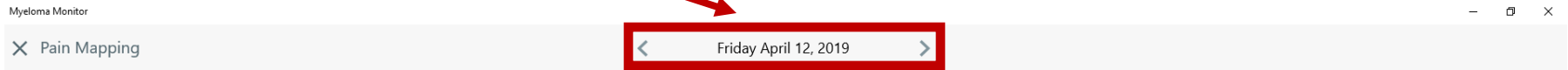


Map Areas of Pain



Step 1: See “Step 9” in “Add Information About Quality of Life” section

Step 2: Select date



Use the red pain marker(s) to indicate where you feel pain on the image below.



Step 3:

Click to add entry

Step 4:

Drag & drop green balls to area of body with pain

Step 5:

Click to add photo

Step 6:

Slide white balls to indicate severity of pain

Step 7:

Add notes



Add Lab Results



Step 1: Go to “Results”

MYELOMA CANADA Dashboard Quality of Life Appointments **Results** Medications Contacts Files My Profile How-to Guide LOGOUT

Display: All Tests Date Range

Test			1 Oct 2019	1 Nov 2019	1 Dec 2019	1 Jan 2020	1 Feb 2020	1 Mar 2020	1 Apr 2020	1 May 2020	1 Jun 2020	
CBC												
Hemoglobin (Hgb or Hb) (140 - 180 g/L)				140	145	135	150	145	150	155	165	160
Neutrophils (1.7 - 7 10 ⁹ /L)				2.5	3	5	3	2	3	3.5	4	4.5
Platelets (Plt) (150 - 400 10 ⁹ /L)				200	200	150	140	150	160	200	250	300
Protein												
Immunoglobulin G (IgG) (5.65 - 17.65 g/L)				7.5	7.5	9	10	9	8	7	6	7
M-protein or M-spike (0 - 0 g/L)				2	4	8	6	6	4	2	1	0

Step 2:

Click either button to add results

Results





Step 3: Select date

MYELOMA CANADA

Dashboard Quality of Life Appointments Results Medications Contacts Files My Profile How-to Guide LOGOUT

Display: All Tests Date Range

1 Jun 2020 1 Jul 2020

160 165

4.5 4

300 300

7 6

0 0

Step 4: Click to unlock and then edit min/max values in table

Group	Test	Result	Min	Max
Complete Blood Count (CBC)	Hemoglobin (Hgb or Hb) (140 - 180 g/L)		140	180
	Neutrophils (1.7 - 7 10 ⁹ /L)		1.7	7
	Platelets (Plt) (150 - 400 10 ⁹ /L)		150	400
Protein	Immunoglobulin G (IgG) (5.65 - 17.65 g/L)		5.65	17.65
	Monoclonal protein (M-protein; M-spike) (0 - 0 g/L)		0	0

Step 5: Enter lab results in results column

Close

Step 6: Click to close (saves automatically)



Delete Lab Results



Step 1: Go to “Results”

MYELOMA CANADA

Dashboard Quality of Life Appointments **Results** Medications Contacts Files My Profile How-to Guide LOGOUT

Display: All Tests Date Range

Test			1 Oct 2019	1 Nov 2019	1 Dec 2019	1 Jan 2020	1 Feb 2020	1 Mar 2020	1 Apr 2020	1 May 2020	1 Jun 2020
CBC											
Hemoglobin (Hgb or Hb) (140 - 180 g/L)	i	+	140	145	135 L	150	145	150	155	165	160
Neutrophils (1.7 - 7 10 ⁹ /L)	i	+	2.5	3	5	3	2	3	3.5	4	4.5
Platelets (Plt) (150 - 400 10 ⁹ /L)	i	+	200	200	150	140 L	150	160	200	250	300
Protein											
Immunoglobulin G (IgG) (5.65 - 17.65 g/L)	i	+	7.5	7.5	9	10	9	8	7	6	7
M-protein or M-spike (0 - 0 g/L)	i	+	2 H	4 H	8 H	6 H	6 H	4 H	2 H	1 H	0

Step 2:
Click on result to delete

Results



MYELOMA CANADA

Dashboard Quality of Life Appointments Results Medications Contacts Files My Profile How-to Guide LOGOUT

Display: All Tests Date Range

Test	1 Jun 2020	1 Jul 2020
CBC		
Hemoglobin (Hgb or Hb) (140 - 180 g/L)	160	165
Neutrophils (1.7 - 7 10 ⁹ /L)	4.5	4
Platelets (Plt) (150 - 400 10 ⁹ /L)	300	300
Protein		
Immunoglobulin G (IgG) (5.65 - 17.65 g/L)	7	6
M-protein or M-spike (0 - 0 g/L)	0	0

✕ Edit Results

June 1, 2020

Edit Min/Max Values

Group	Test	Result	Min	Max
	Hemoglobin (Hgb or Hb) (140 - 180 g/L)	160	140	180
Complete Blood Count (CBC)			7	400
Protein			17.65	0

MYELOMA MONITOR

Are you sure that you want to delete all results for the selected date?

Yes No

Step 3: Click "Delete"

Step 4: Click "Yes"



Graph Lab Results



Step 1: Go to “Results”

Test			1 Oct 2019	1 Nov 2019	1 Dec 2019	1 Jan 2020	1 Feb 2020	1 Mar 2020	1 Apr 2020	1 May 2020	1 Jun 2020	
CBC												
Hemoglobin (Hgb or Hb) (140 - 180 g/L)				140	145	135	150	145	150	155	165	160
Neutrophils (1.7 - 7 10 ⁹ /L)				2.5	3	5	3	2	3	3.5	4	4.5
Platelets (Plt) (150 - 400 10 ⁹ /L)				200	200	150	140	150	160	200	250	300
Protein												
Immunoglobulin G (IgG) (5.65 - 17.65 g/L)				7.5	7.5	9	10	9	8	7	6	7
M-protein or M-spike (0 - 0 g/L)				2	4	8	6	6	4	2	1	0

Step 2:

Click on graph icon



Filter Through Lab Results



Step 1: Go to “Results”

Dashboard
Quality of Life
Appointments
Results
Medications
Contacts
Files
My Profile
How-to Guide
LOGOUT

Display: All Tests

Step 2: Click “Display” and/or “Date Range”

Date Range

Test			1 Oct 2019	1 Nov 2019	1 Dec 2019	1 Jan 2020	1 Feb 2020	1 Mar 2020	1 Apr 2020	1 May 2020	1 Jun 2020	
CBC												
Hemoglobin (Hgb or Hb) (140 - 180 g/L)				140	145	135	150	145	150	155	165	160
Neutrophils (1.7 - 7 10 ⁹ /L)				2.5	3	5	3	2	3	3.5	4	4.5
Platelets (Plt) (150 - 400 10 ⁹ /L)				200	200	150	140	150	160	200	250	300
Protein												
Immunoglobulin G (IgG) (5.65 - 17.65 g/L)				7.5	7.5	9	10	9	8	7	6	7
M-protein or M-spike (0 - 0 g/L)				2	4	8	6	6	4	2	1	0

Results



Myeloma Monitor

MYELOMA CANADA

Dashboard Quality of Life Appointments Results Medications Contacts My Profile How-to Guide LOGOUT

Display: All Tests Date Range

Group	Test	14 Mar 2013	14 Mar 2014	20 Mar 2015	23 Mar 2016	14 Nov 2016	6 Dec 2016	10 Jan 2017	13 Feb 2017	7 Mar 2017	21 Mar 2017	12 Apr 2017	19 May 2017	14 Jun 2017	13 Jul 2017	12 Aug 2017	1	
CBC	Complete Blood Count (CBC)																	
	Erythrocytes or red blood cells (RBC)																	
	Hemoglobin (Hgb or Hb)		120	110	L 112	L 108	L 100	L 100	L 95	L 98	L 110	L 115	120	122	121	123		
	Hematocrit (Hct)																	
	Leukocytes or white blood cells (WBC)																	
	Neutrophils																	
Protein	Platelets (Plt)																	
	Total protein																	
	Immunoglobulin G (IgG)																	
	Immunoglobulin A (IgA)																	
	Immunoglobulin M (IgM)																	
FLC	Immunoglobulin G (IgG) (5.65 - 17.65 g/L)																	
	Immunoglobulin A (IgA) (0.85 - 3.85 g/L)																	
	Immunoglobulin M (IgM) (0.55 - 3.75 g/L)																	
	M-protein or M-spike (0 - 0 g/L)	3.5	H 4.5	H 7	H 9	H 15	H 25	H 30	H 40	H 43	H 35	H 20	H 15	H 14	H 13	H 12	H	
B2 microglobulin (B2M) (0 - 3 mg/L)																		
Albumin (blood) (35 - 50 g/L)																		
FLC	Lambda (L) FLC (6.1 - 29.7 mg/L)																	
	Kappa (K) FLC (3.9 - 22.5 mg/L)																	

Step 3a:
Click to select tests to display

Select Date Range

January 1, 2013

June 12, 2019

Reset Cancel Apply

Step 3b:

Click to change dates and then click "Apply"







Add Medications



MYELOMA CANADA


Dashboard Quality of Life Appointments Results **Medications** Contacts Files My Profile How-to Guide LOGOUT

My Medications and Supplements View Inactive Medications/Supplements

	Cyclophosphamide 300 mg/m2 on days 1, 8, 15, 22 Prescribing Physician: Dr. Hema T. Ologist Date: July 1, 2008 Prescription Number: 34242345 Drug Identification Number (DIN): 232345324 Farma Cist Cancer Centre Pharmacy, 435 Big Rd, Montreal, J3D 5F6, QC 456-573-3842		Active <input checked="" type="checkbox"/>
	Dexamethasone 40 mg on days 1, 8, 15 and 22 Prescribing Physician: Dr. Hema T. Ologist Date: August 1, 2008 Prescription Number: 242325 Drug Identification Number (DIN): 223534232 Farma Cist Cancer Centre Pharmacy, 435 Big Rd, Montreal, J3D 5F6, QC 456-573-3842		Active <input checked="" type="checkbox"/>

Step 1:
Go to "Medications"

Step 2:
Click to add medications







Step 3:
Type name of medication

Step 4:
Select type of drug administration and availability

Step 5:
Type to complete remaining information

Step 6:
From “Contacts” section, select physician or pharmacist

Step 7:
Close box (saves automatically)





My Medications and Supplements

View Inactive Medications/Supplements



Cyclophosphamide
300 mg/m2 on days 1, 8, 15, 22
Prescribing Physician: Dr. Hema T. Ologist
Date: July 1, 2008
Prescription Number: 34242345
Drug Identification Number (DIN): 232345324
Farma Cist
Cancer Centre Pharmacy, 435 Big Rd, Montreal, J3D 5F6, QC
456-573-3842

Step 10:
Click to view
inactive (archived)
medications



Active



Dexamethasone
40 mg on days 1, 8, 15 and 22
Prescribing Physician: Dr. Hema T. Ologist
Date: August 1, 2008
Prescription Number: 242325
Drug Identification Number (DIN): 223534232
Farma Cist
Cancer Centre Pharmacy, 435 Big Rd, Montreal, J3D 5F6, QC
456-573-3842



Active

Step 8:
Click to add image

Step 9:
Click to
activate (on) or
deactivate (archive)
medication







Add Medication Refill Reminder or Delete Medication



MYELOMA CANADA


Dashboard Quality of Life Appointments Results **Medications** Contacts Files My Profile How-to Guide LOGOUT


My Medications and Supplements View Inactive Medications/Supplements

	Cyclophosphamide 300 mg/m2 on days 1, 8, 15, 22 Prescribing Physician: Dr. Hema T. Ologist Date: July 1, 2008 Prescription Number: 34242345 Drug Identification Number (DIN): 232345324 Farma Cist Cancer Centre Pharmacy, 435 Big Rd, Montreal, J3D 5F6, QC 456-573-3842		Active <input checked="" type="checkbox"/>
	Dexamethasone 40 mg on days 1, 8, 15 and 22 Prescribing Physician: Dr. Hema T. Ologist Date: August 1, 2008 Prescription Number: 242325 Drug Identification Number (DIN): 223534232 Farma Cist Cancer Centre Pharmacy, 435 Big Rd, Montreal, J3D 5F6, QC 456-573-3842		Active <input checked="" type="checkbox"/>

Step 1:
Go to "Medications"

Step 2:
Click on medication
to add refill reminder or to delete

 Medication/Supplement





My Medications and Supplements

View Inactive Medications/Supplements



Cyclophosphamide
300 mg/m2 on days 1, 8, 15, 22

Prescribing Physician: Hema Tologist

Active

✕ Edit Medication/Supplement

Dexamethasone

Oral

Prescribed

40 mg on days 1, 8, 15 and 22

Details

Hema Tologist

August 1, 2008

242325

223534232

Pharmacist

Farma Cist

514-573-3842

Cancer Centre Pharmacy, 435 Big Road, Montreal, QC

+ Reminder

🗑 Delete

Close

Step 3a:

OR

Step 3b:

Click to add medication refill reminder to calendar
(follow instructions for "Add Appointment")

Click "Delete" and
then "Yes" when prompted to delete

+ Medication/Supplement



Add Contacts



The screenshot shows the Myeloma Canada patient portal. At the top, a navigation bar includes icons for Dashboard, Quality of Life, Appointments, Results, Medications, **Contacts** (highlighted with a red box), Files, My Profile, and How-to Guide. A 'LOGOUT' button is in the top right. Below the navigation bar is a search bar and a list of contacts. The 'Myeloma Canada' contact is selected and expanded. A red arrow points from the 'Contacts' menu icon to the text 'Step 1: Go to "Contacts"'. Another red arrow points from the 'New Contact' button (a red circle with a plus sign) to the text 'Step 2: Click to add contact'.

Step 1:
Go to "Contacts"

Step 2:
Click to add contact

Myeloma Canada	
Address	Contact Details
Address: 1255 TransCanada, Suite 160 City: Dorval Province: Quebec Postal Code: H9P 2V4	Business Phone: 1-888-798-5771 Home Phone: Mobile: Business Fax: Home Fax:
Notes They're here to help!!!	





Step 3: Type to complete contact information

MYELOMA CANADA

Dashboard Quality of Life Appointments Results Medications **Contacts** Files My Profile How-to Guide LOGOUT

Search

Myeloma Canada

Farma Cis Oncology

Dr. Hema Hematolo

Nurse Prac Nurse Prac

New Contact

First Name Last Name Title Profession

Email Website Favorite

Business Phone Home Phone Mobile

Business Fax Home Fax Relation

Address

City Province Postal Code

Notes

Include on Emergency Health Card

Emergency Contact No

Healthcare Professional No

Phones

Close

Step 4:

Close box (saves automatically)



Delete Contacts



Step 1: Go to "Contacts"

Step 2: Select contact

Step 3: Click "Edit"

Address		Contact Details	
Address:	Cancer Centre Pharmacy, 435 Big Rd	Business Phone:	456-573-3842
City:	Montreal	Home Phone:	
Province:	QC	Mobile:	
Postal Code:	J3D 5F6	Business Fax:	456-573-3848
		Home Fax:	





MYELOMA CANADA

Dashboard Quality of Life Appointments Results Medications **Contacts** Files My Profile How-to Guide LOGOUT

Search

Farma Cist

Myeloma

Farma Cist Oncology P

Dr. Hema Hematolog


Nurse Prac Nurse Pract

Edit Contact

Farma	Cist	Title	Oncology Pharmacist
farma.cist@cancercentrepharmacy.ca		www.cancercentrepharmacy.ca	Favorite <input type="checkbox"/>
Business Phone	Home Phone	Mobile	
456-573-3842	Home Phone	Mobile	
Business Fax	Home Fax	Relation	
456-573-3848	Home Fax	Relation	
Address			
Cancer Centre Pharmacy, 435 Big Rd			
Montreal	QC	J3D 5F6	
Notes	Include on Emergency Health Card	Phones	
	Emergency Contact <input type="checkbox"/>	No	
	Healthcare Professional <input checked="" type="checkbox"/>	Yes	

Step 4: Click "Delete" and then "Yes" when prompted to delete

+ New Contact



Search for Contacts



MYELOMA CANADA

Dashboard Quality of Life Appointments Results Medications **Contacts** Files My Profile How-to Guide LOGOUT

Search

Myeloma Canada

Farma Cist
Oncology Pharmacist

Dr. Hema T. Ologis
Hematologist

Nurse Practitioner
Nurse Practitioner

Myeloma Canada

contact@myeloma.ca
1-888-798-5771
www.myeloma.ca

Step 1:
Go to “Contacts”

Address		Contact Details	
Address:	1255 TransCanada, Suite 160	Business Phone:	1-888-798-5771
City:	Dorval	Home Phone:	
Province:	Quebec	Mobile:	
Postal Code:	H9P 2V4	Business Fax:	
		Home Fax:	

Notes
They're here to help!!!

+ New Contact

Step 2:

Type to search contacts and/or click on “★” icon to view favourites only



Add Appointment, Milestone, Task, or Prescription Refill Reminder



MYELOMA CANADA

Dashboard Quality of Life **Appointments** Results Medications Contacts Files My Profile How-to Guide LOGOUT

August 2020 Day Week Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
				● See hematologist	● Refill dex!	
2	3	4	5	6	7	8
		● Blood tests				
9	10	11	12	13	14	15
16	17	18	19	20	21	22
				● Refill supplements	● Movie night	
23	24	25	26	27	28	29
● Swimming class						
30	31					

Step 1:
Go to "Appointments"

Step 2:
Click buttons to add Appointment, Milestone, Task, or Prescription

- + New Appointment
- + New Task
- + New Milestone
- + New Prescription

4 Appointments 0 Tasks
0 Milestones 2 Prescriptions





Step 3:

Switch between Appointment, Milestone, Task, and Prescription

The screenshot shows the 'New Appointment' form in the Myeloma Monitor application. The form is overlaid on a calendar view for August 2020. The form fields include: 'Subject' (with a dropdown menu currently set to 'Appointment'), 'Location', 'Start Date and Time' (Aug 7, 2020, 12:30), 'End Date and Time' (Aug 7, 2020, 13:00), 'Contacts' (with a plus icon to add), and 'Description'. A 'Close' button is at the bottom right. Red boxes and arrows highlight the following steps: Step 3 points to the dropdown menu; Step 4 points to the Subject, Location, and Description fields; Step 5 points to the date/time selection area; Step 6 points to the recurrence icon; Step 7 points to the plus icon in the Contacts field; and Step 8 points to the Close button.

Step 5:

Select date/time (see next page)

Step 6:

Add meeting recurrences (see next page)

Step 4:

Type appointment information

Step 7:

Select contact from list

Step 8:

Close box (saves automatically)





Calendar interface for August 2020. The date 14 is highlighted with a red box. Below the calendar, the time selection dropdown is set to 08:00 and the OK button is highlighted with a red box.

Step 5a: Select date

Step 5b: Select time

Step 5c: Click "OK"

Recurrence dialog box with the following settings:

- From: 08:00 To: 08:30
- Every: 1 Day
- Starts on: Aug 11, 2020
- End Date: Aug 11, 2021 (toggle is on)
- Repeat: 12 Times (toggle is off)

Summary text: Every day, starts on 11 August 2020 till 11 August 2021, from 08:00 to 08:30

Step 6a: Confirm time

Step 6b: Select frequency of recurrence

Step 6c: Confirm date range

Step 6d: Toggle switch to repeat

Step 6e: Click "Save" to close



Delete Appointment



MYELOMA CANADA

Dashboard Quality of Life **Appointments** Results Medications Contacts Files My Profile How-to Guide LOGOUT

August 2020 Day Week Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
				● See hematologist	● Refill dex!	
2	3	4	5	6	7	8
		● Blood tests				
9	10	11	12	13	14	15
16	17	18	19	20	21	22
				● Refill supplements	● Movie night	
23	24	25	26	27	28	29
● Swimming class						
30	31					

Step 1:
Go to "Appointments"

Step 2:
Click on the appointment that you want to delete

4 Appointments 0 Tasks
0 Milestones 2 Prescriptions

+ New Appointment + New Task
+ New Milestone + New Prescription





MYELOMA CANADA

Dashboard Quality of Life **Appointments** Results Medications Contacts Files My Profile How-to Guide LOGOUT

August 2020 Day Week **Month**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
						8
						15
						22
						29
4 Appointments	0 Tasks					
0 Milestones	2 Prescriptions					

Edit Appointment

Blood tests Appointment

The Cancer Centre

Start Date and Time: Aug 11, 2020, 08:00 End Date and Time: Aug 11, 2020, 08:30

Contacts

Description

Delete **Close**

Step 3: Click "Delete" and then "Yes" when prompted to delete

New Appointment New Task
New Milestone New Prescription



Add Question to Ask Your Healthcare Team



Step 1: Go to "Dashboard"

The screenshot shows the Myeloma Canada patient dashboard. At the top left is the Myeloma Canada logo. A red box highlights the 'Dashboard' icon in the navigation bar, with a red arrow pointing to the 'Step 1' text. The dashboard contains several sections: 'Today at a Glance' with 1 appointment; 'Upcoming Appointments' for August 6, 11, 28, and 30, 2020; 'Quality of Life' with a 'Complete Today's Log' button; 'Reports' for Quality of Life, Emergency Health Card, and Questions; 'Results' for Hemoglobin (Hgb or Hb) with a 'Go to Results' button and a line graph showing levels between 100 and 200 from June 1 to July 1, 2020; 'Questions for my Healthcare Team' with 3 questions and a red box around the 'Add a Question' button, with a red arrow pointing to the 'Step 2' text; 'News Headlines' with links to various resources; and 'Latest Milestones' with recent achievements.

Step 2:
Click "Add a Question"





Step 3:
Type question

Step 4:
Type answer or return at a later date

Step 5:
Assign question to healthcare professional from Contacts

Step 6:
Close box (saves automatically)



View, Edit or Answer Questions to Ask Your Healthcare Team



Step 1: Go to “Dashboard”

Step 2: Click on the number of questions to view all questions previously entered

The dashboard includes sections for: Today at a Glance (1 Appointments), Quality of Life (Complete Today's Log), Upcoming Appointments (Hematologist Monthly Follow-up, Blood Tests, Movie Night, Swimming class), Reports (Quality of Life, Emergency Health Card, Questions), News Headlines (Online Resource Centre, Sign up for Myeloma Canada's Monthly Newsletter, Myeloma Canada's Website, Myeloma Canada's Educational Videos), Latest Milestones (Ran half-marathon, 10 years living with myeloma), and Results (Hemoglobin (Hgb or Hb) graph).





MYELOMA CANADA

Dashboard Quality of Life Appointments Results Medications Contacts Files My Profile How-to Guide LOGOUT

Today at a Glance
0 Appointments

Quality of Life
Complete Today's Log

Questions for my Healthcare Team
2 Questions + Add a Question

Upcoming Appointments

THURSDAY, AUGUST 27, 2020
10:30 Refill supplements
10:30

FRIDAY, AUGUST 28, 2020
20:00 Movie night
20:30

SUNDAY, AUGUST 30, 2020
18:00 Swimming class
18:30

THURSDAY, OCTOBER 29, 2020
10:30 Refill supplements
10:30

THURSDAY, DECEMBER 31, 2020
10:30 Refill supplements
10:30

THURSDAY, FEBRUARY 25, 2021
10:30 Refill supplements
10:30

Results
Hemog

200
180
160
140
120
100

1 Jun 2020 1 Jul 2020

Ran half-marathon Jun 3, 2019
10 years living with myeloma Jun 12, 2018

Can I take a break from treatment during my vacation? Active

Can I start lifting weights to increase my muscle mass? Active

Step 3:
Click on question to view, edit or answer

Add a Question





MYELOMA CANADA

Dashboard Quality of Life Appointments Results Medications Contacts Files My Profile How-to Guide LOGOUT

Today at a Glance
0 Appointments

Quality of Life
Complete Today's Log

Questions for my Healthcare Team
2 Questions Add a Question

Upcoming Appointments

THURSDAY, AUGUST 27, 2020
10:30 Refill supplements
10:30

FRIDAY, AUGUST 28, 2020
20:00 Movie night
20:30

SUNDAY, AUGUST 30, 2020
18:00 Swimming class
18:30

THURSDAY, OCTOBER 29, 2020
10:30 Refill supplements
10:30

THURSDAY, DECEMBER 31, 2020
10:30 Refill supplements
10:30

THURSDAY, FEBRUARY 25, 2021
10:30 Refill supplements
10:30

Results
Hemog

1 Jun 2020 1 Jul 2020

Ran half-marathon
Jun 3, 2019

10 years living with myeloma
Jun 12, 2018

Edit Question

Question
Can I take a break from treatment during my vacation?

Answer
Step 4:
Type answer

Hema Tologist

Delete Close

Step 5:
Close box
(saves automatically)



Add/Organize Important Files



Step 1: Go to “Files”

Dashboard Quality of Life Appointments Results Medications Contacts **Files** My Profile How-to Guide LOGOUT

Search files

Sort by Imaging Scans Sort by

- 2017 3 ITEMS
- 2018 3 ITEMS
- 2019 3 ITEMS
- 2020 2 ITEMS

Step 2:
Click “Create New Folder”
and type folder name when prompted

+ Add New File + Create New Folder





MYELOMA CANADA

Dashboard Quality of Life Appointments Results Medications Contacts Files My Profile How-to Guide LOGOUT

Create New Folder

Search files

Sort by Imaging Scans Sort by

Imaging Scans

- 2018 3 ITEMS
- 2019 3 ITEMS
- 2020 2 ITEMS

Step 3:
Click to navigate through folders

Step 4:
Click "Add New File" and then select file to add when prompted

+ Add New File + Create New Folder



Instructions for Smart Phones



Create Account.....	50
Reset Password or Account.....	51
Using the Menu.....	52
Toggle Application Features On/Off.....	53
Toggle Quality of Life Markers On/Off.....	55
Toggle Lab Tests to Track On/Off.....	57
Backup and/or Restore Information.....	59
Use Calendar.....	60
Add/Edit Personal Information Profile.....	61
Add Quality of Life Information.....	63
Map Areas of Pain.....	65
Add Lab Results.....	66
Delete Lab Results.....	68
Graph Lab Results.....	70
Filter Through Lab Results.....	71
Add Medications.....	73
Add Medication Refill Reminder or Delete Medication.....	76
Add Contacts.....	78
Delete Contacts.....	80
Search for Contacts.....	82
Add Appointment, Milestone, Task, or Prescription Refill Reminder.....	83
Delete Appointment.....	86
Add Question to Ask Your Healthcare Team.....	88
View, Edit or Answer Questions to Ask Your Healthcare Team.....	90
Add/Organize Important Files.....	92



Create Account

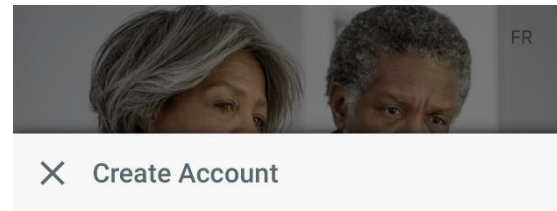


Myeloma Monitor
Organize, Track & Manage Your Myeloma

Create Account

Login

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Create Account

Login

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Step 1:

Tap
"Create Account"



Step 2:

Type to complete
account information



Step 3:

Tap
"Create Account"



Reset Password or Account



Myeloma Monitor

Organize, Track & Manage Your Myeloma

Username

Password

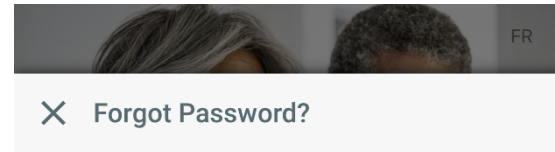
Step 1:

Tap
“Forgot Password?”

Forgot Password?

Login

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Password Hint: test

In what city were you born?

What is your mother's maiden name?

New Password

Confirm New Password

Password Hint

Reset Password

Step 2a:

Type answers to secret questions and new password

OR

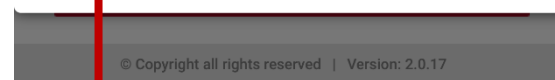
Step 2b:

Tap
“Reset Account”
and then “Yes”
when prompted to reset

Reset Account

Step 3a:

Tap “Reset Password”



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Using the Menu

Step 1: Tap on the menu button

Step 2: Select an option


Personal Information	Transplants	Cytogenetic
Vaccines	Other	Preferences





Toggle Application Features On/Off







Step 1:
Tap on the menu
button and
select “My Profile”

My Profile 

 Edit

 **David Smith**

-  dsmith@email.ca
-  456-632-4531
-  AB+
-  May 25, 1970
-  Male

Additional Information

Address:
245 Circle Drive, Lakeland, G5D H5Y, QC

Diagnosis: Multiple myeloma
Date of Diagnosis: June 12, 2008
Diagnosing Physician: Dr. Hema T. Ologist















Provincial Health Insurance Name:
RAMQ
Provincial Health Insurance Number:

Personal Information	Transplants	Cytogenetic
Vaccines	Other	Preferences

Step 2:
Tap “Preferences”





- Quality of Life  
Setup Quality of Life Markers to Track
- Appointments  
- Results  
Setup Tests to Track
- Medications  
- Contacts  
- Files  
- Use 24-hour clock  No 

Step 3:
Tap buttons to toggle features on/off

Personal Information	Transplants	Cytogenetic
Vaccines	Other	Preferences



Toggle Quality of Life Markers On/Off



Step 1: Tap on the menu button and select “My Profile”

Step 2: Tap “Preferences”

Step 3: Tap “Setup Quality of Life Markers to Track”

The screenshot shows the 'My Profile' screen with the following elements:

- Menu button (hamburger icon) highlighted with a red box and an arrow from Step 1.
- 'Quality of Life' toggle switch (turned on).
- 'Setup Quality of Life Markers to Track' button highlighted with a red box and an arrow from Step 3.
- 'Appointments', 'Results', 'Medications', 'Contacts', and 'Files' sections, each with a toggle switch.
- 'Setup Tests to Track' button.
- 'Use 24-hour clock' toggle switch (turned off).
- A grid of categories: Personal Information, Transplants, Cytogenetic, Vaccines, Other, and Preferences. The 'Preferences' cell is highlighted with a red box and an arrow from Step 2.





Step 4:
Tap on buttons to toggle on/off

Step 5:
Type to add a custom marker

Step 6:
Tap on button to turn on

Title	Use
Best Wellbeing	<input checked="" type="checkbox"/>
Pain	<input checked="" type="checkbox"/>
Tiredness	<input checked="" type="checkbox"/>
Drowsiness	<input checked="" type="checkbox"/>
Nausea	<input checked="" type="checkbox"/>
Lack of Appetite	<input checked="" type="checkbox"/>
Shortness of Breath	<input checked="" type="checkbox"/>
Depression	<input checked="" type="checkbox"/>
Anxiety	<input checked="" type="checkbox"/>
Custom	<input type="checkbox"/>
Custom	<input type="checkbox"/>

Close



Toggle Lab Tests to Track On/Off



Step 1:
Tap on the menu button and select “My Profile”

My Profile

Quality of Life

Appointments

Results

Medications

Contacts

Files

Use 24-hour clock No

Personal Information	Transplants	Cytogetic
Vaccines	Other	Preferences

Step 3:
Tap “Setup Tests to Track”

Step 2:
Tap “Preferences”





Step 4: Tap to toggle on/off

✕ Setup Tests

Test	Track	Min	Max
CBC			
Erythrocytes or red blood cells (RBC) (4.6 - 6.2 10 ¹² /L)	<input type="checkbox"/>	4.6	6.2
Hemoglobin (Hgb or Hb) (140 - 180 g/L)	<input checked="" type="checkbox"/>	140	180
Hematocrit (Hct) (0.4 - 0.54 L/L)	<input type="checkbox"/>	0.4	0.54
Leukocytes or white blood cells (WBC) (3.5 - 12 10 ⁹ /L)	<input type="checkbox"/>	3.5	12
Neutrophils (1.7 - 7 10 ⁹ /L)	<input checked="" type="checkbox"/>	1.7	7
Platelets (Plt) (150 - 400 10 ⁹ /L)	<input checked="" type="checkbox"/>	150	400
Protein			
Total protein (60 - 80 g/L)	<input type="checkbox"/>	60	80
Immunoglobulin G (IgG) (5.65 - 17.65 g/L)	<input checked="" type="checkbox"/>	5.65	17.6
Immunoglobulin A (IgA) (0.85 - 3.85 g/L)	<input type="checkbox"/>	0.85	3.85

Reset Min / Max values Close

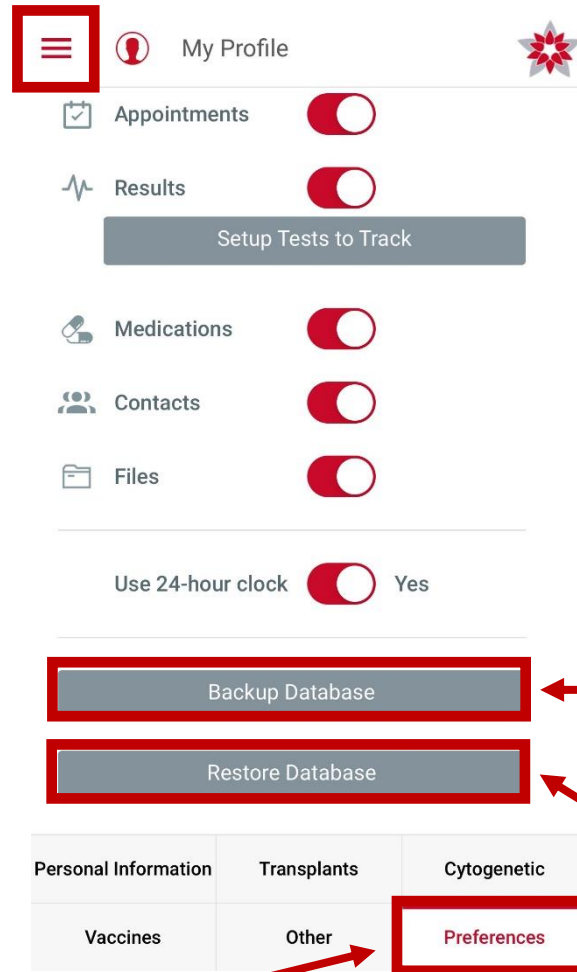
Step 5:
Type to edit min/max values



Backup and/or Restore Information



Step 1:
Tap on the menu button and select “My Profile”



Step 3:
Swipe/scroll to bottom of section

Step 4a:
Tap “Backup Database” and save database file

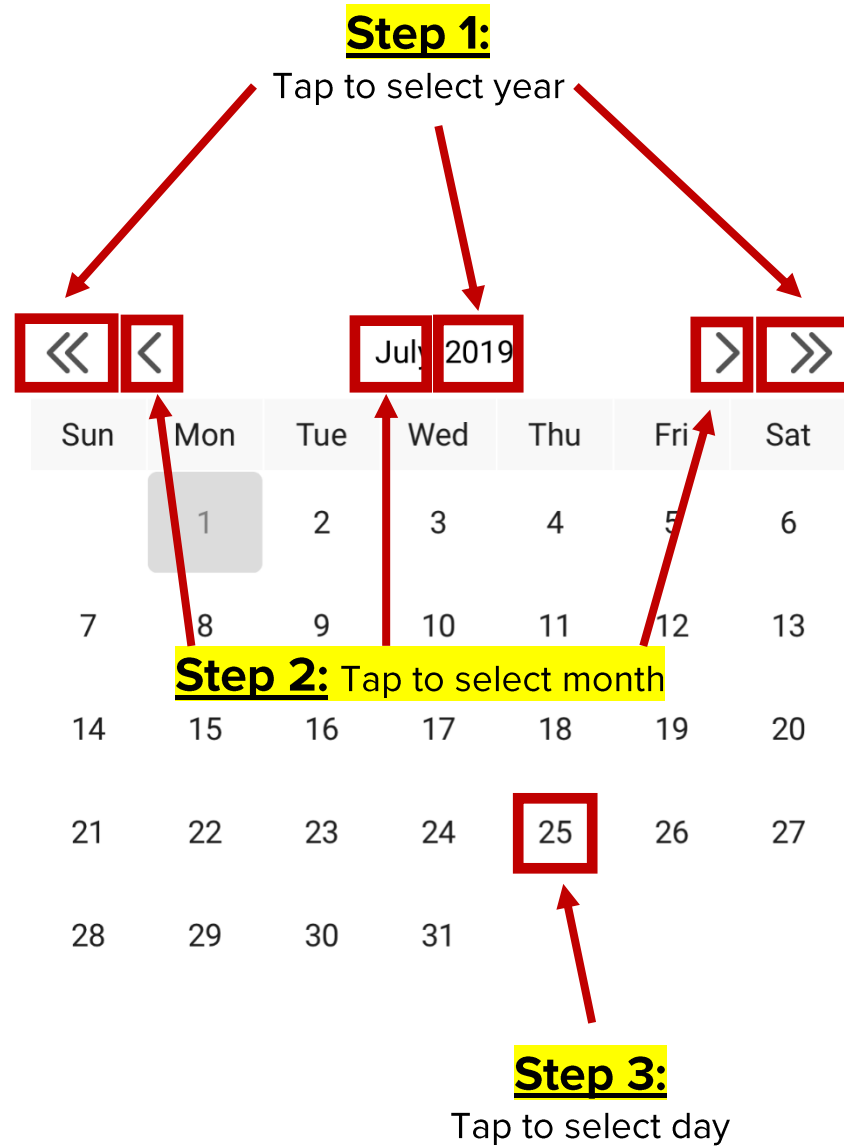
OR

Step 4b:
Tap “Restore Database” and select previously saved database file

Step 2:
Tap “Preferences”



Use Calendar



Add/Edit Personal Information Profile



Step 1:

Tap on the menu button and select "My Profile"

Step 2:

Tap to add/change photo

My Profile

David Smith

✉ dsmith@email.ca

☎ 456-632-4531

💧 AB+

📅 May 25, 1970

👤 Male

Step 3:

Tap "Edit"

Additional Information

Address:
245 Circle Drive, Lakeland, G5D H5Y, QC

Diagnosis: Multiple myeloma
Date of Diagnosis: June 12, 2008
Diagnosing Physician: Dr. Hema T. Ologist

Provincial Health Insurance Name:
RAMQ
Provincial Health Insurance Number:

Personal Information	Transplants	Cytogenetic
Vaccines	Other	Preferences





Step 4:
Type to add
information

× My Profile

First Name


Last Name

Gender

Height

Weight

Blood Type

Date of Birth 

Email

Phone

Address

Step 5:
Scroll/swipe to fill out
additional information

Step 6:
Tap to close (saves automatically)

Close



Add Quality of Life Information



Step 1:
Tap on the menu button and select “Quality of Life”

Step 2:
Select date

Step 3:
Add entry for that day

The screenshot shows the 'Quality of Life' screen in the Myeloma Monitor app. At the top, there is a menu button (three horizontal lines) and a plus sign icon. Below this is the title 'Quality of Life' and a date 'Saturday August 8, 2020'. There are icons for a person, a clipboard with a plus sign, and a trash can labeled 'Delete'. A red box highlights the menu button and the plus sign icon. A red arrow points from the text 'Step 1: Tap on the menu button and select “Quality of Life”' to the menu button. Another red arrow points from 'Step 2: Select date' to the date 'Saturday August 8, 2020'. A third red arrow points from 'Step 3: Add entry for that day' to the plus sign icon. A fourth red arrow points from 'Step 4: Select time and tap “Create”' to the 'Create' button in the 'Select Time' dialog box. The dialog box shows the time '08:00 AM' and has 'Create' and 'Cancel' buttons.

Step 4:
Select time and tap “Create”





Step 8: Map areas of pain (see next page)

Step 9: List side effects

Step 10: Add multiple entries for that day

Step 5: Type information about Sleep, Weight, Blood Pressure or Temperature

Step 6: Slide white balls for all categories/markers to indicate severity of symptoms

Step 7: Tap to add notes for each category

Quality of Life

Thursday August 6, 2020

8:00 AM

Sleep	7	hours
Weight	175	lbs
Blood Pressure	124 / 82	
Temperature	36	°C

Best Wellbeing (Wellbeing = how you feel overall)

Pain

Tiredness (Tiredness = lack of energy)

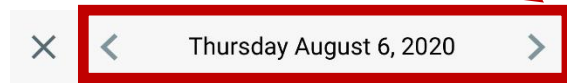




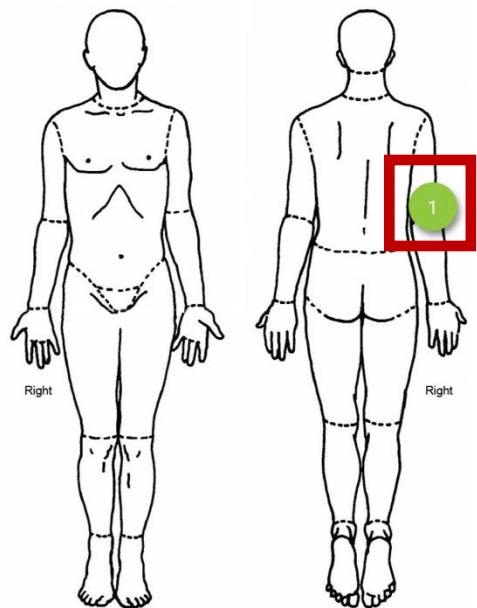
Map Areas of Pain

Step 1: See “Step 8” in “Add Information About Quality of Life” section on previous page

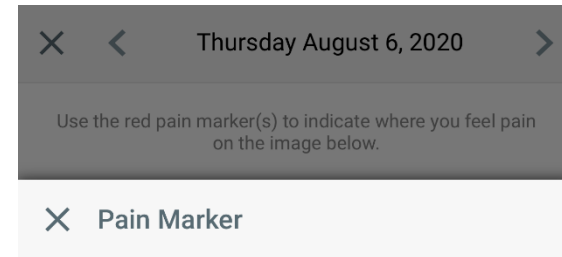
Step 2: Select/confirm date



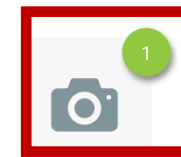
Use the red pain marker(s) to indicate where you feel pain on the image below.



Step 4:
Drag & drop green ball to area of body with pain



Step 5:
Tap to add photo (i.e., rash)



Step 6:
Slide white balls to indicate severity of pain



Step 3:
Tap to add pain marker



Step 7:
Tap to add notes



Add Lab Results



Step 1:
Tap on the menu button and select “Results”

The screenshot shows the 'Results' page in the Myeloma Monitor app. At the top left, a red box highlights the menu icon (three horizontal lines). Below the menu icon, the text 'Results' is displayed. The page shows a table of lab results for two dates: 1 May 2020 and 1 Jun 2020. The table is divided into two sections: CBC and Protein. The CBC section includes Hemoglobin (Hgb or Hb), Neutrophils, and Platelets (Plt). The Protein section includes Immunoglobulin G (IgG). Each row in the table has a red box around a '+' button in the rightmost column, which is used to add results. At the bottom of the screen, there is a navigation bar with a grid icon, a bar chart icon, and a red box around a '+' button labeled 'Results'.

Test	1 May 2020	1 Jun 2020	
CBC			
Hemoglobin (Hgb or Hb) (140 - 180 g/L)	165	160	+ (with trend icon)
Neutrophils (1.7 - 7 10 ⁹ /L)	4	4.5	+ (with trend icon)
Platelets (Plt) (150 - 400 10 ⁹ /L)	250	300	+ (with trend icon)
Protein			
Immunoglobulin G (IgG) (5.65 - 17.65 g/L)	6	7	+ (with trend icon)

Step 2:
Tap either button to add results





✕ Edit Results

Step 3:

August 18, 2020

Select/confirm date

Edit Min/Max Values

Step 4:

Tap to unlock and edit min/max values in table

Test	Result	Min	Max
Complete Blood Count (CBC)			
Hemoglobin (Hgb or Hb) (140 - 180 g/L)		140	180
Neutrophils (1.7 - 7 10 ⁹ /L)		1.7	7
Platelets (Plt) (150 - 400 10 ⁹ /L)		150	400
Protein			
Immunoglobulin G (IgG) (5.65 - 17.65 g/L)		5.65	17.6
Monoclonal protein (M-protein; M-spike) (0 - 0 g/L)		0	0

Step 5:

Type lab results in results column

Step 6:

Close

Tap to close (saves automatically)



Delete Lab Results



Step 1:

Tap on the menu button and select "Results"

Test	1 May 2020	1 Jun 2020	
CBC			
Hemoglobin (Hgb or Hb) ⓘ	165	160	📈 +
(140 - 180 g/L)			
Neutrophils ⓘ	4	4.5	📈 +
(1.7 - 7 10 ⁹ /L)			
Platelets (Plt) ⓘ	250	300	📈 +
(150 - 400 10 ⁹ /L)			
Protein			
Immunoglobulin G (IgG) ⓘ	6	7	📈 +
(5.65 - 17.65 g/L)			

Step 2:

Tap on result to delete





✕ Edit Results

June 1, 2020

Edit Min/Max Values

Test	Result	Min	Max
Complete Blood Count (CBC)			
Hemoglobin (Hgb) (g/dL) (140 - 180)	180		
Neutrophils (1.7 - 7 10 ⁹)	7		
Platelets (150 - 400)	100		
Protein			
Immunoglobulin G (IgG) (5.65 - 17.65 g/L)	7	5.65	17.6
Monoclonal protein (M-protein; M-spike) (0 - 0 g/L)	0	0	0

Delete

MYELOMA MONITOR
Are you sure that you want to delete all results for the selected date?

No Yes

Step 3:
Tap "Delete"

Step 4:
Tap "Yes"



Graph Lab Results



Step 1:

Tap on the menu button and select "Results"

Test	1 May 2020	1 Jun 2020	
CBC			
Hemoglobin (Hgb or Hb) ⓘ	165	160	
(140 - 180 g/L)			
Neutrophils ⓘ	4	4.5	
(1.7 - 7 10 ⁹ /L)			
Platelets (Plt) ⓘ	250	300	
(150 - 400 10 ⁹ /L)			
Protein			
Immunoglobulin G (IgG) ⓘ	6	7	
(5.65 - 17.65 g/L)			

Step 2:

Tap graph icon



Filter Through Lab Results



Step 1: Tap on the menu button and select “Results”

Step 2: Tap “Display” and/or “Date Range”

The screenshot shows the 'Results' screen in the Myeloma Monitor app. At the top, there is a menu icon (three horizontal lines) and a pulse icon. Below the menu icon is a dropdown menu labeled 'Display: All Tests'. To the right of this is a 'Date Range' dropdown menu. The main content is a table of lab results. The table has columns for 'Test', '1 May 2020', and '1 Jun 2020'. The rows are grouped into 'CBC' and 'Protein'. Each row includes a test name, a value for each date, and a trend icon (a line graph with an upward arrow). Below the table is a navigation bar with a grid icon, a pulse icon, a plus icon, and the text 'Results'.

Test	1 May 2020	1 Jun 2020
CBC		
Hemoglobin (Hgb or Hb)	165	160
(140 - 180 g/L)		
Neutrophils	4	4.5
(1.7 - 7 10 ⁹ /L)		
Platelets (Plt)	250	300
(150 - 400 10 ⁹ /L)		
Protein		
Immunoglobulin G (IgG)	6	7
(5.65 - 17.65 g/L)		







- All Tests
- Complete Blood Count (CBC)**
- Hemoglobin (Hgb or Hb)
- Neutrophils
- Platelets (Plt)
- Protein**
- Immunoglobulin G (IgG)
- Monoclonal protein (M-protein; M-spike)

Step 3a:

Tap to select test(s) to display

✕ Select Date Range

January 1, 2013 

June 30, 2020 

Reset **Cancel** **Apply**

Step 3b:

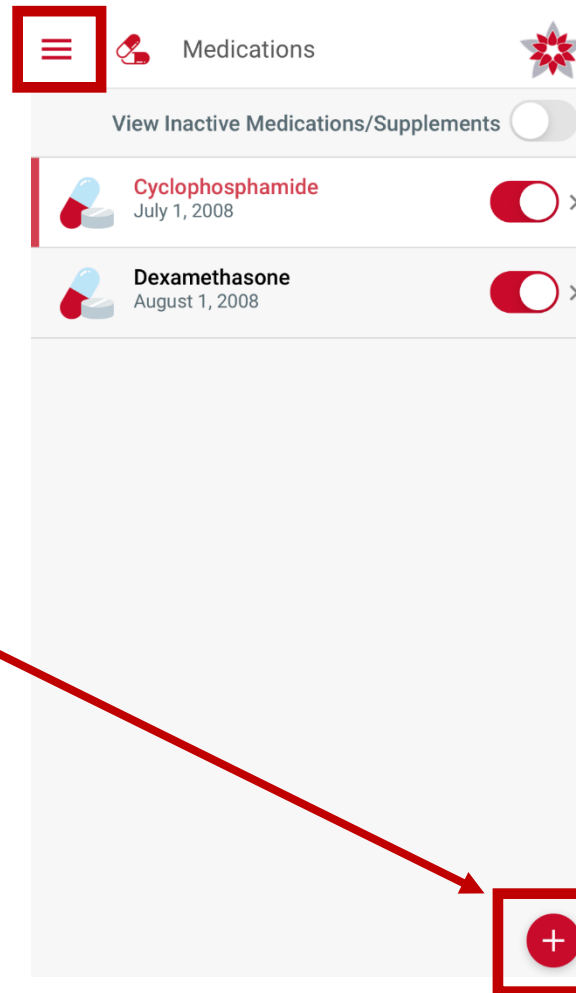
Tap calendar icons to change dates and then "Apply"



Add Medications



Step 1:
Tap on the
menu button and
select “Medications”



Step 2:
Click to
add medications





Step 3:
Type name of medication

Step 4:
Select type of drug administration and availability

Step 5:
Type to complete remaining information

✕ Medication/Supplement

Drug/Supplement Name

Drug Administration

Availability

Dose and Instructions

Details

Prescribing Physician

Date

Prescription Number

Drug Identification Number (DIN)

Pharmacist

Name

Phone

Address

Step 6:
From "Contacts" section, select physician or pharmacist

Step 7:
Close box (saves automatically)

Close





Step 10: Tap to view inactive (archived) medications

Medications

View Inactive Medications/Supplements

Cyclophosphamide
July 1, 2008

Dexamethasone
August 1, 2008

Step 8:
Tap on newly-added medication

Step 11:
Tap to activate (on) or deactivate (archive) medication

< Edit

Dexamethasone
40 mg on days 1, 8, 15 and 22

Step 9:
Click to add image

Details

Prescribing Physician: Dr. Hema T. Ologist
Date: August 1, 2008
Prescription Number: 242325
Drug Identification Number (DIN): 223534232

Pharmacist

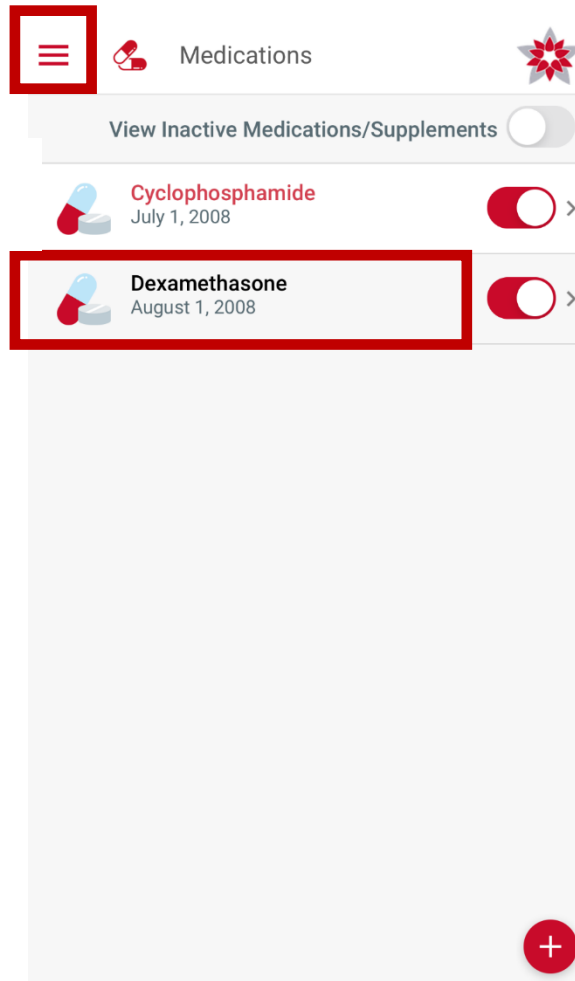
Name: Farma Cist
Phone: 456-573-3842
Address: Cancer Centre Pharmacy, 435 Big Rd, Montreal, J3D 5F6, QC



Add Medication Refill Reminder or Delete Medication



Step 1:
Tap on the menu button and select “Medications”



Step 2:
Tap on medication to add refill reminder or to delete





Step 3: →
Swipe/scroll to bottom

Step 4a:
Tap to add medication refill reminder to calendar
and then follow steps 3-8 on pages 84-85
("Add Appointment, Milestone, Task,
or Prescription Refill Reminder" section)

OR

Step 4b:
Tap "Delete" and
then "Yes" when prompted to delete

✕ Edit Medication/Supplement


Dexamethasone


Oral ▾

Prescribed ▾

40 mg on days 1, 8, 15 and 22

Details


Dr. Hema T. Ologist 

August 1, 2008 

242325


223534232


Pharmacist

Farma Cist 

456-573-3842

Cancer Centre Pharmacy, 435 Big Rd, Montreal, J3...

 Reminder

 Delete

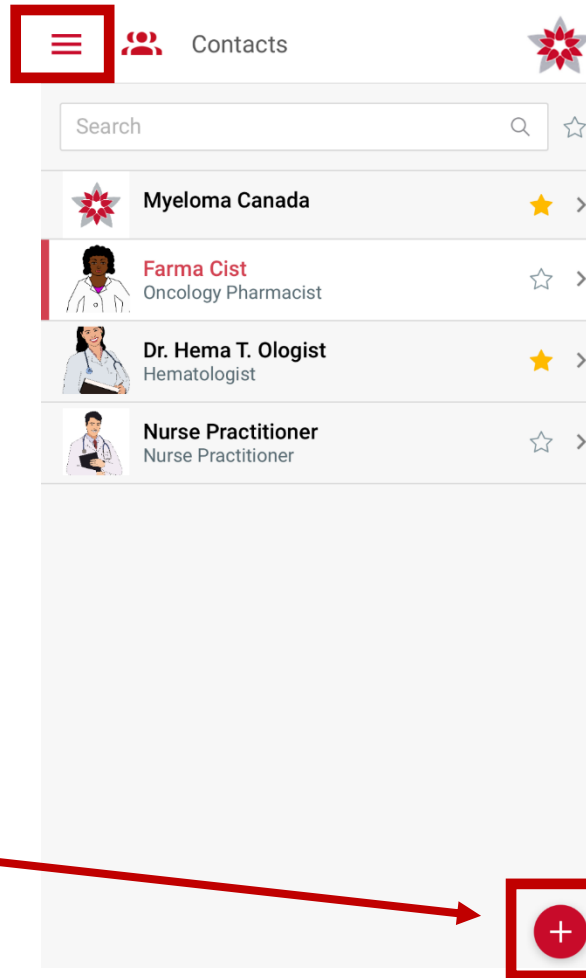
Close



Add Contacts



Step 1:
Tap on the menu button and select "Contacts"



Step 2:
Tap to add contact





Step 3: →
Type to complete contact information and
swipe/scroll down to complete all fields

✕ New Contact

First Name

Last Name

Title

Profession

Email

Website

Favorite

Business Phone

Business Phone

Home Phone

Close

Step 4: →
Close box (saves automatically)



Delete Contacts



Step 1: Tap on the menu button and select “Contacts”

Step 2: Tap to select contact to delete

The screenshot shows the 'Contacts' screen in the Myeloma Monitor app. At the top left, there is a menu icon (three horizontal lines) which is highlighted with a red box. A red arrow points from the text 'Step 1: Tap on the menu button and select “Contacts”' to this icon. Below the menu icon, the word 'Contacts' is displayed. At the top right, there is a red star icon. Below the search bar, there is a list of contacts. The first contact is 'Myeloma Canada' with a red star icon and a chevron. The second contact is 'Farma Cist' with a profile picture, the title 'Oncology Pharmacist', a white star icon, and a chevron. This contact is highlighted with a red box, and a red arrow points from the text 'Step 2: Tap to select contact to delete' to it. Below 'Farma Cist' are 'Dr. Hema T. Ologist' (Hematologist) and 'Nurse Practitioner' (Nurse Practitioner), both with a red star icon and a chevron. At the bottom right, there is a red plus icon.





Step 3:

Tap "Edit"



<  Edit

 **Farma Cist**
Oncology Pharmacist

 farma.cist@cancercentrephar...
 456-573-3842
 www.cancercentrepharmacy.ca

Address

Address: Cancer Centre Pharmacy, 435 Big Rd
City: Montreal
Province: QC
Postal Code: J3D 5F6

Contact Details

Business Phone: 456-573-3842
Home Phone:
Mobile:
Business Fax: 456-573-3848
Home Fax:

✕ Edit Contact

Farma

Cist

Title

Oncology Pharmacist

farma.cist@cancercentrepharmacy.ca

www.cancercentrepharmacy.ca



Favorite

Business Phone

456-573-3842

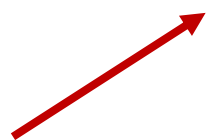
Home Phone

Home Phone

 Delete 

Step 4:

Tap "Delete" and then "Yes" when prompted to delete



Search for Contacts



Step 1: Tap on the menu button and select “Contacts”

Step 2: Type to search contacts and/or tap on “★” icon to view favourites only

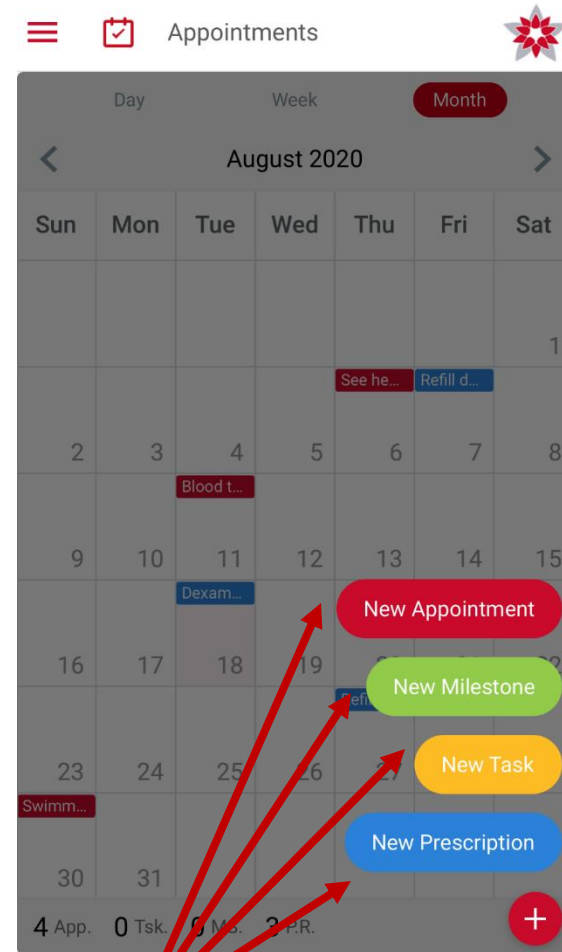
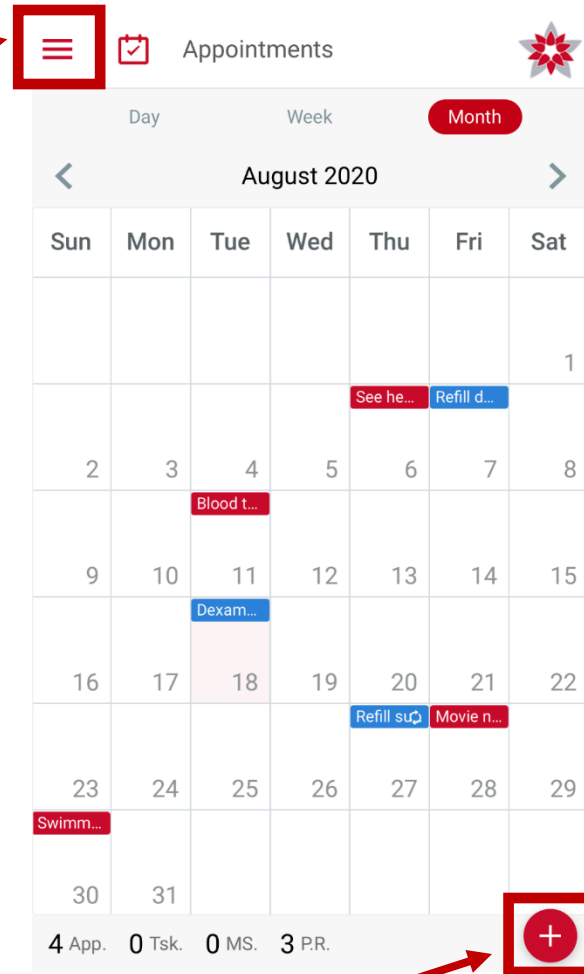


Add Appointment, Milestone, Task, or Prescription Refill Reminder



Step 1:

Tap on the menu button and select "Appointments"



Step 2a:

Tap "+" button

Step 2b:

Tap to add Appointment, Milestone, Task, or Prescription





Step 3: Switch between Appointment, Milestone, Task, or Prescription

Step 4: Type information about appointment

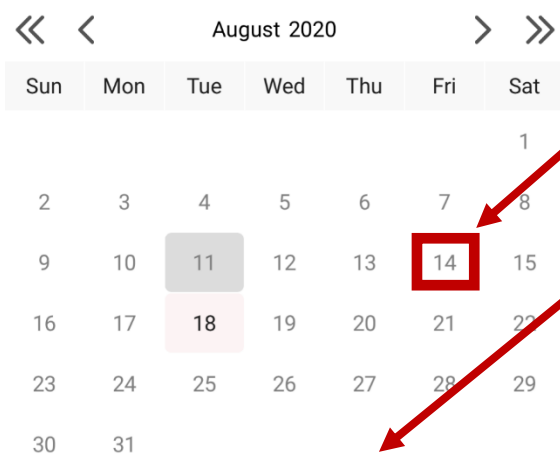
Step 5: Select date/time (see next page)

Step 6: Add meeting recurrences (see next page)

Step 7: Select contact

Step 8: Close box (saves automatically)

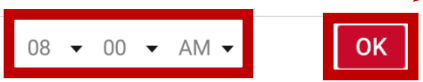




Step 5a:
Select date

Step 5b:
Select time

Step 5c:
Tap "OK"



Step 6a:
Confirm time

Step 6b:
Select frequency of recurrence

Step 6c:
Confirm date range

Step 6d:
Toggle switch to repeat

Step 6e:
Tap "Save" to close

Recurrence

From: 8:00 AM

To: 8:30 AM

Every: 1 Day

Starts on: Aug 11, 2020

End Date: Aug 11, 2021

Repeat: 12 Times

Every day, starts on 11 August 2020 till 11 August 2021, from 8:00 AM to 8:30 AM



Delete Appointment



Step 1:
Tap on the menu button and select “Appointments”

Appointments

Day Week Month

< August 2020 >

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				See he...	Refill d...	1
2	3	4 Blood t...	5	6	7	8
9	10	11 Dexam...	12	13	14	15
16	17	18	19	20	21	22
23 Swimm...	24	25	26	27 Refill su	28 Movie n...	29
30	31					

4 App. 0 Tsk. 0 MS. 3 P.R. +

Step 2:
Tap on the appointment that you want to delete







✕ Edit Appointment

Blood tests


Appointment ▾

The Cancer Centre


Start Date and Time

Aug 11, 2020, 8:00 AM  

End Date and Time

Aug 11, 2020, 8:30 AM 

Contacts

 +

Description

Step 3:

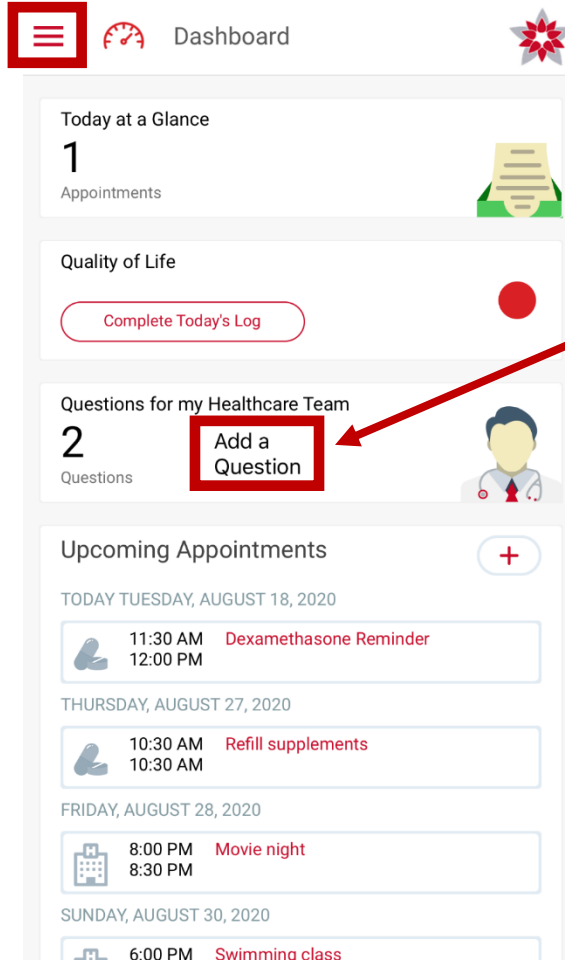
Tap “Delete” and then “Yes” when prompted to delete



Add Question to Ask Your Healthcare Team

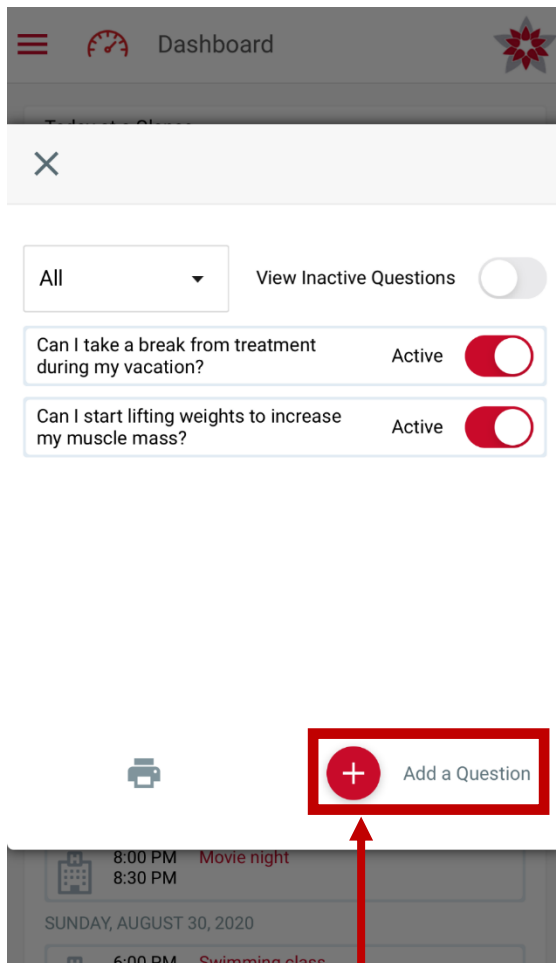


Step 1:
Tap on the menu button and select “Dashboard”



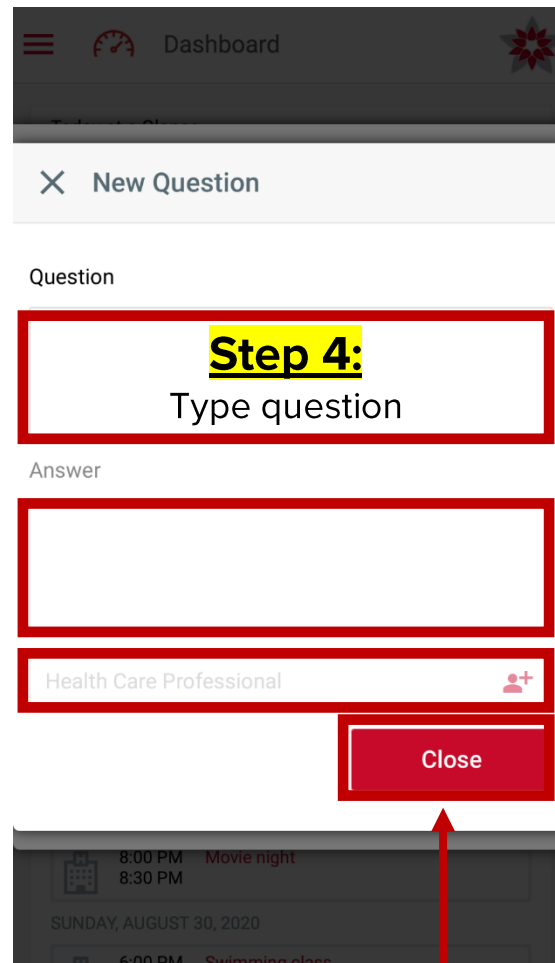
Step 2:
Tap
“Add a Question”





Step 3:

Tap "Add a Question"



Step 4:
Type question

Step 5:
Type answer or
return at a later date

Step 6:
Assign question
to healthcare
professional
from Contacts

Step 7:
Close box (saves automatically)



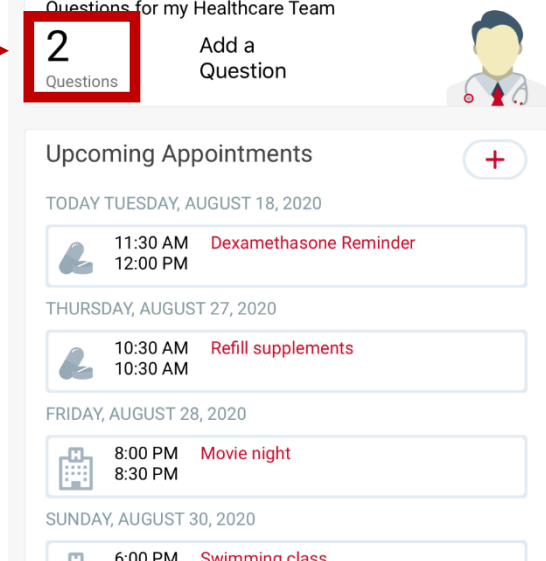
View, Edit or Answer Questions to Ask Your Healthcare Team

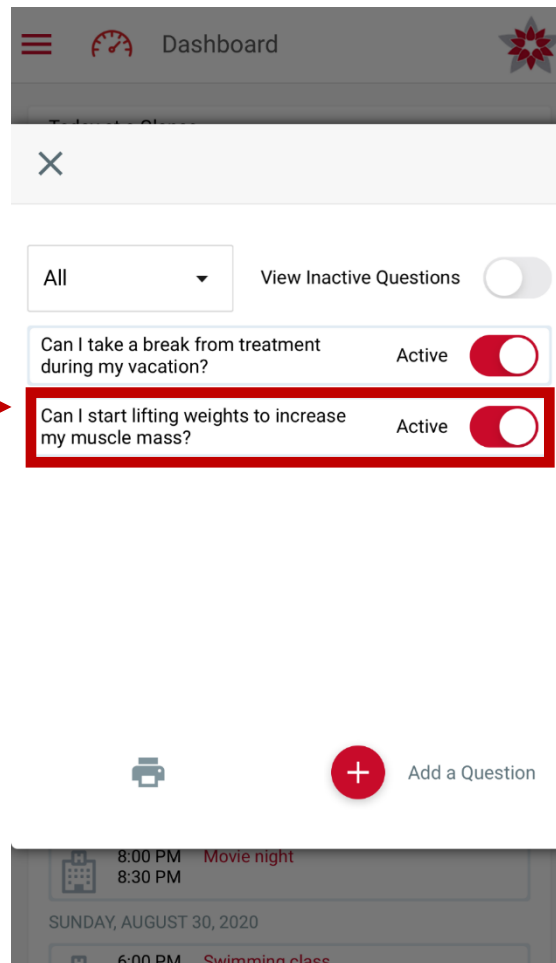


Step 1:
Tap on the menu button and select “Dashboard”

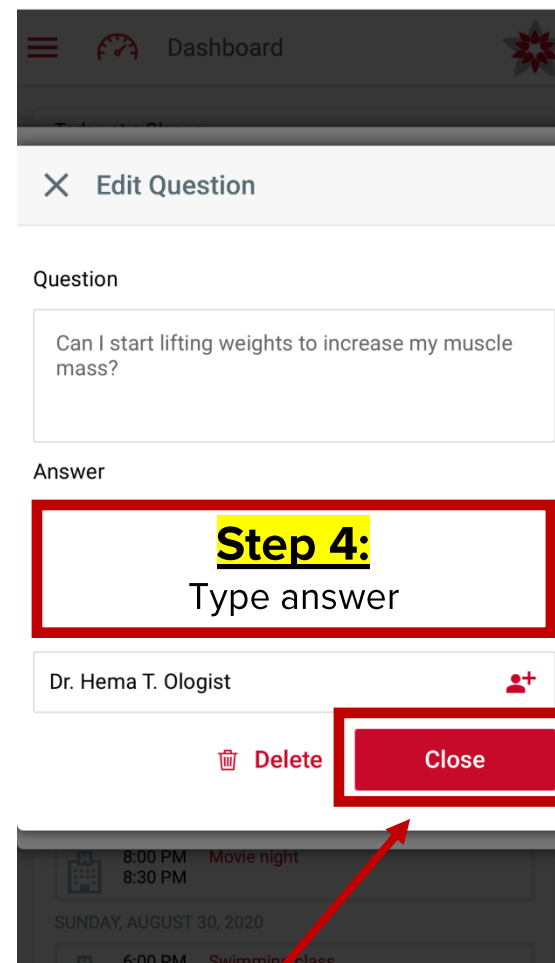


Step 2:
Tap on the number to view all questions previously entered





Step 3:
Tap on question to view, edit or answer



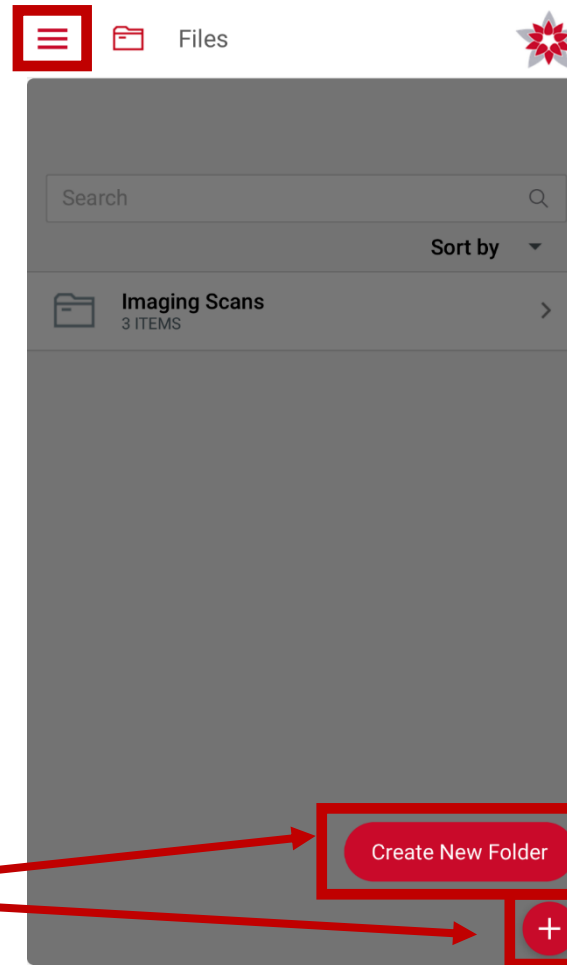
Step 5:
Close box (saves automatically)



Add/Organize Important Files



Step 1:
Tap on the
menu button and
select “Files”

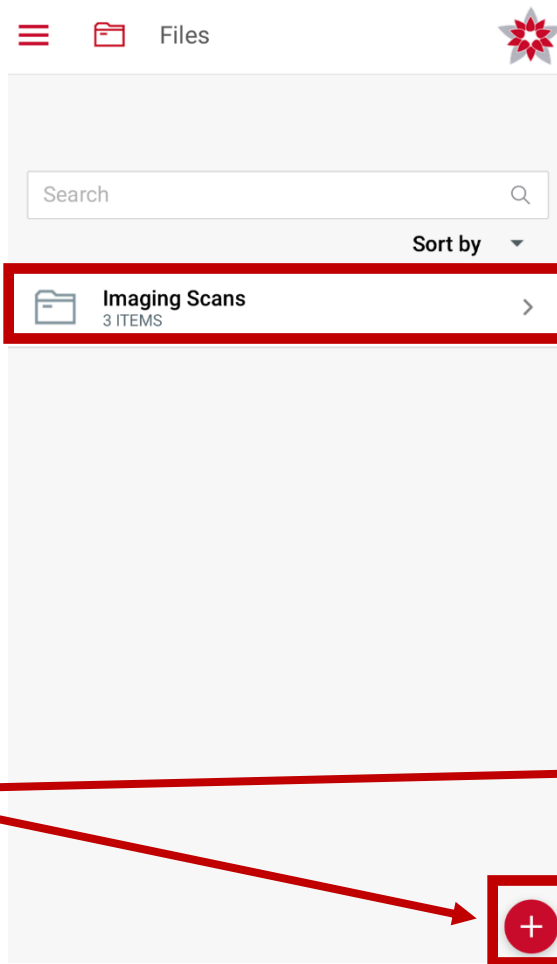


Step 2:
Tap “+” button and
then “Create New Folder”
(type folder name when prompted)

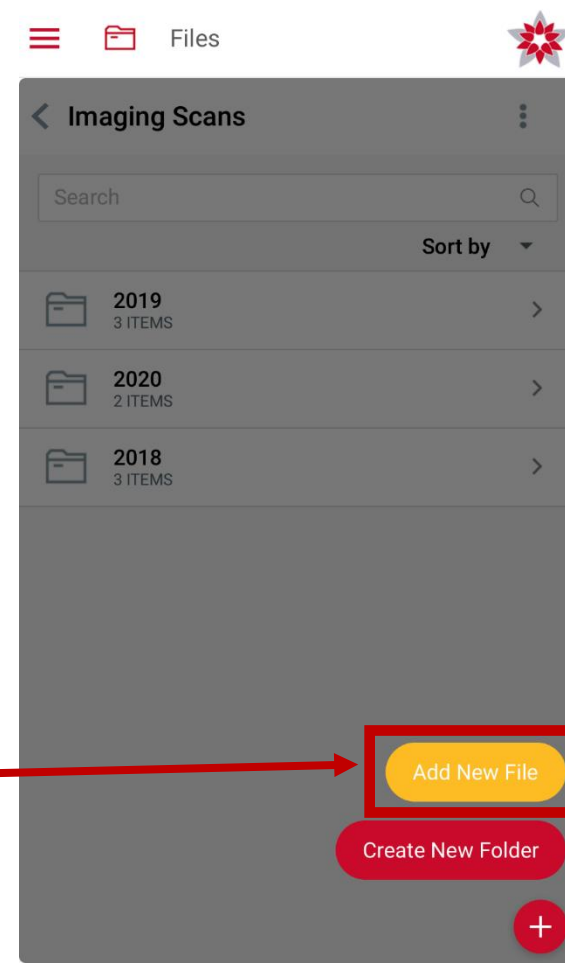




Step 3:
Tap to navigate
through folders



Step 4:
Tap “+” button and
then “Add New File”
(select file to add when prompted)





**MYELOMA
CANADA**
MAKING MYELOMA MATTER

www.myeloma.ca

For technical support or any questions regarding the
Myeloma Monitor, please contact us:

Toll-free: 1-888-798-5771

or

contact@myeloma.ca