

abbvie



# Getting started with EndoWheel

A fast and easy-to-use app to help you talk to your healthcare provider about endometriosis



# Why should I use the EndoWheel app?



Have you ever struggled to talk with your healthcare provider about how endometriosis affects your daily life? Or do you ever feel like he or she doesn't really understand what you're going through?

What if you had a tool that could make the conversation easier?

## **Now you do: the EndoWheel app.**

The EndoWheel app can be used by anyone living with endometriosis. It takes less than 5 minutes to answer the 12 questions and create an image that shows how your disease may be affecting your quality of life.

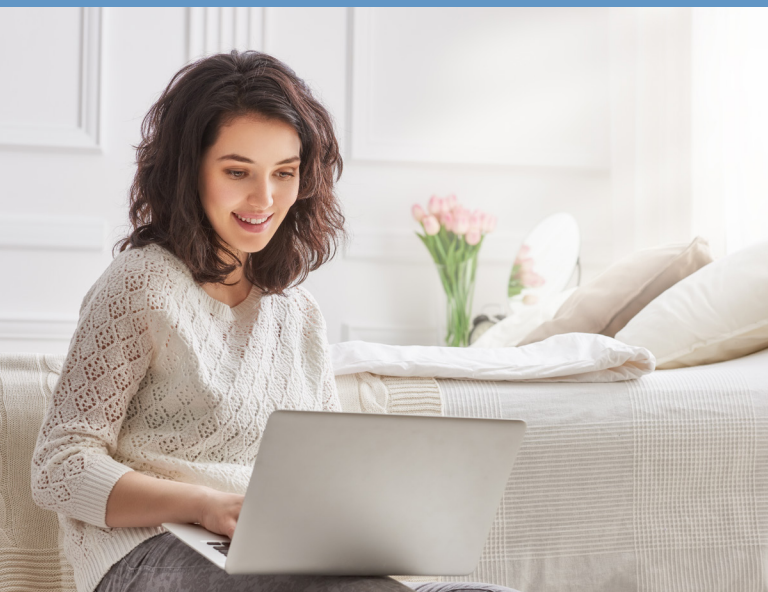


## **Get the app**

Scan code to download EndoWheel App



This tool is designed to stimulate conversation between you and your healthcare provider about how endometriosis affects your quality of life. It is not designed to diagnose, treat, relieve, cure, or prevent any disease, or manage any disease treatment.

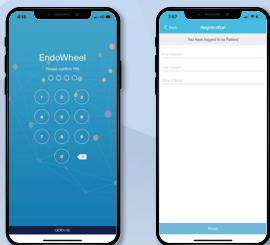


# Start using the EndoWheel app



## 1 Sign in and register

- Create a 4-digit PIN.
- Enter your name and date of birth.

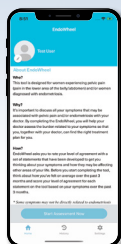


## 2 Start an assessment

Tap **Start Assessment Now**.

Rate the first EndoWheel assessment statement — abdominal pain — on a scale of 0 to 10, where 0 means you “Absolutely disagree” and 10 means you “Absolutely agree.”

Repeat the process for each of the next 11 statements in the order they are presented.



## 3 See the results

After you have rated all 12 statements, you will see a total score plus a polygon graphic that represents how much your disease may affect different aspects of your life.

Higher scores and a larger polygon indicate a higher impact of the disease on your quality of life.

Feel free to print the results. You also have the option of securely sharing the results with your healthcare provider via email.



## 4 Compare your scores over time

From the home screen, tap **History** to see a list of your completed assessments.

It's easy to compare results from multiple dates, view trends over time or delete assessments.





# Talk with your healthcare provider about the EndoWheel app

- Discuss how often you should take the EndoWheel assessment
- Share results between visits

---

## To email your results to a provider who uses the EndoWheel app:

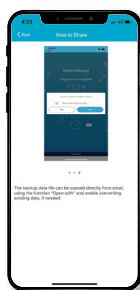
1. Click on the Settings icon on the lower right
2. Choose Backup Data
3. Click Export

This will open an email in your phone's default email program with your EndoWheel results file attached. You can send this email to your provider, who can open it in their version of the EndoWheel app.

If your provider does not use the app, click the email icon under your disk image to send an email with the disk image attached.

---

Your healthcare provider may also want to complete an assessment with you during your appointment.



## Start using the EndoWheel app today and start having a conversation about how your endometriosis is affecting your life.

**We want you to know:** Your data is private and is only stored on your personal device. You can delete the app data at any time via the **Settings** menu. If you choose to share results with your healthcare provider, the file will be protected and available only for them to view through their version of the EndoWheel app.