

Care4Today® Connect

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, mood, and more
- Share how you're tracking towards your goals to have more productive conversations with your healthcare team



Care4Today has resources customized for PAH patients!

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 PAH patients, and more.

Download Care4Today® Connect from the Apple App Store, Google Play, or visit care4today.com. **Enter the access code 'PAH' at sign up.**



*Pulmonary Arterial Hypertension



Janssen
CarePath



care4today®

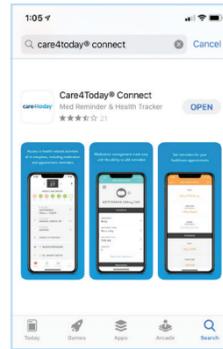
An introduction to Care4Today® Connect—a mobile app developed by Johnson & Johnson Health and Wellness Solutions to help you take an active role in your health.

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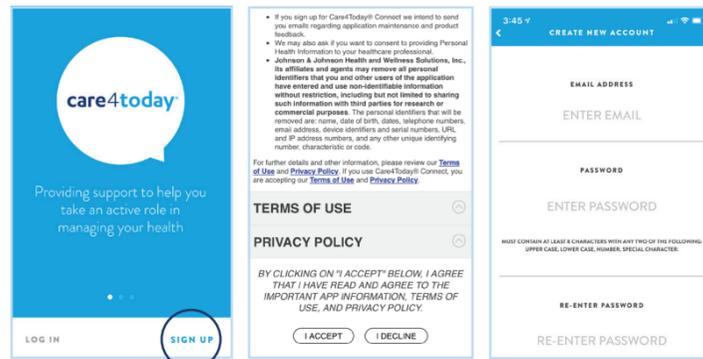


Getting Started With Care4Today® Connect

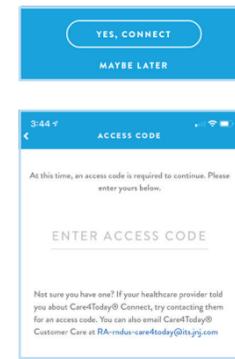
Download and set up the app



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

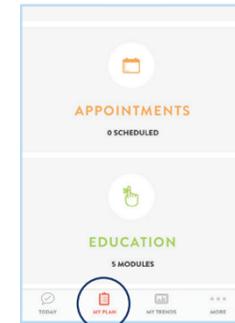


At the main screen, tap **SIGN UP**. Read and **ACCEPT** the Important App Information and then **ENTER** your information to create an account.



Tap **YES, CONNECT** and enter the code **“PAH.”** **You're ready to get started!**

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.

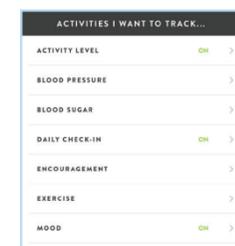


Within the **CURRENT** tab you can view your current articles.

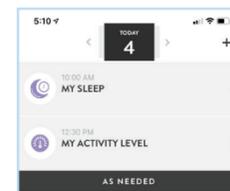
Track activities and view your trends



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.



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



With Care4Today, you can also:

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

Access the [Help](#) section within the app for more information or email 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 doctor's 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:

Determine what to track	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.
Set a goal	Settings 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.
Share what you learn	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.
Find what works for you	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.