

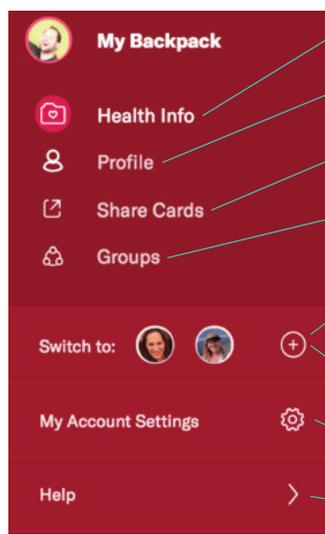
# How to Use Backpack Health



## What is Backpack Health?

Backpack Health is a service that helps people better organize and manage their health details and share them with the people who need to know. Backpack Health is an application available for web and mobile (iPhone and Android) making it easy for individuals to access, own, and control all their health information to better manage their health care for themselves, their loved ones, and their communities.

## What will my account look like?



- a. Health Info** – View all of your health entries, as well as add new notes and files
- b. Profile** – You can update and adjust your information at any time, and add your race, ethnicity and blood type
- c. Share Cards** – When you join, there are a couple already made for you, and you can create as many custom cards as you'd like
- d. Groups** – This allows you to connect with patient groups, foundations and other organizations to contribute information to help advance treatments or find cures, as well as find a community
- e. Access (Shared Profiles)** – If you want to share access to one of your dependent profiles, you can invite them to co-manage this profile
- f. Switch To** – This is the menu for switching profiles and adding dependents, viewing and changing your settings, and logging out
- g. My Account Settings** – Update or edit your email and password, as well as turn on two-factor authentication for additional security
- h. Help** – Find easy access to our Help Center and a way to contact support. You can always email Backpack Health using [help@backpackhealth.com](mailto:help@backpackhealth.com)

## How do I get started?

1. Signing up for Backpack Health is the first step towards taking control of your health information. Visit <https://my.backpackhealth.com/join/hATTRCompass> to sign up for an account and download the app. You'll need to provide the following information:
  - a. Name
  - b. Country (and U.S. state)
  - c. Date of birth
  - d. Gender
2. When you sign up, you'll also need to:
  - a. Carefully read the group information. You will be required to understand and agree to any eligibility criteria and data sharing implications
  - b. Agree to the group terms, eligibility, and data sharing
  - c. Agree to the profile privacy and health information privacy

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3. Then, you can add health information to your Backpack, by doing the following:
  - a. Navigate to **Health Info**
  - b. Select the **plus (+)** icon and find the health information type you'd like to add to your backpack
  - c. Hover over the health entry type and select the one you'd like to add
  - d. Search, browse, and select what you'd like to add and pick it from the options provided.
  - e. Select if this is a **CURRENT** entry or one **IN THE PAST**
  - f. Fill out as much information about your health entry as you would like. To change the title of the health entry press on the three dots (•••) to the right of the title
  - g. Select **DONE** to save your information
4. Upload your Files to your Backpack directly in the Files section of the app or attach Files to Health Entries. It's up to you to how you want to organize your information. Some helpful hints:
  - a. **Be specific.** How you name the files in your Backpack is just as important as the files themselves
  - b. **Include dates.** Add a year, or a month and a year, to every piece of health info in your Backpack, whether it's a Health Entry, a Note, or a File
5. You may have to upload and organize many different health files in your Backpack. Here are some helpful hints:
  - a. If you have a complex file you'd like to upload, take a screenshot from your phone or computer and upload it to your Backpack, to view it wherever you are
  - b. For a file that has multiple pages, instead of uploading each individually to Backpack, you can scan the document using a scanner app that brings all of those pages together into a single PDF. Then you can upload the PDF to your Backpack
6. If you're traveling to another country, you can still find the name of a condition or medication in another language without searching on the internet for a translation first:
  - a. Select the **plus (+)** icon and find the health information type you'd like to add to your Backpack
  - b. Click the globe on the right side of the search bar to change the language for your preferred search
  - c. Search for the Health Information in your selected language
7. Create a Share Card to ensure you're getting the right information to the right people. Backpack Health automatically provides you with the Emergency Card and Health History Card. You can also create custom Share Cards and edit this card at any time by clicking Edit
  - a. **Emergency Share Card:** Includes key information (like your name and date of birth) that is automatically added to ensure it's available in the case of an emergency
  - b. **Health History:** By default, this includes all of the information you add into your Backpack to give you a complete picture of your health information.
  - c. **Food Allergy:** This is great if you want to be able to translate information about your food allergy into another language when you're traveling or eating out
  - d. **Custom Share Cards:** You can create any kind of Share Card you want, such as:
    - i. Your child's school with medications, conditions and vaccinations
    - ii. A physical therapist or trainer with past injuries and current treatments

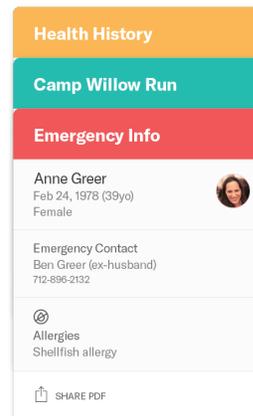




- iii. The babysitter with the kids' info and their medication lists
- iv. A specialist with your conditions, medications and most recent lab results

e. **Group Share Cards:** When you join a group on Backpack Health, you get another Share Card in your Backpack. This card will have the name of the group you've joined on it, and this is where you can add all the information you would like to share with the admins of the group. With your consent, the information provided is de-identified and aggregated (meaning, it's not connected to you in any way and it's combined with all other group members' data), making it possible for researchers to leverage the power of collective data to increase the understanding of various conditions and improve the path to diagnosis and treatment

- i. **Note:** Group admins will ONLY be able to see de-identified, aggregate data. As always, your personal health information is safe and secure



## How do I join Backpack Health?

Visit <https://my.backpackhealth.com/join/hATTRCompass> for more information.

## Questions?

The Backpack Health team is happy to help – email them at [help@backpackhealth.com](mailto:help@backpackhealth.com) or chat directly from within the app by tapping or clicking on your initials/profile picture and selecting “Contact Us.” You can get answers to specific questions about the app in the [Backpack Health Help Center](#).



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