

# myBETAapp™ Instructions for Use

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## 1 Overview of myBETAapp

myBETAapp is designed to assist you with managing your injections. It provides you with tools to record injection information and a calendar of your scheduled injections. myBETAapp includes the following features and functions:

1. Display scheduled injections according to the injection routine, i.e., one injection every other day.
2. Display suggested injection sites on the body, based on the injection sites shown in the full Prescribing Information for BETASERON® (interferon beta-1b).
3. Display a monthly calendar of recorded, missed, and scheduled injections.
4. Connect to BETACONNECT™ autoinjector via Bluetooth, and transfer injection data recorded with the autoinjector. These injections will be displayed in the CALENDAR and INJECTIONS views.
5. Send a notice to record injection data to you via push notifications to your smartphone or mobile device.
6. Record indicators of health and wellness and summary of the information in a chart, for your personal use.
7. Allow you to share your injection history information with a BETA Nurse and your healthcare professional team, such as your doctor and your pharmacist.
8. Allows you to receive in-app messages from a BETA Nurse.
9. Export of injection history as a PDF document or as a CSV (comma separated value) file. This enables you to download and print out a copy of your injection history.
10. Receive information messages from the myBETAapp administrator.

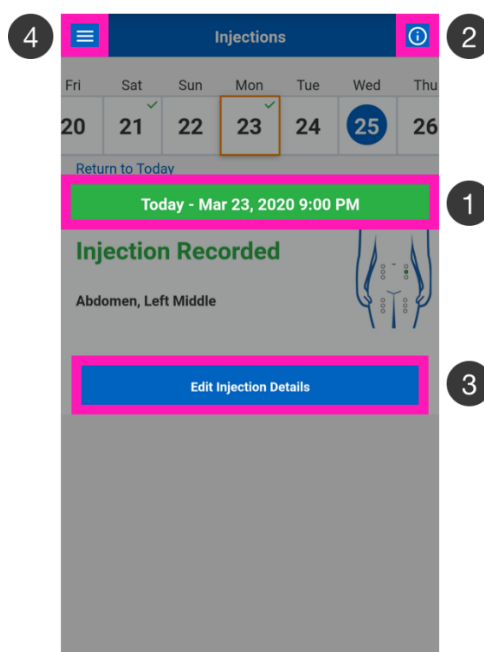
***The notice from myBETAapp to record injection data is independent of the injection reminder feature found on the BETACONNECT autoinjector. If you have the injection reminder switch enabled on your BETACONNECT autoinjector, you may get a reminder from the BETACONNECT autoinjector and a notice to record injection data from myBETAapp, at different times. Make sure that you only take your medication as prescribed by your physician.***

**You must have an active internet connection to use myBETAapp. You do not need an internet connection to use the BETACONNECT autoinjector.**

**To protect your phone and tablet running myBETAapp, please ensure it is always up-to-date with the latest security updates.**

## 2 myBETAapp User Interface

1. Colors: myBETAapp uses different colors and symbols in a consistent manner throughout the app:

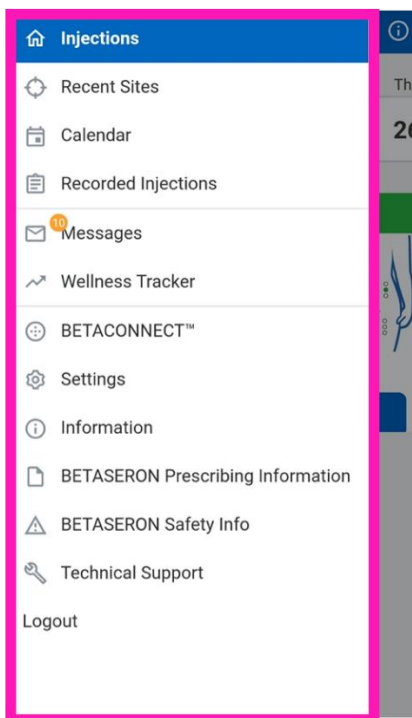
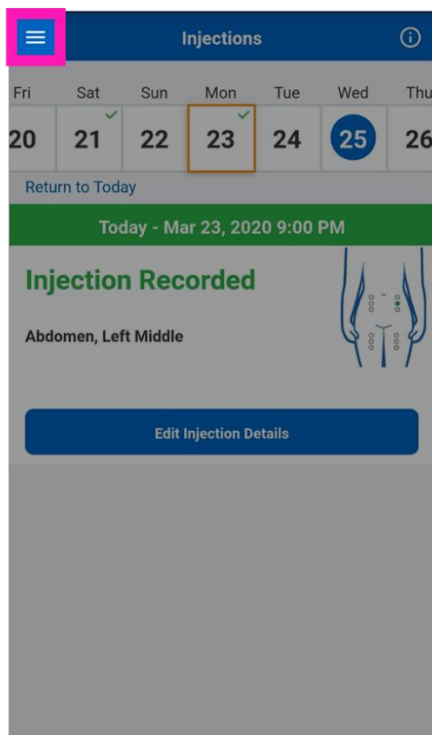



myBETAapp uses three colors to represent injection activity:

- Green** indicates a recorded injection
- Red** indicates an injection not recorded
- Blue** indicates a scheduled injection

For example, you may see a diagram of the body showing various injection sites. The green color indicates sites where injections were recorded; the blue color indicates where injections are scheduled.

2. Icons: myBETAapp uses icons to indicate important functions. For example, the ? icon always represents help or a legend describing what you see on the current screen.
3. Buttons: The primary buttons in myBETAapp™ are blue, with white text.
4. Menu: The main screens in myBETAapp are accessed via the MENU.



The MENU is hidden by default. Tap the  icon in the top left corner of the screen to reveal the MENU. To hide the MENU, tap on the icon again.

### 3 Installing myBETAapp

To use myBETAapp, you must first install it on your mobile device. You can find the latest information about obtaining myBETAapp for your system at [www.betaseron.com](http://www.betaseron.com).

Find a link for the app on [www.betaseron.com](http://www.betaseron.com) or download and install the app from the Apple App Store (Apple iOS devices) or Google Play (Google Android devices).

***You should always use the newest version of myBETAapp. If a newer version is available, you will be asked to update or repeat the installation to install the newest version. Do not delete the current version you have on your mobile device. Keep the current version and update it by downloading the most recent version.***

### 4 Launch and Configuring myBETAapp

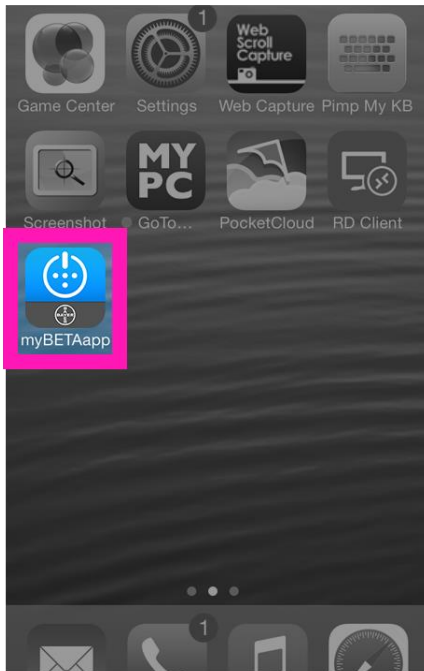
#### 4.1 Launching myBETAapp

After you have installed myBETAapp on your mobile device, you must launch the app to access its features.

Look for the myBETAapp icon.

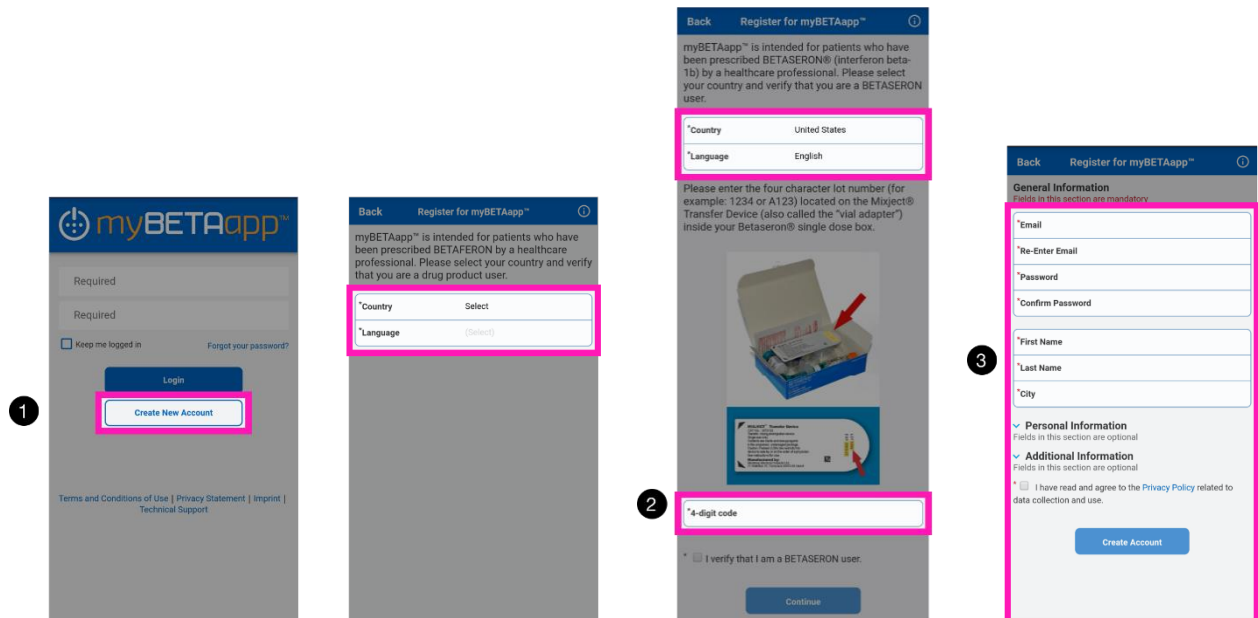


Find and tap the myBETAapp icon on your screen to launch myBETAapp.



## 4.2 Registering for a myBETAapp Account

To use myBETAapp, you must log in with a user account and password. If you do not already have an account, you can register for one the first time you launch myBETAapp on your mobile device.



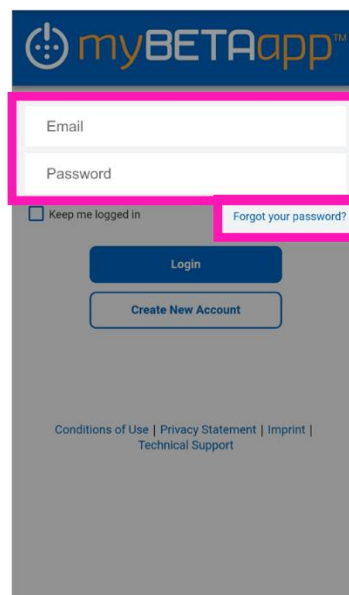
1. When prompted to log in, select *Create New Account* just below the login area.

2. You will be prompted to enter a code from your BETASERON® drug packaging to continue the registration process. Please have a package of BETASERON® handy when setting up the app.
3. Provide the details requested on the registration screen. These details include your name, email address, a password that you will use to keep your account secure, and other contact information.

**You will receive an email to the email address you used for registration. It may take up to one (1) hour to receive the email message. You must select the link in the email message to activate your account. Until you do this, your account will not be active and you will not be able to use myBETAapp.**

### 4.3 Logging in to myBETAapp

To log in to myBETAapp, enter the email address and password you provided while registering.



If you do not provide a valid email address or password, myBETAapp will display an error message. You may re-enter the email address and password.

If you do not remember the password you used to set up your account, you may reset your password on the login screen. Refer to the [Frequently Asked Questions](#) for more details.

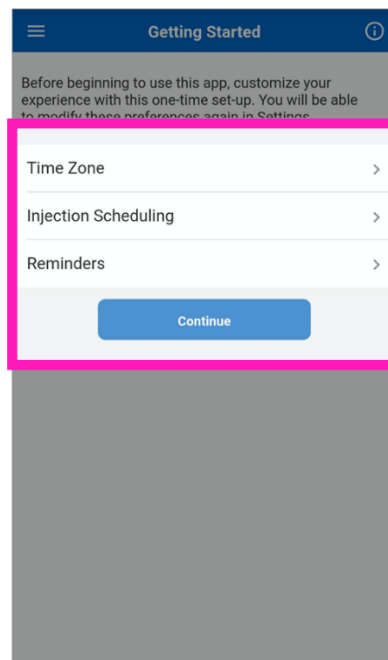
You must enter your email address and password at every login for security reasons. However, you can decide to let myBETAapp remember your login for 90 days if you prefer that. Refer to the [Frequently Asked Questions](#) for more details.

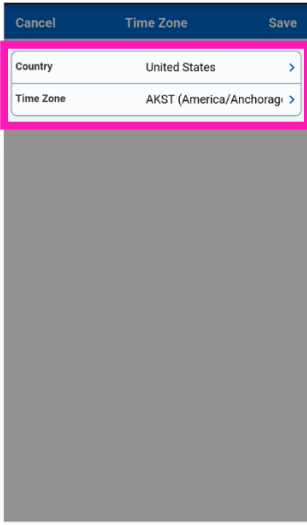
**When you log into myBETAapp you may be prompted to read and accept a disclaimer, product safety information, or other content before you can proceed.**

## 4.4 Configuring myBETAapp

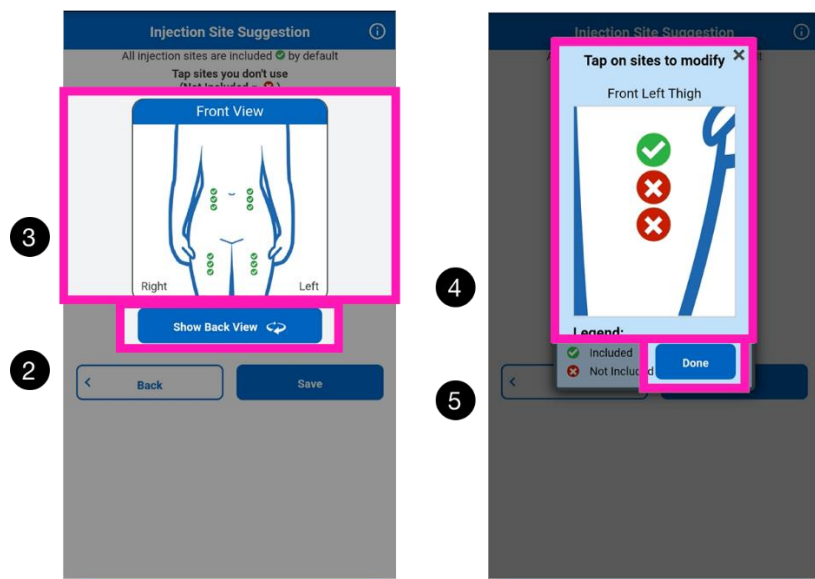
When you log into myBETAapp for the first time, you will be presented with options to personalize your app experience. If you later wish to change your settings, you may do so using the SETTINGS screen.

Follow the on-screen prompts to configure myBETAapp. Options that you can configure include:



Time Zone	<p>Select <i>Time Zone</i> to set your time zone. The time zone you specify is used to send you a notice to record injection data at the correct time and to show recorded injections in local time. Remember to update the time zone when you travel.</p>  <p>Select <i>Save</i> to store your settings.</p>
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Injection Scheduling	<p>Select <i>Injection Scheduling</i> to customize myBETAapp to your injection schedule and details.</p> <p><b>Setting Your Injection Schedule</b> To provide you with an accurate calendar of scheduled injections, myBETAapp must know when you last injected or when you plan to inject. myBETAapp will schedule one injection every other day.</p> <p><b>If you have already started taking your injections</b>, select “Yes” when prompted:</p> <ol style="list-style-type: none"><li>1. Select <i>Last Injection Date</i> to select the date of your last injection.</li><li>2. Select your last injection site on the body diagram.<ol style="list-style-type: none"><li>a) Use the <i>Show Front View</i> button to show the front or <i>Show Back View</i> to show back of the body diagram.</li><li>b) Select the region of the body containing your last injection site.</li><li>c) In the enlarged portion of the diagram, select your last injection site. When you click or tap it, it will change to a green circle with white check mark (✓). This indicates that you have selected it as your last injection site.</li><li>d) When you have finished selecting your last injection site, select <i>Done</i>.</li></ol></li></ol> <p><b>If you have not started taking your injections</b>, select “No” when prompted and then select the date of your first injection.</p> <p><b>Adjusting Next Injection Site Suggestion</b> By default, all injection sites shown in the BETASERON® prescribing information are included.</p>
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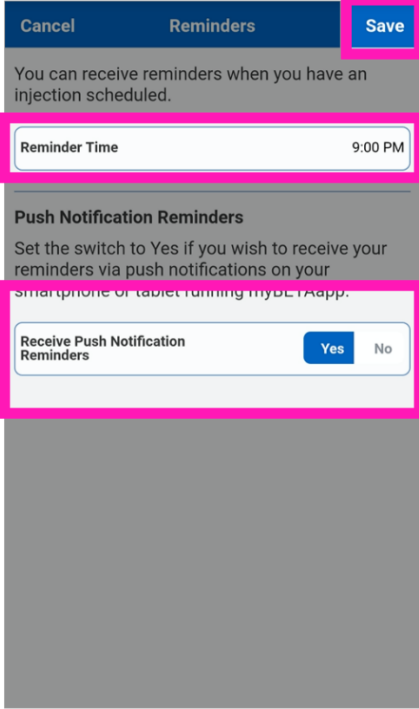
To adjust the sites that are included in your next injection site suggestion:

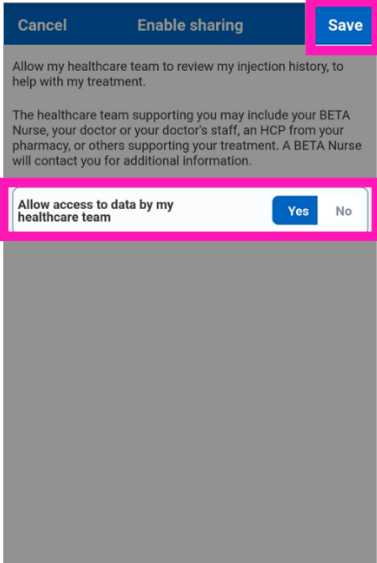
1. Select "Yes" when asked, "Do you want to customize your injection sites?"
2. Use the *Show Front View* button to show the front or *Show Back View* to show back of the body diagram.
3. Select a region of the body containing the site or sites you wish to modify.
4. In the enlarged portion of the diagram, select a site you wish to change. When you click or tap it, it will change color as:
  - ✓ Green with white check mark: The site will be included in the injection suggestions.
  - ✗ Red with white X: Not included, this site will not be suggested.
5. When you have finished adjusting the sites in that region of the body, select *Done*.
6. Repeat for each region of the body for which you wish to customize the included suggested injection sites.

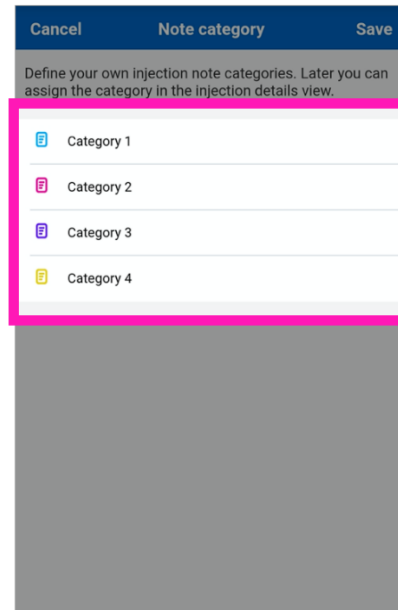
**You must include a minimum of two injection sites in your injection site suggestions.**

Select *Save* to store your settings.



Reminders	<p>Select <i>Reminders</i> to configure injection data recording notifications, which will be delivered to you via push notifications to your smartphone or mobile device. This is a helpful reminder to make sure your injection data is being recorded on a regular basis. See sections 8 and 9 of these instructions for guidance on how to record injection data</p>  <ol style="list-style-type: none"> <li>1. Indicate the time of day at which you typically take your injection.</li> <li>2. Slide the toggle switch to <i>Yes</i> for “Receive Push Notification Reminders” to enable push notification reminders.</li> <li>3. If you do not wish to receive push notification reminders, slide the toggle switch to <i>No</i> to disable push notifications reminders.</li> </ol> <p>Select <i>Save</i> to store your settings.</p> <p><b><i>If you wish to receive push notification reminders, please ensure your smartphone or mobile device allows receiving push notifications from myBETAapp.</i></b></p> <p><b><i>Reminders will not be available unless you have enabled sharing of your recorded injection history with your healthcare team.</i></b></p>
Setting access to injection history data by your BETA Nurse and your team of Healthcare Professionals helping you with	<p>When you first set up the app, access to the injection history data by your healthcare team is already enabled.</p> <p>A BETA Nurse coordinator will contact you to identify the correct physician and pharmacist who are supporting you with your BETASERON® treatment. If you later change your doctor or pharmacist, please contact your BETA Nurse at 1-800-788-1467 so the information can be updated.</p>

<p>your treatment (your doctor and your pharmacist)</p>	<p>Not all doctors or pharmacists will accept the data sharing arrangement. Your BETA Nurse will always participate in data sharing and will arrange for sharing with your doctor and/or pharmacist if they agree to participate.</p> <p>If you for some reasons do not want to share your injection history data with the healthcare team, you can go to SETTINGS and disable data sharing.</p> <p>From SETTINGS select <i>Share your recorded injection history with your healthcare team</i> to confirm if your injection history data is shared with your healthcare team.</p>  <p>1. If the toggle switch is in the "Yes" position, your injection history data will be shared with your BETA Nurse and the team of healthcare professionals supporting you with your treatment. If you do not want to share your injection history data with anyone, select the "No" position.</p> <p>Select <i>Save</i> to store your settings.</p> <p><b><i>You can always go to SETTINGS and enable sharing of your injection history data again.</i></b></p>
<p>Note Category</p>	<p>This option is visible in the SETTINGS screen and not during the initial getting started configuration.</p>



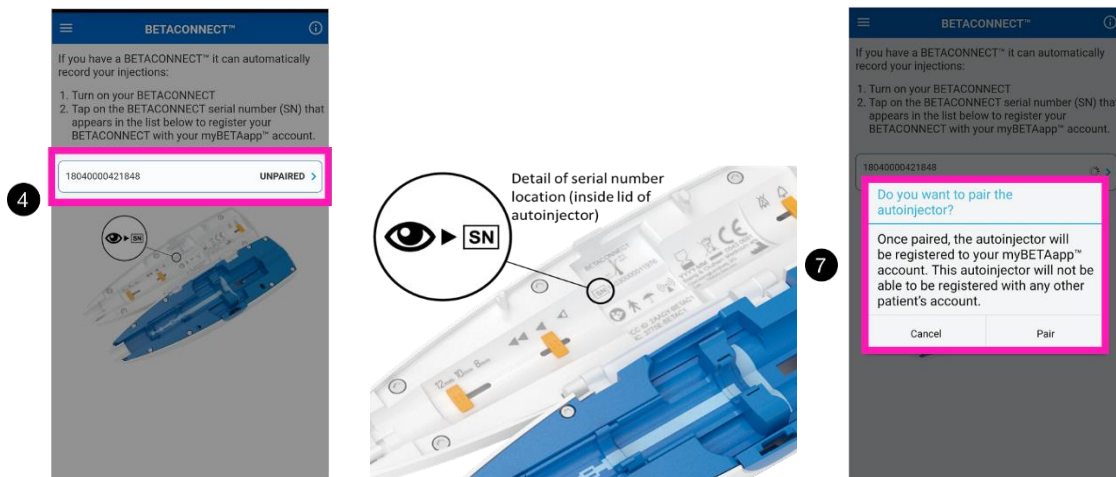
The pre-defined titles of the note categories are the following: "Category 1, Category 2, Category 3 and Category 4". These note category titles can be adjusted or changed according to your preferences or needs.

Please note that these category titles and the content in these fields will not be shared with your nurse or healthcare professional. They are only for your personal use.

Since you can adjust or change the category titles, you may find category titles such as "symptoms", "nutritional status", "sleep patterns" or "injection Issues" useful. These are only examples and you can customize them as needed.

## 5 Connecting BETACONNECT Autoinjector to myBETAapp

By connecting a BETACONNECT autoinjector to your account, historical injection data is automatically transferred from the autoinjector to myBETAapp. You can have one or more BETACONNECT autoinjectors connected and listed in myBETAapp. For each BETACONNECT autoinjector that you wish to connect to myBETAapp, follow these steps:



1. Enable Bluetooth on your mobile device. Refer to the documentation for your mobile device for instructions and additional information about enabling Bluetooth.
2. Select the BETACONNECT screen from the MENU.
3. Power on your BETACONNECT autoinjector.
4. The serial number of the BETACONNECT autoinjector will appear in the list displayed on the screen.
5. Compare the serial number with the serial number printed inside the lid of your BETACONNECT autoinjector to confirm that you are activating the correct autoinjector.
6. Select the serial number of the BETACONNECT autoinjector you wish to register with your myBETAapp account.
7. When you see the confirmation message, confirm the registration by selecting *Pair*.

The injection data from the BETACONNECT autoinjector will be transferred automatically to your myBETAapp account whenever the BETACONNECT autoinjector is powered on and within range of your mobile device. Important: myBETAapp must be open & running on your phone or device, in order for data transfer to occur.

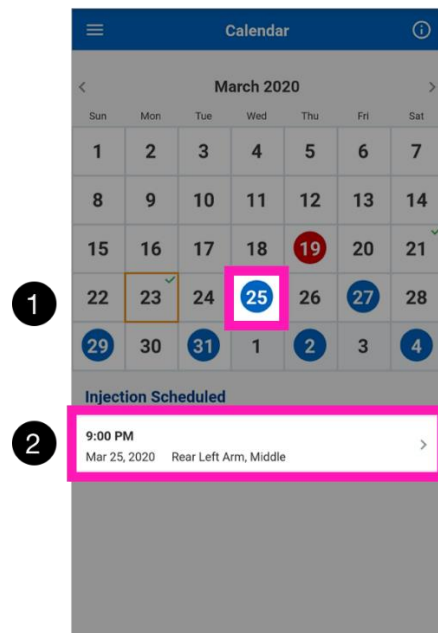
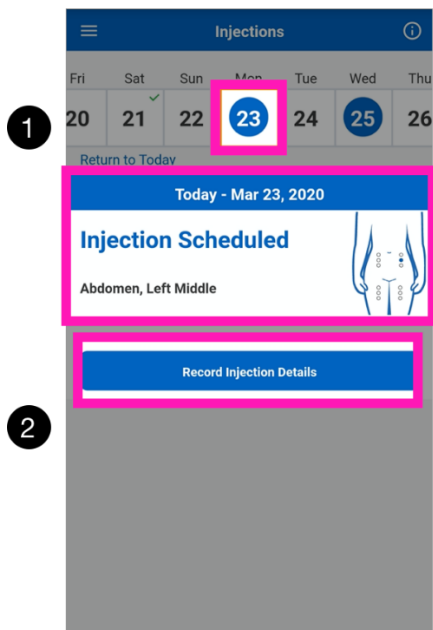
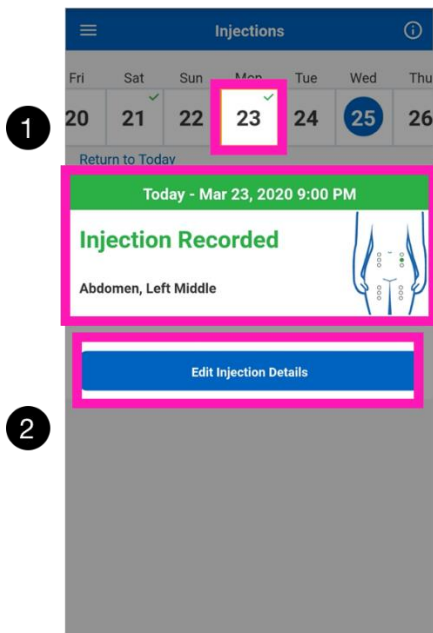
***myBETAapp will only interface to a BETACONNECT autoinjector, no other devices are supported.***

## 6 Determining when an Injection is Scheduled

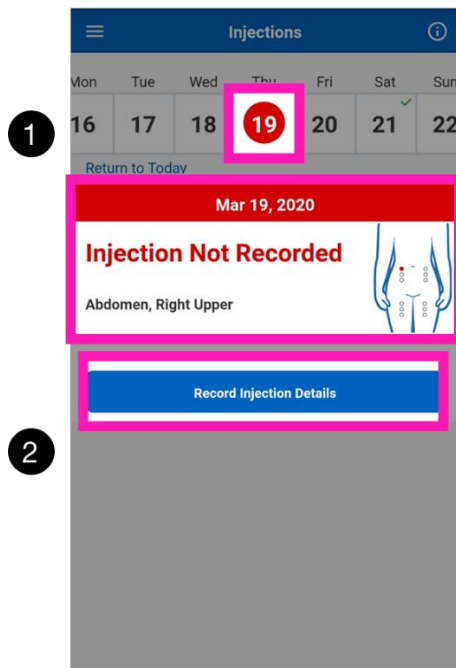
There are two methods for viewing information about past and future injections in myBETAapp, from the INJECTIONS and CALENDAR views:

**Select INJECTIONS from the MENU:**

**Select CALENDAR from the MENU:**



1. Select the date of the injection you wish to view. The dates in the calendar are highlighted as follows:
  - a. **Green** indicates a recorded injection.
  - b. **Blue** indicates a scheduled injection.
  - c. **Red** indicates an injection that was scheduled in the past and not recorded.
2. The date and injection site appear below the calendar.
3. Select the button containing the injection information to view details.
4. Select *Back* to return to the CALENDAR.



1. Select the date of the injection you wish to view. The injection details appear below the date and are color coded.
  - a. **Green** indicates a recorded injection.
  - b. **Blue** indicates a scheduled injection.
  - c. **Red** indicates an injection that was scheduled in the past and not recorded.
2. To view additional details, select *Edit Injection*.
3. Select *Save* or *Cancel* to return to the INJECTIONS screen.

The details of each injection include date, time, and (if provided) injection site, note and note category.

Five special icons may be shown on the INJECTIONS and CALENDAR views:

🕒: The injection has been recorded after midnight and until 3am. The injection will be considered and displayed as belonging to the day before.

📍: An injection site has not been provided for the injection. You can add an injection site by selecting the injection and updating the injection details. If there is more than one injection recorded for the selected day, this icon will be shown if at least one of them has no injection site stored.

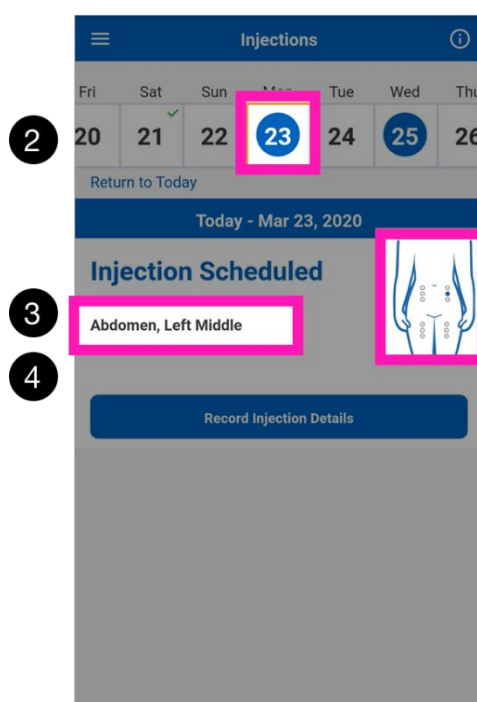
🤖: Injection recorded automatically from the BETACONNECT™ autoinjector.

🚩: Injections recorded both manually and automatically from the BETACONNECT autoinjector the same day. Injections performed with the BETACONNECT autoinjector should not be recorded manually.

📄: An injection note or a note category has been saved for the injection. If there is more than one injection recorded for the selected day, this icon will be shown if at least one of them has a note or a category. The color of the icon indicates the selected note category. In case no category has been selected the icon is gray.

## 7 Finding the Injection Site for a Scheduled Injection

To determine which injection site is suggested for a particular injection:



1. Select INJECTIONS from the MENU. The INJECTIONS screen shows, by default, today's scheduled injection, if there is one.
2. Select the date for which you wish to see the suggested injection site.
3. View the body diagram below the date. The body diagram shows a representation of the injection sites with the suggested site for this injection highlighted with a blue dot.
4. The suggested injection site is also described, in text, next to the body diagram. For example, you may see "right buttock, middle", indicating the suggested injection site is the middle part of your buttock on the right side of your body.

## 8 Recording an Injection Manually

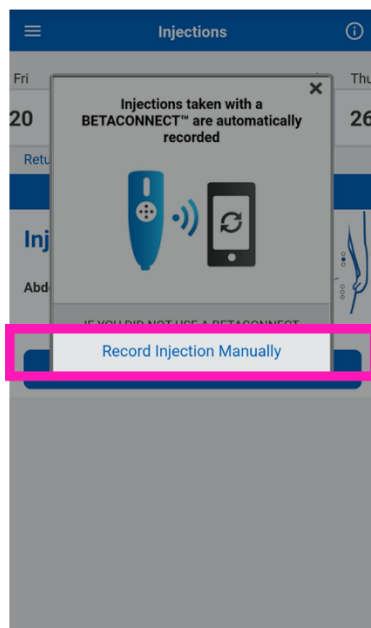
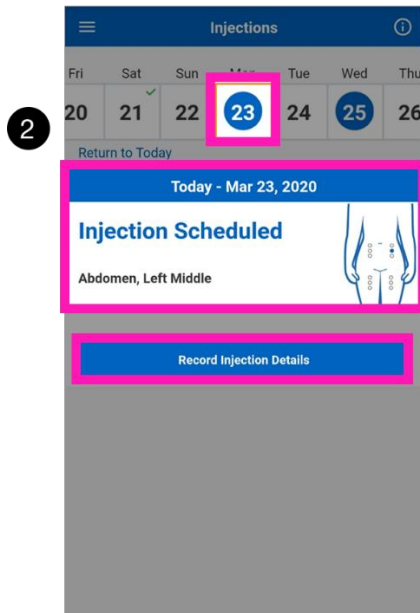
If you do not have a BETACONNECT autoinjector or wish to record an injection that you performed with a syringe or other injection device, you can record the injection information manually.

**You cannot record an injection on a future date.**

1. Select INJECTIONS from the MENU.

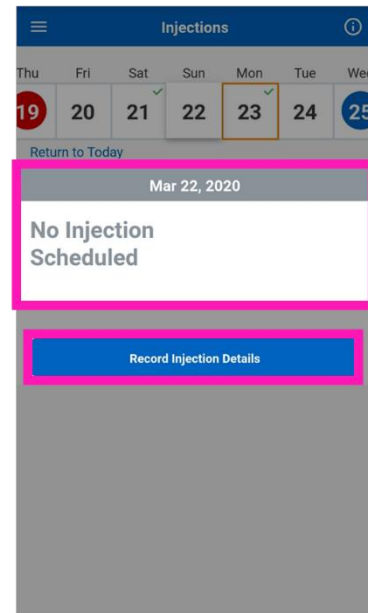
- Select the date for which you wish to record an injection.

**If there is already an injection scheduled on the selected date:**



- The details of the scheduled injection will appear below the selected date.
- The body diagram will show the suggested injection site for the scheduled injection.
- Select *Record Injection Details*.

**If there is no injection scheduled on the selected date:**



- A message indicating that no injection is scheduled will appear in gray below the selected date.
- Select *Record Injection Details*.
- Select *Record Manually* to record the injection.



- d. Select *Record Manually* to record the injection.

5 Cancel Record Injection Save

Injection Scheduled

Date Mar 23, 2020 >

3 Time 9:00 PM >

4 Injection site Abdomen, Left Middle >

NOTE

Note category >

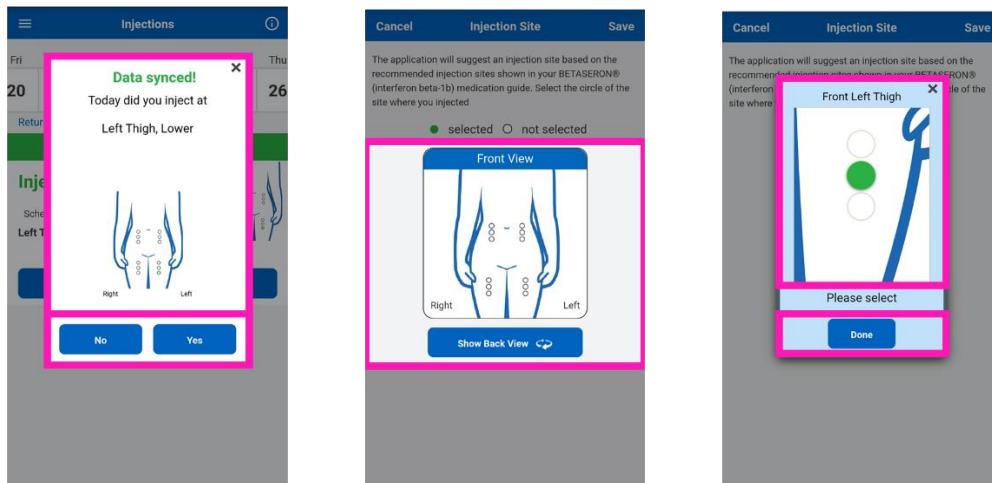
Add a note

This note and category will not be shared with your BETA Nurse, HCP or Pharmacist.

3. Enter the time the injection was performed.
4. Specify the injection site where the injection was performed:
  - a. Select the name of the injection site to view a diagram of the body showing injection sites.
  - b. Select the area of the body to display an enlarged view of the injection sites in that area.
  - c. Select the injection site you wish to assign to the injection.
  - d. Select *Done and Save*.
5. Select *Save* to save the recorded injection details.

## 9 Recording an Injection with a BETACONNECT Autoinjector

**To record an injection automatically with a BETACONNECT autoinjector, first make sure your BETACONNECT autoinjector has been connected to myBETAapp (see [Connecting BETACONNECT Autoinjector to myBETAapp](#)).**



1. Launch myBETAapp to find the scheduled injection site (ensure Bluetooth is enabled on your mobile).
2. Perform the injection with your BETACONNECT autoinjector.
3. Any recorded injections in your BETACONNECT autoinjector will be synchronized with your account. The screen will automatically update the status of any days where new injections were uploaded.
4. Verify that your injections were recorded successfully and if needed confirm or update the injection site.

***After synchronization you will be prompted to confirm the injection site of your most recent injection. If you did not inject in the site presented, select No and follow the prompts to select the correct injection site.***

## 10 Logging Out of myBETAapp

To log out of myBETAapp, select LOGOUT from the MENU.

## 11 Troubleshooting and Frequently Asked Questions

### **1. Where can I find the product ID, code, serial number, or PIN?**

The screen that prompts you for a product ID, code, DIN number, or PIN describes where you can find this information. In some cases, the product ID requested is located on the BETASERON® package. In other cases, you may have received a code or PIN from a healthcare professional. Follow the on-screen instructions carefully, as they may provide a telephone number to call for further assistance.

### **2. Why do I need to register to use myBETAapp?**

Your injection data is stored in the cloud. You must register with an email address and private password to secure your data.

### **3. Is my personal and medical information secure?**

Yes, your personal and medical data is secured with technical and procedural safeguards according to the regulations in your country, as described in the Privacy Statement.

### **4. Which data can my healthcare team see if I enable sharing data?**

That depends on the data recording method you are using. If you record manually or you are using BETACONNECT autoinjector your BETA Nurse or healthcare professional will be able to get information of your injection, e.g. injection date, , injection speed, needle depth and injection site.

**5. Do I have to enter my email address and password every time I access myBETAapp?**

By default you will need to log in with your email address and password everytime you open myBETAapp™. myBETAapp™ will automatically log you out after 30 minutes of inactivity for security reasons. However, you can allow myBETAapp™ to remember your login credentials, so you are logged in automatically for 90 days without entering your email address and password everytime. This option is available on the "Login" page and to enable it, you need to activate the "Keep me logged in" checkbox.

**6. I forgot my password. How can I retrieve it?**

If you do not remember the password you specified during registration, you may reset it from the LOGIN screen. Select *Forgot your password?* and follow the on screen prompts. You will receive an email message containing a link to reset your password. You will receive an email confirmation that your password has been changed.

**7. I forgot my username. How can I retrieve it?**

The username is typically your email address. If you do not remember your username/ email address you will have to contact your BETA Nurse or healthcare professional for assistance.

**8. I keep getting logged out of myBETAapp. How do I stay logged in?**

For security reasons, you cannot stay logged into myBETAapp indefinitely. You will have to re-enter your email address and password after 30 minutes of inactivity. However, you can allow myBETAapp to remember your login for 90 days in order to simplify the login if you prefer that – please refer to question 5 above.

**9. Can I install myBETAapp on more than one mobile device?**

Yes, you can install myBETAapp on any number of mobile devices as long as they are supported platforms.

**10. My BETACONNECT injections do not appear in myBETAapp. What should I do?**

Review the instructions in [Recording an Injection with a BETACONNECT Autoinjector](#), above. In particular, ensure that your BETACONNECT autoinjector is powered on and connected to your mobile device (via Bluetooth). Ensure that myBETAapp is open & running on your device and that your device has an active internet connection. Note that Bluetooth must be enabled on your mobile device and your BETACONNECT autoinjector must be near your mobile device. If the problem persists, select TECHNICAL SUPPORT from the MENU to obtain help from the technical support team.

**11. My mobile device was lost or stolen. Can I still access my recorded injection history?**

Yes. Since your recorded injection history and other information is stored in the cloud, install myBETAapp on your new mobile device and log in with your existing myBETAapp account. If you use a BETACONNECT autoinjector, you will need to reconnect it to myBETAapp (see [Connecting BETACONNECT Autoinjector to myBETAapp](#)).

**12. Why does my “suggested next injection site” function not include all of the injection sites?**

Confirm that you have not disabled any of the injection sites in the SETTINGS screen. If you have done so, the sites suggestion function will automatically skip any injection site that you deselected.

**13. I am no longer receiving push notifications to record injection data. What should I do?**

Confirm that push notification is enabled in the SETTINGS screen. Please note that reminders will not be available unless the option of sharing your recorded injection history with your healthcare team is also enabled. In addition, check that your smartphone or mobile device allows push notifications from myBETAapp.

**14. Can I print my recorded injection history from myBETAapp?**

From the RECORDED INJECTIONS in the MENU you can export your injection history into a PDF document or a CSV file, which can be printed or shared further.

**15. How do I uninstall myBETAapp?**

To uninstall myBETAapp, follow the same process that you would use to remove other apps from your mobile device. Note that uninstalling myBETAapp does not delete your myBETAapp account or your data. You can access your data by reinstalling myBETAapp or using it on a different mobile device.

**16. How do I delete my myBETAapp account and all of my data?**

To delete your account and data, select SETTINGS from the MENU. Select *Delete Account* to delete your account and follow the prompts to confirm that you wish to take this action. Your account and data will be completely deleted.

**17. I received an error message. What should I do?**

Make a note of the error message, including any numeric code and description you see. Contact the technical support team by selecting TECHNICAL SUPPORT from the MENU.

**18. If I miss a dose, how do I adjust a scheduled injection date to a different day?**

To reschedule the date of your next injection select CALENDAR from the MENU. From the calendar choose the day you want to take your next injection. The calendar will automatically shift future injection dates to be two (2) days after the new injection day you have set.

**19. How do I revise or delete manually recorded injection data?**

If you have manually recorded injection data in the app you can modify the details of the entry or delete the entry entirely.

Select CALENDAR from the MENU and choose the date of that past manually recorded injection. If you want to change any detail, choose the button at the bottom of the screen. After selecting this button, the screen will be displayed with the fields that can be changed (those are in blue font). Follow the on-screen prompts to change the details and save your changes.

To delete the entry entirely, choose the red “*Delete Injection*” button at the bottom of the screen.

**20. I am still having problems using myBETAapp. What should I do?**

In case the program is not responding you may try to restart the application or reboot your mobile device. You can also contact the myBETAapp technical support team via phone, email or chat. Please select TECHNICAL SUPPORT from the MENU or call 1-844-351-5696.

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