

Easy Self-Care for Asthma with Asthma Storylines

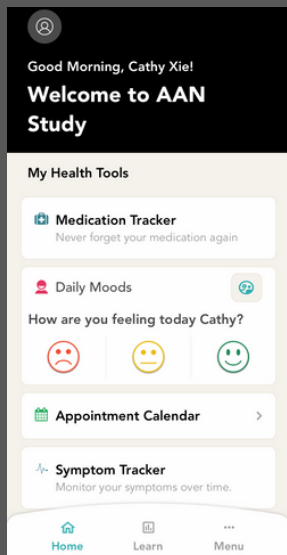
Now it's easy to record your symptoms, daily asthma control, moods, medication, and more for managing asthma. Choose what you want to track to build the health story for you or your loved one. This enables you to learn more, and share more with your care team, so you both see the full story.

With Asthma Storylines, all you have to do is tap an icon, swipe a screen, fill in the blanks.

Use the following health tools on the app to better manage and monitor asthma:

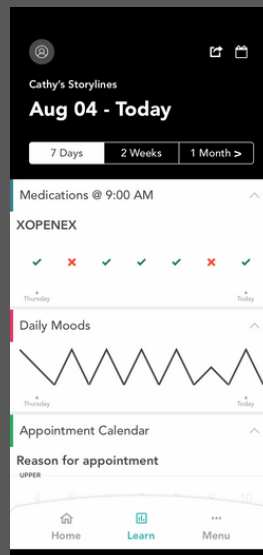
- **TRACK** symptoms, moods, and daily asthma control
- **RECORD** questions you have for your healthcare provider
- **ACCESS** the Asthma Control Test™ and discuss results with your healthcare provider
- **REMEMBER** appointments and to take medications on time
- **JOURNAL** about your condition and other aspects of daily living
- **IMPORT** data from other health and fitness apps that you use
- **LEARN** from your health story, summarized on the My Storylines page found under the left menu
- **SHARE** your health story with your care team, and collaborate with them on treatment and asthma management strategies

1



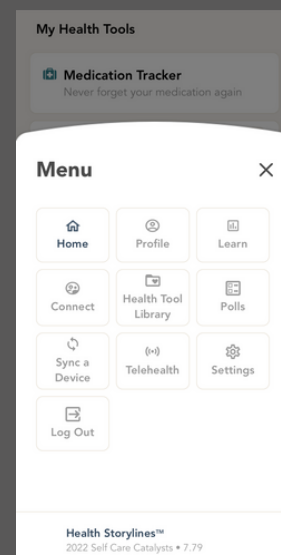
The main page displays all your Health Tools for managing asthma and overall health. You can add more tools by clicking on the teal + icon at the bottom of the screen.

2



The "Learn" tab found on the dashboard gives you a summary of your overall health, and enables you to share more with your care team.

3



Open the menu by clicking on the menu icon at the bottom of the screen. You can update your profile, sync your wearable devices, and connect with your circle of support.

How to Access Asthma Storylines

The mobile app is free for all users on iOS and Android devices. There is also a web version available, accessible through the browser of any desktop computer or mobile device.

Get the Mobile App

- To install this FREE APP on your mobile, click on the link provided which will take you to a landing page.
- Click on “Open” and it will take you to the Health Storylines app in the app store.
- For IOS users, click on the GET button, then click INSTALL. For Android users, click the install button.
- Once installed, open the app and click on “Sign up.” You will need to enter the registration information, agree to the Privacy Policy and Terms of Use, and complete the human authentication captcha to begin using the Asthma Health Storylines version of the Health Storylines app.
- Now you can start using your mobile version of Asthma Health Storylines!

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Using the Web App

- Click on the link provided to enter the web app version of Asthma Storylines.
- Click on the “Create a Free Account” button.
- Enter your registration information. You will need to agree to the Privacy Policy and Terms of Use to begin using the Asthma Health Storylines version of the Health Storylines app.
- Now you can start using your Web version of Asthma Health Storylines!

Need help getting started?

Email us at support@healthstorylines.com
or call us at 1-844-475-4637 (Mon – Fri, 9 AM to 5 PM Eastern)