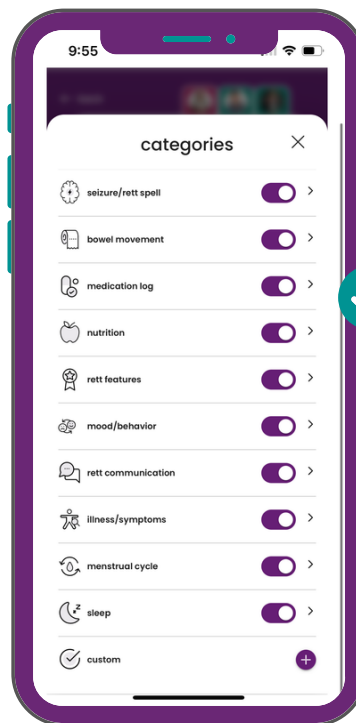


# My Rett Ally

**tips and tricks**

## 1. Track what's important to you.

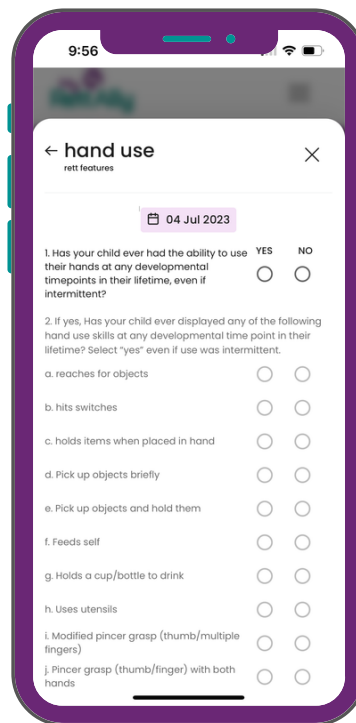
My Rett Ally puts you in control of determining which tracking categories you want to use for your caregiving needs. Don't worry- you can always modify your selections by clicking on the 'manage categories' button at the bottom of the Category View window. There is also a custom category option that let's you define the information to be tracked.



## 2. Built for Rett families.

My Rett Ally Tracking contains specific Rett Tracking categories tailored for the community. seizure/rett spells, rett features & rett communication were created in conjunction with IRSF to provide a simple way to capture details that matter most to the Rett community.

Be sure and activate these categories in your tracker if they are meaningful for you and your loved one(s).

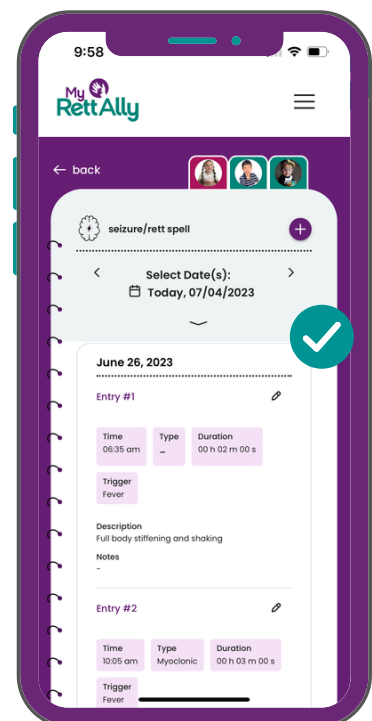
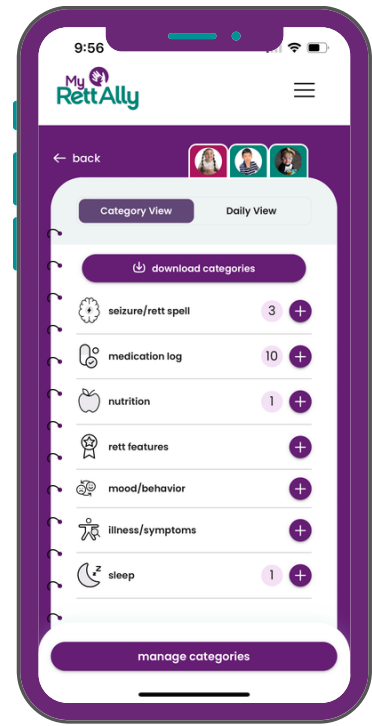


## 3. Category view vs. Daily view.

My Rett Ally makes it simple to enter, view, and manage your tracking information.

Use Category View to manage categories, add entries and/or dive deep into the history of a particular category. In the Category View drill down (click a particular category name), click on the calendar date to select a specific date or range of dates to view information across a historical time period. The dot(s) in the calendar date selection window indicate there is an entry for that day.

Use Daily View as your one-stop shop to view or enter information across all active categories for a particular day. Daily View is especially useful when entering information across multiple categories such as nutrition and medication log details after meal time.

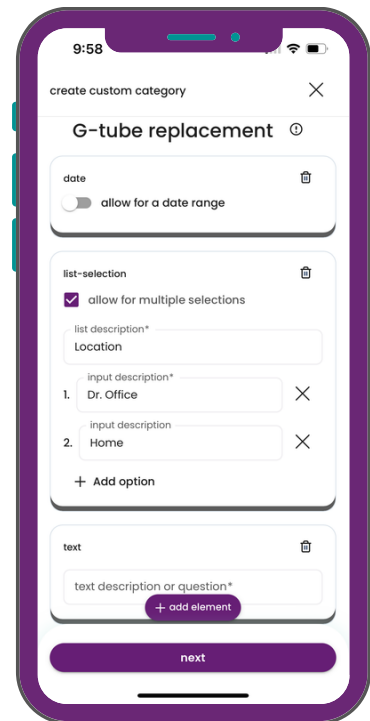
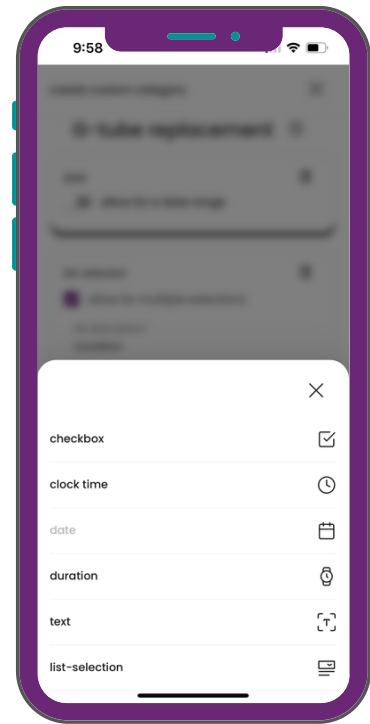


## 4. Custom categories help you track whatever is most important to you!

Use custom categories to define your own custom elements (fields) to track. Click on 'manage categories' in the Category View window and select the custom category to get started. Name your custom category and then follow the instructions to add element types such as a date, a general text box or a list-selection. You define the name of the element(field) and the options that can be selected for things such as a list. You can add as many elements(fields) as you'd like, even multiples of a particular element type.

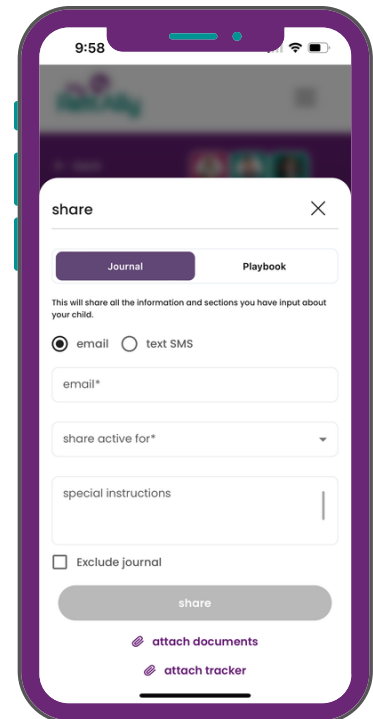
Thought starters on custom categories:

- g-tube replacement
- blood draws
- weight
- pulse ox
- new medication tracking
- treatments
- notes



## 5. Share Tracking Info via e-mail or text in seconds!

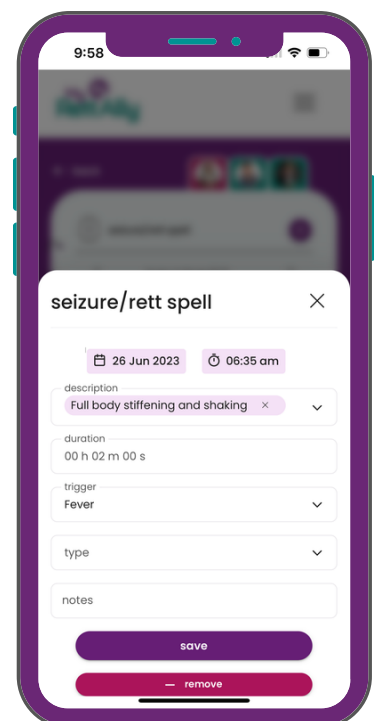
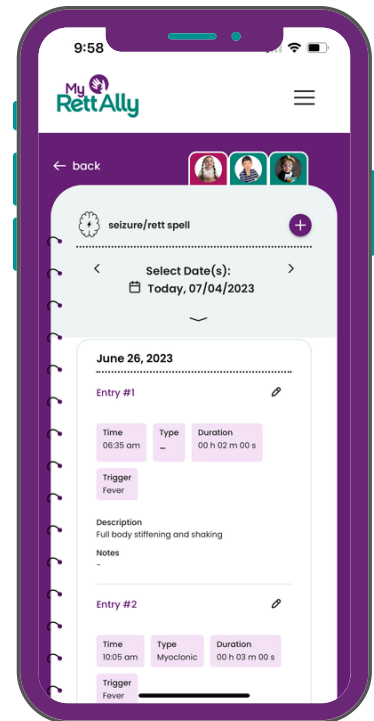
Click Share in the upper My Rett Ally menu to share documents, a journal and/or tracker information. Select 'Journal' (all sections) or 'Playbook' (filtered list of sections) or 'exclude journal' (no journal sent) and determine how long this shared link should be active. Add any special instructions if needed. Click 'attach tracker' and select your date range and categories to share tracker information. Once shared, a unique, time-bound link will be sent via e-mail or text. The receiving user will need to enter your loved one's birthdate the first time to access the shared info. My Rett Ally information will update even if you modify it after the link was sent. So easy!



## 6. Need to change something- Edit or delete with ease!

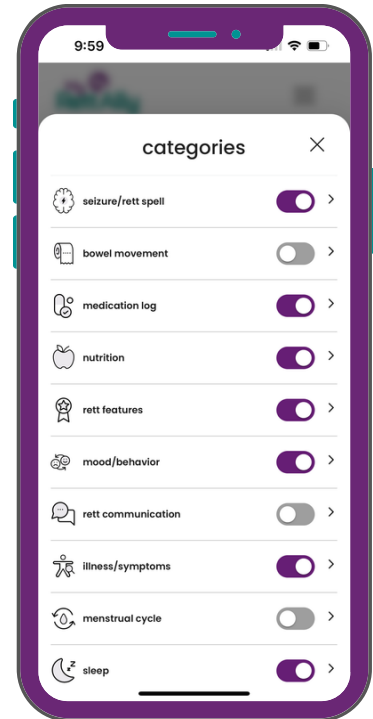
Things change- we get it! Click on edit (pencil icon) to go into edit mode to modify any details within a particular entry.

Modify what you need to and then click 'save' to update. In edit mode, you can also click on ' - remove' to delete the entry completely



## 7. Need to view prior entries for a category that is not active?

Just click 'manage categories in the Category View and click on the '>' icon to go to the drill down for that category. You can then click on the calendar date to select a different date or range of dates to view information across a historical time period. If you want to share or download information, just toggle the category back to active temporarily to use those functions.



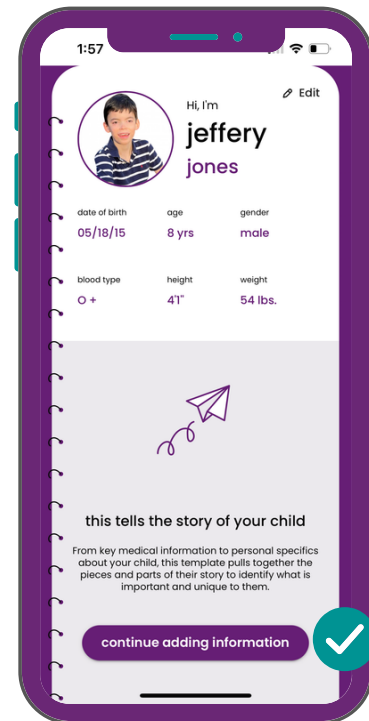
## 8. Download tracker category into a pdf

Click on 'download categories' to download information to a PDF file.



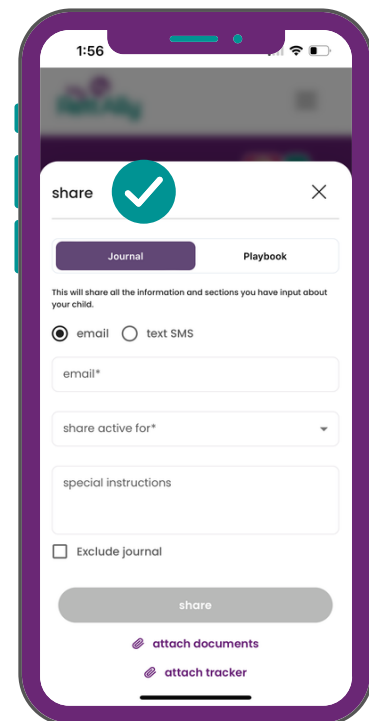
## 1. You're in control- Add As You Go!

Signing up for My Rett Ally takes only 90 seconds! My Rett Ally was designed for you to enter information at your own pace so you don't have to do it all in one sitting. Carve out 5-10 minute blocks and soon you'll have a full view of your child beautifully organized and ready to share. Just click edit once signed up to get started!



## 2. Share your loved one's journal via e-mail or text in seconds!

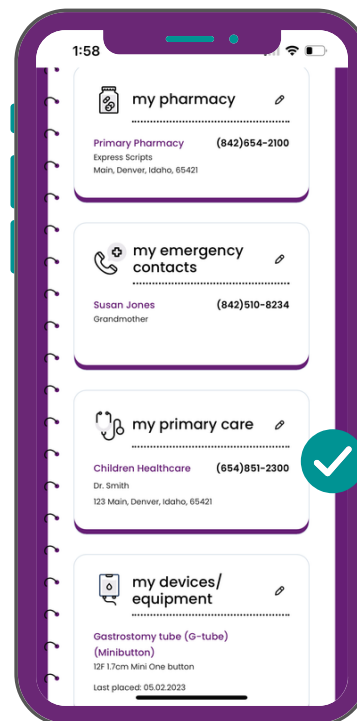
Click Share in the upper mejo menu to share a journal, documents and/or tracker information. Select journal(all sections) or the playbook(filtered list of sections) and determine how long this shared link should be active. Add any special instructions if needed. Once shared, a unique, time-bound link will be sent via e-mail or text. The receiving user will need to enter your loved one's birthdate the first time to access the shared info. My Rett Ally information will update even if you modify it after the link was sent. So easy!





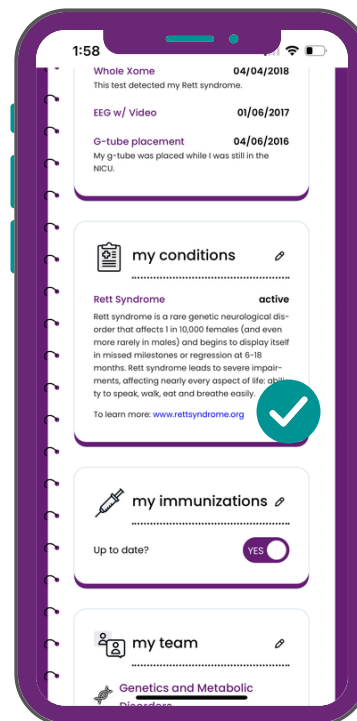
### 3. One-click dial/email

Entered in a phone number for a pharmacy, care team member or emergency contact into My Rett Ally? Just click it and it will take you to your phone ready to dial.



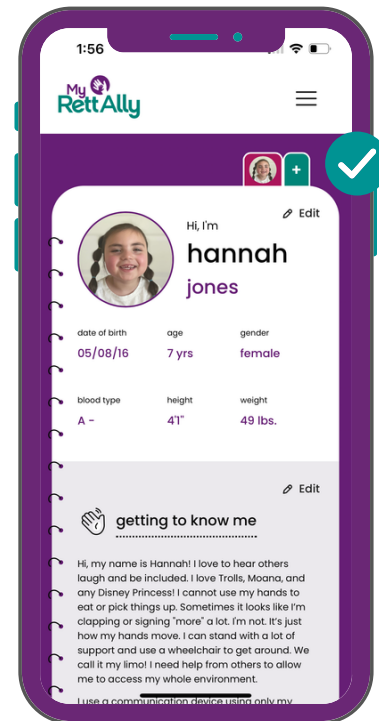
### 4. Hyperlink to important information in a click!

Want to easily access care instructions, how-to-video or other reference materials available on the web? Just type in the web address to the notes or other applicable sections in your journal and a hyperlink will appear allowing you to launch right there in a separate browser window.



## 5. Add multiple loved ones

Just click the '+' tab to add another profile to My Rett Ally. Great for parents & caregivers who want to have of their medical & care information in one place!



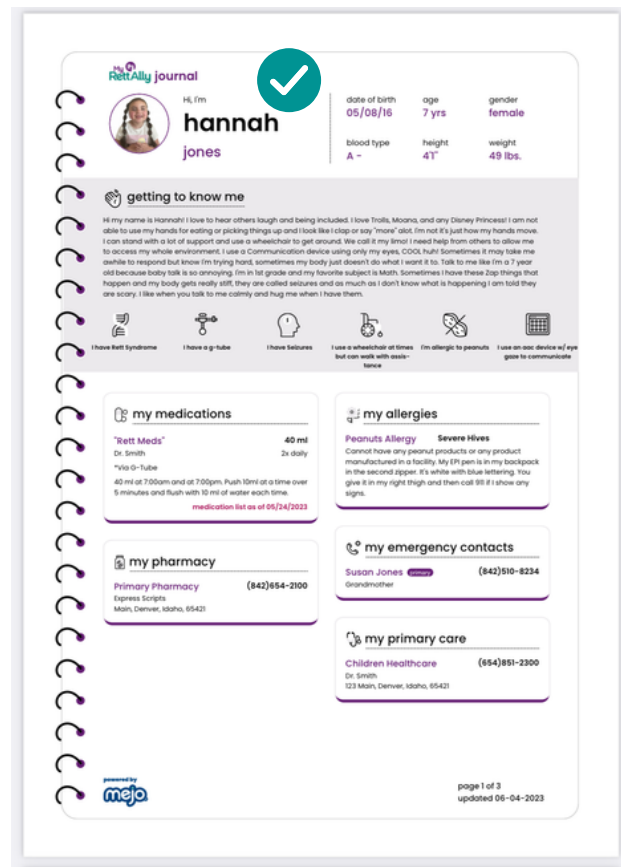
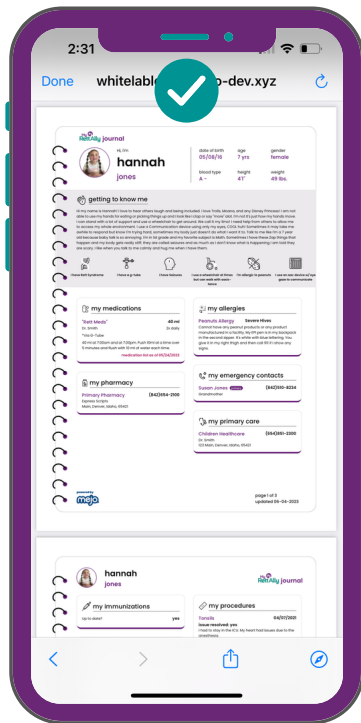
## 6. Add an icon to your home screen!

In a few easy steps add My Rett Ally to your home screen just like an app. When in the browser click the box with arrow. Then click add to Home Screen. And lastly, click add button. Now you can access My Rett Ally in 1 click!



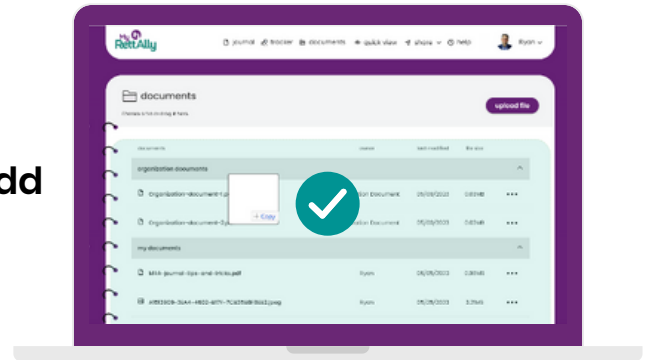
## 7. Download pdf to device and share

While in quick view click the download the journal/playbook pdf button to keep on your device, print out or share. "See attached"



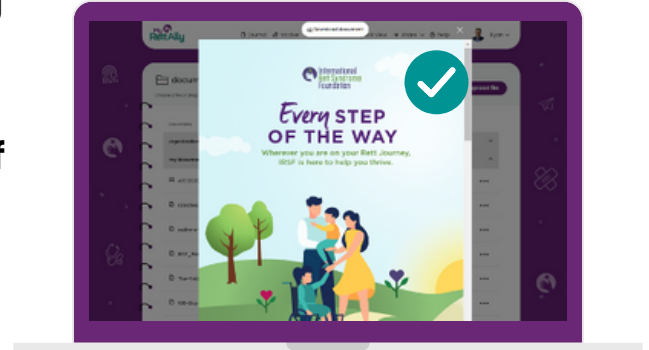
## 1. Easily add key documents & images!

You can drag and drop documents & images right over to the documents section or click the upload button to add to key documents & images.



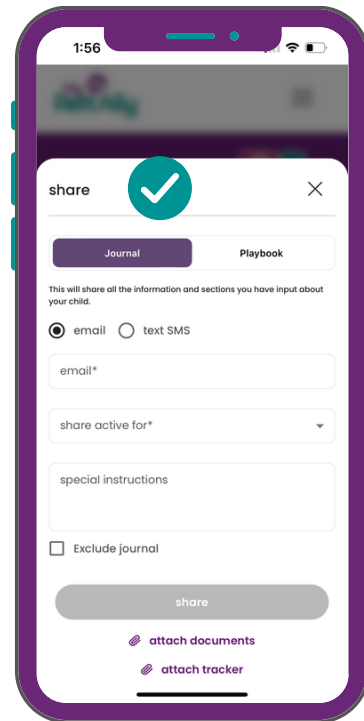
## 2. Click it, view it!

Click on the document or image name and it will act as a hyperlink launching directly into a scrollable view of that document or image. Easily reference content in a click. Click on download if you'd like to save the document or image to your current device or click outside the document or image to return to the main documents screen.



### 3. Share your documents via e-mail or text in seconds!

Click Share in the upper menu to share documents, a journal and/or tracker information. Select journal(all sections) or the playbook(filtered list of sections) or exclude journal(no journal sent) and determine how long this shared link should be active. Add any special instructions if needed. Once shared, a unique, time-bound link will be sent via e-mail or text. The receiving user will need to enter your loved one's birthdate the first time to access the shared info. My Rett Ally information will update even if you modify it after the link was sent. So easy!



### 4 . Minimize & Maximize to Organize!

Use the up & down arrows to minimize and maximize organization documents and my documents. Get to the view that works for you!

