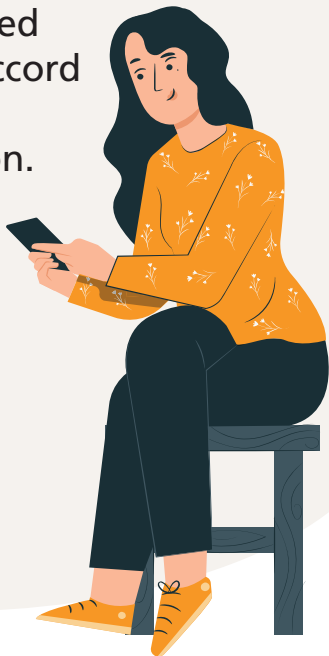


Patient support guide: feel in control of your medication with **Me and My Methofill®** (methotrexate)

The handy app created
and developed by Accord
for supporting your
Methofill® medication.

This app and leaflet is available
only to patients who have
been prescribed Methofill®
SelfDose injector or pre-filled
syringe by a doctor for their
rheumatoid arthritis and
who have been trained to
self-inject by their healthcare
professional (HCP).



Discover Me and My Methofill®

Living with rheumatoid arthritis (RA) can make life's little things hard to overcome, but your medication should not be one of them. This free app by Accord is designed to help you manage your Methofill® SelfDose injector or pre-filled syringe treatment, supporting you from the comfort of your own home.

Treatment reminder alarm

Me and My Methofill® lets you set reminders to notify you when it's time to self-inject with your Methofill® SelfDose injector or pre-filled syringe.

Self-injection guide

Watch step-by-step videos and follow the simple instructions to properly prepare, administer and dispose of your prescribed Methofill® self-injecting device correctly.

Frequently asked questions (FAQs)

Find out more about RA and your Methofill® treatment.



Find out what you need on Me and My Methofill®

Homepage

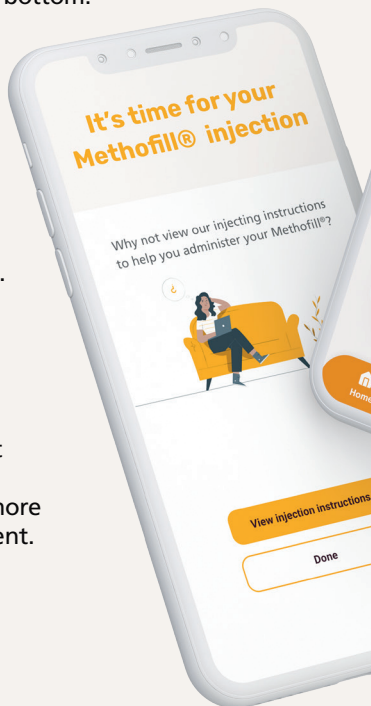
The homepage provides easy access to set and amend treatment reminders for your Methofill® SelfDose injector or pre-filled syringe. You can also access the step-by-step self-injection guide and FAQs via the tiles at the bottom.

Guide

The **“Guide”** button gives you one-click access to the step-by-step self-injection guide on how to use your prescribed Methofill® self-injection device, including a video and instructions.

FAQs

Frequently asked questions about RA and your Methofill® treatment can be accessed via the **“FAQs”** button. To help you understand more about your condition and treatment.





Serious Events Reporting (SER)

If you experience any side effects while taking Methofill® you can report them directly using Me and My Methofill®. The app will direct you to the Yellow Card website, which is the scheme used to report side effects for all medicines in the UK, as well as providing you with the details to contact Accord.



Settings

From the settings page, you can access the Patient Information Leaflet for your prescribed Methofill® treatment, see the references used for the information provided on Me and My Methofill®, review terms and conditions and change your permission for analytics. From the settings page you can also change your selected treatment device if recommended by your doctor.

Frequently asked questions

Q. Is the app free to download?

A. Yes, there's no charge to download and use Me and My Methofill®.

Q. If I agree to the T&Cs, will my data be shared anywhere?

A. Absolutely not. Your data will be stored in the app on your device only, it will never be shared elsewhere and no one else will have access to it.

Q. What happens if I lose my phone and can't see my dosage reminders?

A. If you lose your phone and can't remember when your injection is due, contact your doctor or nurse for advice. In the meantime, until you find or replace your phone, try using a manual calendar as a reminder aid.

Q. Where can I find more info about Methofill®?

A. If you'd like to know more about your medication, please refer to your Patient Information Leaflet, or speak to your doctor, nurse or pharmacist. The Patient Information Leaflet is provided in the box with your Methofill® or can be accessed online from the settings page in Me and My Methofill®.

Q. What happens if I experience side effects?

A. Any side effects that you experience while taking Methofill® should be reported. Side effects can be reported using the **"SER"** button on the app. Please also inform your doctor of any side effects that you experience, so they can advise and adjust your treatment, if necessary.

How to download and use the app

Me and My Methofill® is free to download now. Simply search 'Methofill' in the Apple App Store or Google Play Store (based on the device you have). Or use your smartphone to scan the QR code on the back of this leaflet.

Here's how to get started:

- 1 Download and open the app. Review the Terms of Use, then press **"Accept"** if you agree. If you don't want to agree to sharing analytics, simply select **"No"** – don't worry you will still be able to access the app
- 2 Read the Privacy Policy for the app and press **"Accept"** if you're comfortable with this
- 3 Select which Methofill® device you have been prescribed, either SelfDose injector or pre-filled syringe. You will then be directed to your home page where you will see your reminders and instruction videos for your prescribed device
- 4 Click the **"set reminder"** button and follow the onscreen instructions to set the day and time of your weekly Methofill® injection
- 5 Your reminder is now set and your phone will notify you when it's time for your Methofill® self-injection



Download Me and My Methofil[®] for free today



Download on the
App Store



GET IT ON
Google Play



accord

Reporting side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can help by reporting any side effects you may experience directly to Accord-UK Ltd: +44 (0) 1271 385257 or medinfo@accord-healthcare.com.

Alternatively you may also report side effects to yellowcard.mhra.gov.uk or search for MHRA Yellow Card in the Google Play or Apple App Store.

By reporting side effects you can help provide more information on the safety of this medicine.

Methofill[®]
Methotrexate

FAQs, frequently asked questions; HCP, healthcare professional; RA, rheumatoid arthritis; SER, serious events reporting; T&Cs, Terms and Conditions; UK, United Kingdom.

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