



TiredofCancer

Instructions For Use

Untire Now App

Author: **Atse Aukes**
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An app that helps with cancer fatigue

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Instruction for use

About this User Manual

This user manual is dated November 30, 2023.

Application of the Untire Now app

Many people suffer from fatigue during and after cancer. Fatigue complaints have a severe, negative impact on work life, social life, and significantly, on a patient's overall sense of well-being.

The Untire Now application is an unguided tool intended for use by cancer patients and survivors to help them to reduce their cancer-related fatigue and to improve their quality of life.

The app is based on proven methods and is the first app in the world that specifically and comprehensively reduces cancer-related fatigue. The app explains why someone is fatigued, how to relax, how to deal with stress and anxiety and gives tips on how to sleep better and best manage energy. The app has been developed by a team of specialists. You can download the Untire Now app for free via the app stores or via www.untire.me.

Who is the Untire app for?

The Untire Now app is for:

- all (ex) cancer patients
- people who are 18 years of age or older
- those who know how to use a smartphone
- people who are physically and mentally able to work independently with a digital therapy

Medical use

The Untire Now app is a registered medical device in the European Union which helps cancer patients and survivors to improve their cancer-related fatigue (ICD10 code R53.83 Fatigue) and the associated quality of life. The app aims to keep users physically and mentally active. This is done through an unguided program that includes weekly measurements of perceived fatigue, energy, and happiness levels. It includes a daily program that focuses on:

- **Cognition**
Cognition consists of various psycho-educational themes associated with the occurrence and maintenance of fatigue. It is based on the principles acceptance and commitment therapy (ACT).
- **Physical Activity**
Physical activity is focusing on increasing strength and improving condition.
- **Relaxation**
Relaxation is reducing stress levels with various relaxation (breathing, meditation, visualisation, etc.) to become aware of physical and mental tensions, accept them and work on them.

Next to these three elements, the program offers also tips to improve a user's state of mind, based on positive psychology.

The content of the Untire Now app is in accordance with the international guidelines for the diagnosis and treatment of cancer-related fatigue as defined by the NCCN (National Comprehensive Cancer Network - USA).

Content Development

Several experts, cancer patients and survivors have been involved in developing the content.

When not to use the Untire Now app

Contra-indications

Untire Now app must not be used if other fatigue disorders (other fatigue diseases) are present that are not due to tumour disease such as:

- *Fibromyalgia - ICD10: M79.7*
- *Chronic fatigue syndrome. - ICD10: G93.3*

Exclusion criteria

Other criteria for which you should not use Untire Now app:

- If your fatigue is due to demonstrable physical causes such as dehydration (lack of fluids), anaemia (anaemia, lack of red blood cells in the blood) or kidney dysfunction (kidney problems).
- If you have a serious psychiatric illness that requires treatment.
- Patients receiving palliative care.

Other safety instructions and further information

1. The Untire Now app is not a substitute for a doctor or therapist.
2. Use the app only if none of the contraindications below are present.
3. The recommendations of your medical practitioners always take precedence over the recommendations of the app.
4. Before doing any exercises in the app, always read and/or listen to the instructions. They contain important instructions. If you are unsure about how to perform the exercises, stop the exercise and ask your doctor or therapist. Although the exercises are designed to be self-paced, performing them incorrectly can lead to injury or emotional distress.

In Untire Now app, you will find various movement exercises and psychotherapeutic techniques. The positive effects of these exercises, especially the movement exercises and the relaxation, mindfulness and acceptance techniques, have been proven in studies. Do not use these exercises if there are certain risks. Use the app only if none of the contraindications are present.

Restrictions on movement exercises

If certain exercises are not possible for you, or possible only to a limited extent, do not perform them or perform them only partially. Consult a doctor or (physio) therapist if you are unsure.

Do not do any exercise or consult with a doctor first:

- If you have a fever or have a temperature over 38°C
- In the case of nausea or vomiting
- In the case of acute infections
- If experience is confusion
- If you experience dizziness or problems with the circulatory system
- If you have acute bleeding or a strong tendency to bleed
- If you have cardiac health issues
- If you have any pre-existing health conditions apart from cancer diagnosis

Side effects

There are no known side effects of the Untire Now app.

Environment

The app can be used anywhere indoors with an internet connection. Make sure that you use a secure internet connection. The app can also be used offline when the content is pre-downloaded.

The app can also be used outdoors in an environment where the use of smartphones is allowed.

Do not use the app in situations that may pose a danger to you or your surroundings, for example in traffic or in other situations.

App use duration

To potentially enhance the app's benefits, as a general guideline, it is suggested that the user uses it consistently for a duration of 8 to 12 weeks for 20 minutes at least three times a week.

Technical information

Available devices

The Untire Now app is available on an iPhone running iOS 12.4 or higher and on most Android smartphones running Android 6.0 or higher.

Installation

iOS

Open the App Store on your Apple device and search for "Untire Now" app. Click "Download" to start the installation process. You could be prompted for your App Store password or fingerprint. Then the app is downloaded and installed.

<https://apps.apple.com/nl/app/untire-now/id1661118356>

Android

Open the Play Store on your Android device and search for "Untire Now app". Click on the icon to see the details and press "Install" to start the installation process. You will be prompted to accept Google's download terms and conditions. The app will then be downloaded and installed.

[Untire Now - Apps op Google Play](#)

Updates and Changes

Updates are released to help fix bugs or improve the functioning of the app. Depending on the update, you may not be able to use the app until you have downloaded the latest version and accepted any new Terms. To ensure the safe and optimal functioning of the app, it is recommended to install software updates as soon as they become available. Available updates shall be notified to you through notifications provided by the Apple Appstore and Google Playstore that make the app available. It is your own responsibility to monitor these notifications.

Deleting Untire Now app

iOS

Tap on the Untire Now app icon and keep pressing until it starts to shake. Then tap the "x" that appears in the corner. Then tap confirm or cancel.

Android

Tap on the Untire Now app icon and keep pressing until it says Delete below. Then tap delete or tap next to it to cancel.

Using the Untire Now app

Account registration

When you open the Untire Now app for the first time after downloading:

- You can start using Untire Now app with an access code and then an instruction video will give insight into the app itself. If you don't have an access code, please select "No access code, please click here". It explains how to receive one.
- Create an account with your e-mail address and a strong password. For the password, use at least 8 characters of which at least 1 is a number, 1 is a symbol and 1 is a capital letter.
- Provide consent on several topics.
 - Read and agree with the Terms of Use and the Privacy Policy, you need to explicitly agree that your data will be processed in order to proceed. If you don't agree to this, then the app will not work.
 - It is optional to receive friendly, motivating e-mail messages and or reminders. You can always withdraw your consent later via App settings.
 - It is optional to help us with further research, we will ask you some additional questions. Good to know, we process your data fully anonymously.
- On the 'start' screen, you have the option to choose your desired language.
- **Next, you will start with the program.**

Learning more about you

Untire Now app is here to help you with your cancer related fatigue. We'd like to help you understand and improve your energy by learning more about you. In the following steps, the app will ask you a number of questions.

How are you doing?

We will ask you about your fatigue, your happiness, and your energy level. By sliding the dot across the line, you can indicate exactly how things are.

How do you divide your energy?

We will ask you to fill in about what gives them energy, what costs energy, and what causes an energy leak. Then you get the result.

What is your goal?

When you have energy, what goal would you like to achieve. Pick one of the predefined goals or set your own.

How do you manage your energy?

With the Vase of Energy – a metaphor for your energy management – you get insight in the matters that gives you energy, cost you energy and that drains your energy (leak).

Home

Now the real work can begin. The whole idea behind the app is that you can go through the app at your own pace and in your own way. You decide how often and for how long you want to use the app for.

The Untire Now app program consists of 4 parts: themes, tip for the day, physical activity and relaxation. We provide you with a suggestion in each part so you can quickly start. Next time you open the app you can continue where you left.

Themes

Themes are addressing all kind of topics that are related to cancer-related fatigue. Themes like Fatigue, Anxiety, Worrying, Limits, Sleep, and Self- Care amongst others. It contains (psycho-) information and several reflection exercises you can fill in.

Physical activity

In the section Physical Activity, you will work to improve your energy level. This is both a physical and a mental process.

Building strength

This section contains simple exercises to build muscle strength, a new one every day. Over the course of the weeks, you will be offered more and more exercises each day to slowly increase the intensity. The exercises are designed in such a way that you can do them at home. You can do the exercises more often, or a new one each time; whatever you like.

Building up your fitness

In this section you will find new information and tips every day to improve your physical condition.

Relaxation

We offer you a new recorded exercise every day you use the app, which is designed to reduce stress. Untire Now app offers listening exercises that help to recognize, control and release stress through breathing, relaxation and meditation exercises.

Tip of the Day

In the 'Tip of the day' you get a new tip every day you use the app. This tip can be anything. The tips are based on positive psychology and scientific research. The tips are meant to improve your mood in the short and long term. Find out which one work for you.

Library

In the library you can find all content the app has to offer. You can explore it by yourself and read something new. It also contains your favourite content, you marked before.

Personal

Insights

Here you will find an overview of your progression:

- How are you doing?
- What is your goal?
- How do you manage your energy?
- Your personal notes
- Your buddy

Settings

Here you will find all app settings, including:

- Account management
- Consent
- Download of all your data
- Removal of all data

Data

Having an account

An Untire Now app account, what does that mean? With an account your data will be saved securely in our digital vault. This is useful if you want to use the app on different devices at the same time. Furthermore, if you lose your device or it breaks, you can always login again; your account is like a back-up safely stored with your password and PIN-code. That also means that no one else using your phone can access your app data.

Privacy & Security

We greatly value your privacy. All information we collect, such as your age and gender, is processed anonymously. We collect your data with two goals: (1) to give you the best experience and (2) to use the data for internal research how to improve our cancer related fatigue program. We ensure that all information and data are never personally identifiable. If you would like to know more, you can read this in detail in our privacy policy at Untire® [app.me/privacy](https://untire.me/privacy) or ask us via support@untire.me.

The Untire Now app is a registered medical device in the European Union (CE), is ISO 27001 (Information Security) by TÜV Rheinland and is complaint with ISO 13485. This means that we have to meet the highest standards in terms of data security. If you want to know more, you can read about it in detail in our privacy policy. <https://untire.me/privacy>.

Data exports

It is possible to export personal data from the app. This concerns all data from your measurements, the Vase of Energy and all assignments from the app. They are exported in a.csv file and can be viewed with, for example, Microsoft Excel. To export, go to the app settings and click on "App settings" and then on "Download my personal data". To be able to download personal data, a message instructing you to contact support team to get your data.

Support

If you encounter any problems, you can always e-mail us at support@untire.me or visit <https://untire.me/faq>.

You can also call us on: +31 85 018 76 08 (Netherlands)

Manufacturer Information

Company



Trade name medical device

Untire Now

Address

Koningin Wilhelminalaan 5, 3527 LA,
Utrecht, Nederland

CEO

Dr. Bram Kuiper

E-mail general

info@untire.me

E-mail support

support@untire.me

Phone number

+31 85 018 76 08

Basic UDI

1163357UntireNowR3

