

Download this FREE MOBILE APP

www.LLS.org/HealthManager



PS190 50M 10/19



Track your daily health with

**LLS HEALTH
MANAGER™**

Track your side effects, medication, food, hydration, questions for your doctor, grocery lists and more.



www.LLS.org/HealthManager



FEATURES INCLUDE:

Side Effects Tracker

Monitor and analyze side effects in relation to medications, food, hydration and time of day.

Medication Tracker

Set reminders and check off medications as you take them.

Food Tracker

Record your daily food intake and set reminders to eat if you have a decreased appetite.

Hydration Tracker

Record your hydration intake and reach your daily goal by setting reminders to hydrate.

Questions for Your Doctor

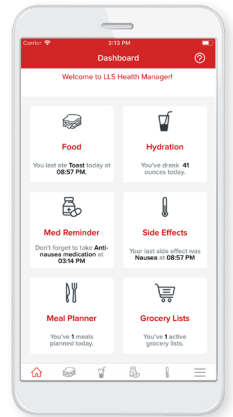
Keep lists of questions for your doctor and record the answers at your next appointment.

Grocery Lists

Create grocery lists, categorize items and sort your lists for easier shopping. You can also export your lists to email.

My Report

Export your custom report to analyze side effects in relation to the medications, food and hydration you've tracked throughout each day. Share your report with your healthcare team to discuss side effect management.



Additional Features

Meal Planner

Recipes

Serving Size Visual Cues

Shared Caregiver Access

Resources

Taking your medications as prescribed and staying well-nourished and hydrated can help you feel better, maintain your strength and speed recovery.
