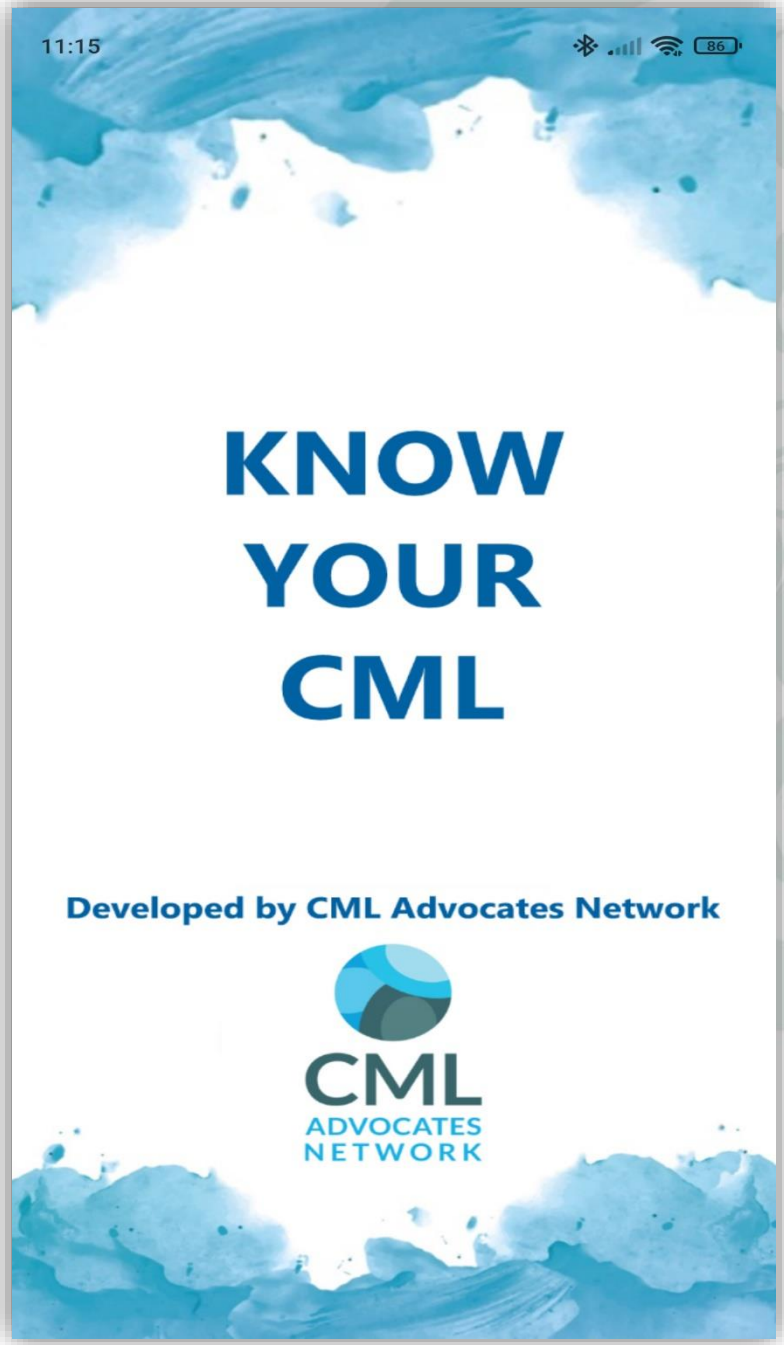
Getting to Know Your CML App

Know Your CML is a self-management tool designed to empower patients and caregivers living with chronic myeloid leukemia. The app provides a comprehensive suite of features to help you monitor your condition, compare your test results, and connect with the CML community.



Key Features of the Know Your CML App

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Monitor Side Effects

Easily track and manage your weekly side effects, helping you stay on top of your treatment and identify any issues early on.

Compare Test Results

Compare your test results, such as BCR-ABL1, leukocytes, and hemoglobin, with published clinical trial data to better understand your progress.

Benchmark Data Anonymously

Anonymously benchmark your data with other patients, allowing you to see how your experience compares to the broader CML community.

Get to #KnowYourCML and DOWNLOAD the app for iOS or Android!

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Type in Know your CML or scan the QR code

Available on the App Store

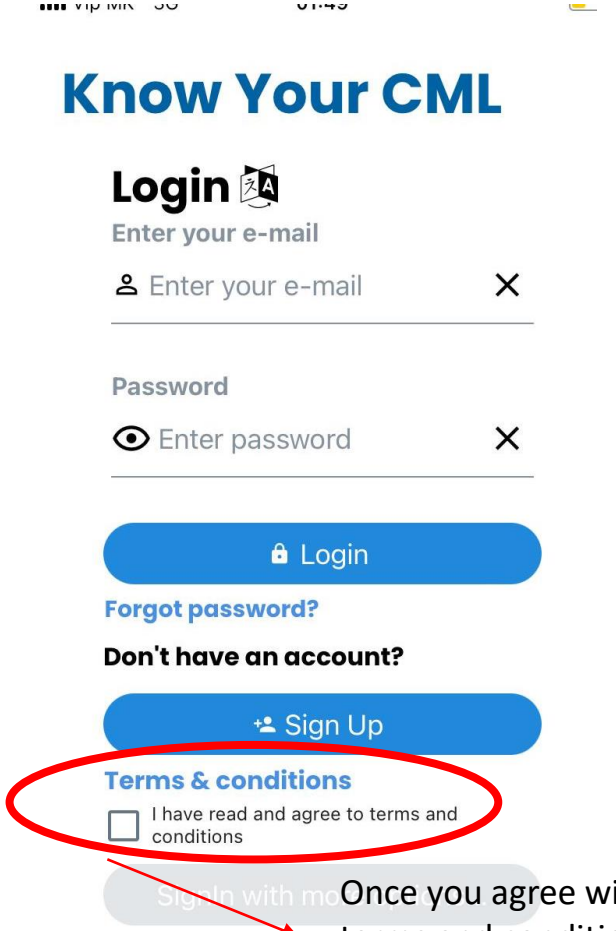
Get it on Google play

No smartphone? Check the browser version!

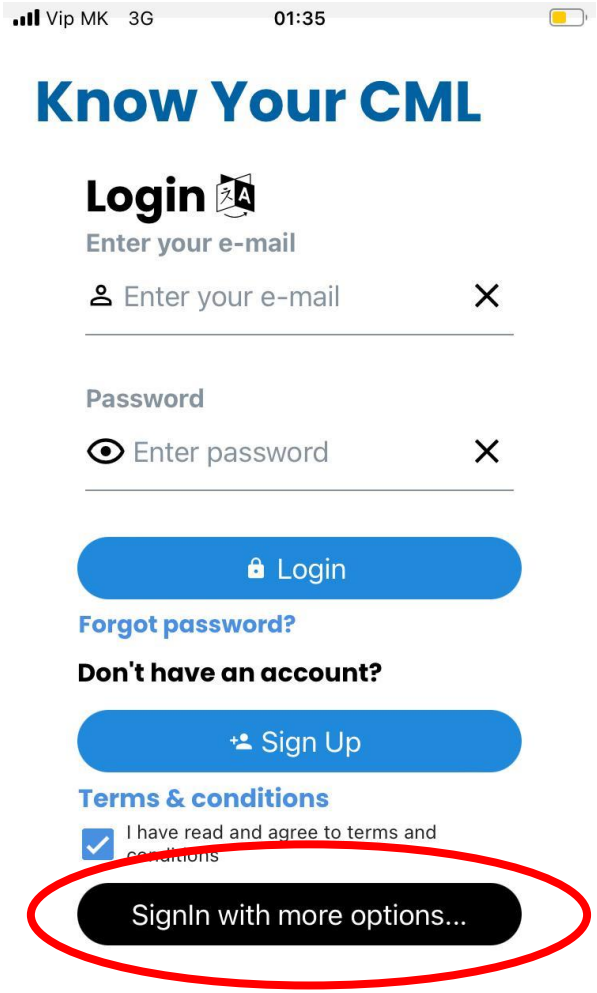
ACCESS THE WEBSITE
cmlregistry.com

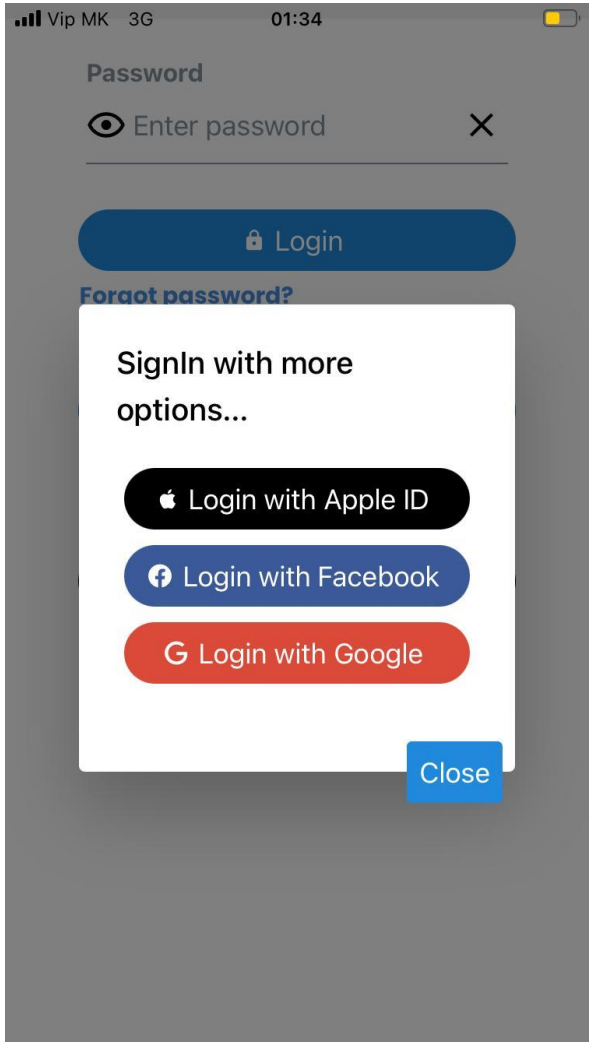
Getting Started with Know Your CML App

YOU CAN log in using An existing Facebook account, Apple ID, or a Google account.

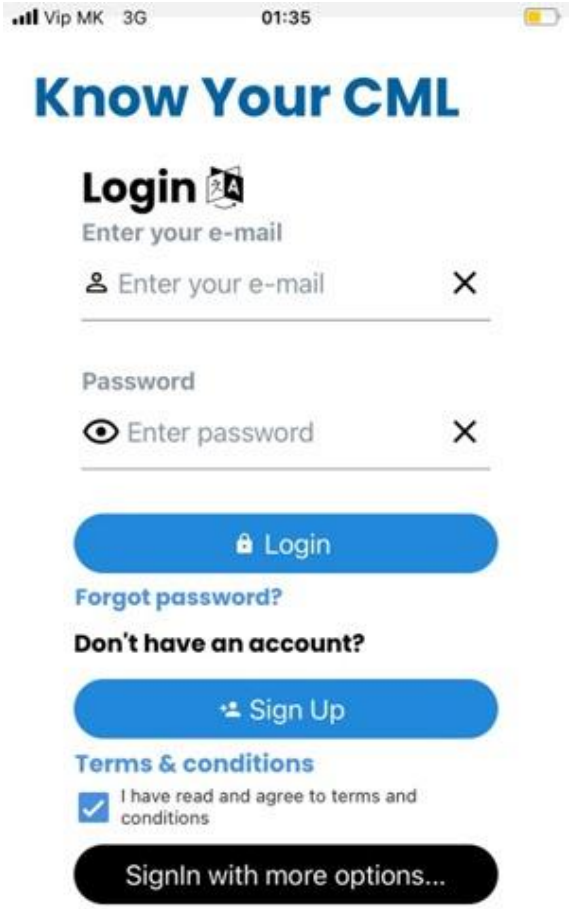


Once you agree with the terms and conditions you will be able to sign in with more options





Create your own account

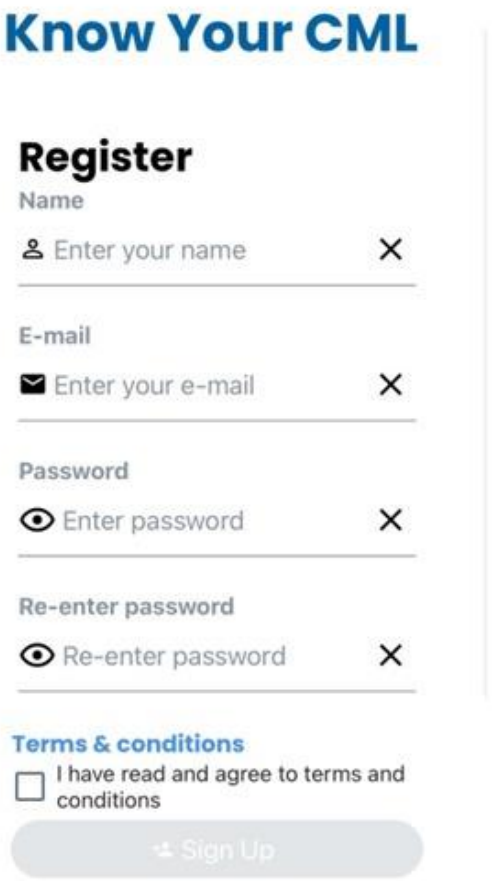


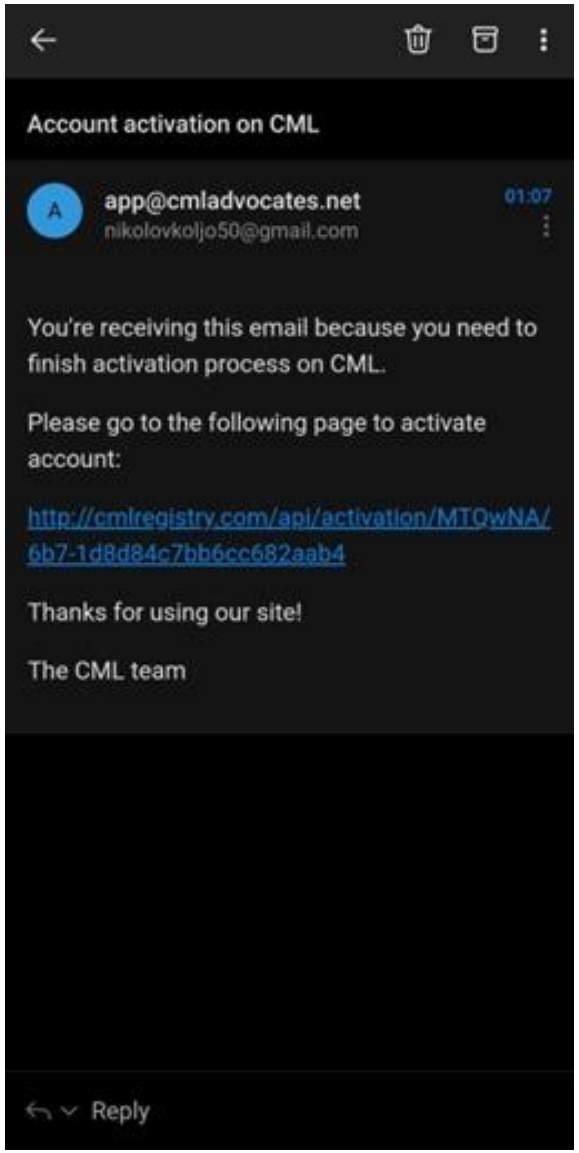
Enter the required information. Read and agree to the terms and conditions.

1

2

Click the "Sign Up" button



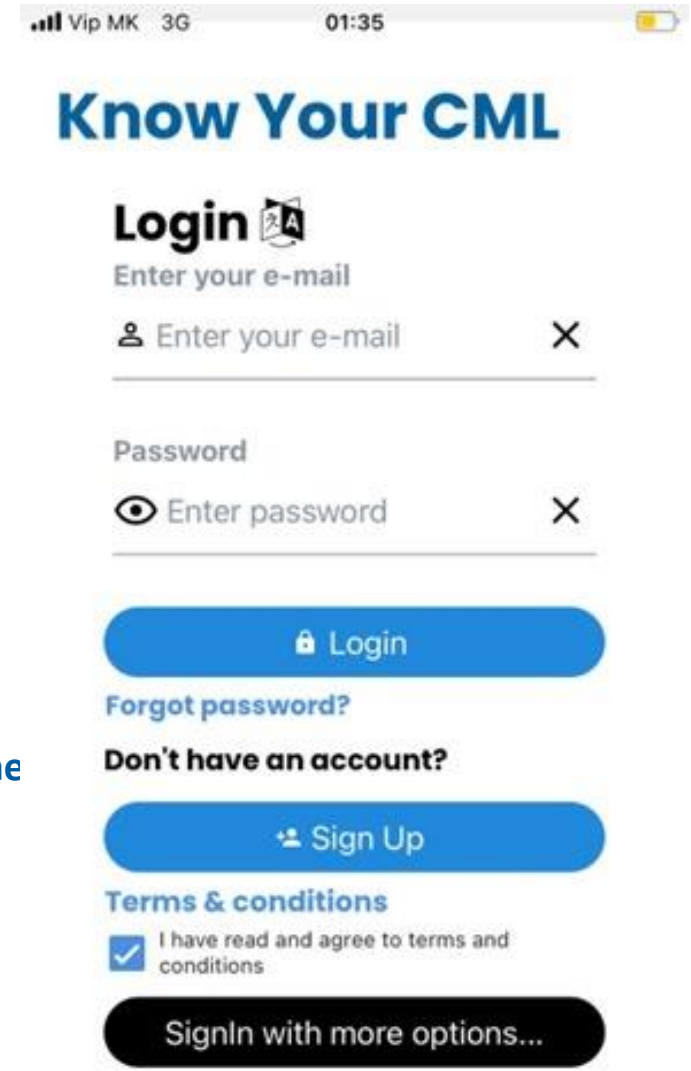


Verify your account by clicking the activation link sent to your email.

3

4

Log in using your email address and the password you created.



Features

Monitoring and Tracking

1

BCR-ABL1 Monitoring

Regular monitoring of BCR-ABL1 levels is crucial for tracking the progress of CML treatment and detecting any potential changes or resistance to therapy.

2

Weekly Side Effects Monitoring

Closely monitoring for any side effects or adverse reactions to CML treatments on a weekly basis helps ensure patient safety and well-being.

3

Monthly QoL Monitoring

Assessing the patient's quality of life on a monthly basis provides valuable insights into the overall impact of the disease and treatment on their daily life.

Empowering Patients & Staying Informed

4 CML Atlas Questionnaire

The CML Atlas questionnaire helps patients better understand their disease and treatment.

5 CML Quiz

The CML Quiz is a fun and engaging way for patients to test their knowledge.

6 Recommendations

Recommendations based on the patient's needs and preferences.

7 Newsfeed

A regularly updated newsfeed provides patients with the latest news, research, and information.

8 Geolocation of Closest CML AN Member Organization

Providing patients with the location of their nearest CML Alliance Network.

Home Page

There are five main sections on the homepage of the app

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Response to Treatment

BCR-ABL1 monitoring – where you can chose and add measurements such as:

- BCR-ABL1
- Leukocytes
- Hemoglobin
- PH+
- Blood pressure
- Heart rate

Health Data - which is consisted of three parts:

- Weekly side effects monitoring
- CML Atlas questionnaire
- Monthly QoL monitoring

Newsfeed

News brought to you by CML Advocates Network.

Mindfulness Podcasts

A playlist of podcasts with techniques to help you cope with your CML.

Improve Your Health

Number of infographics to help you through your journey with CML.

Number of users in the last 12 months

Number of users per country – top 7 countries

Know Your CML App – Hindi language promotion

CML Patient Support Meeting

The Know Your CML App Demo Workshop was held during the CML Patient Support Meeting on Saturday, June 3, 2023 at the Tata Memorial Hospital in Mumbai.

Attendees

The workshop was attended by over 100 CML patients, who were introduced to the app through 2 PPT presentations provided by the CMLAN team.

Group Exercise

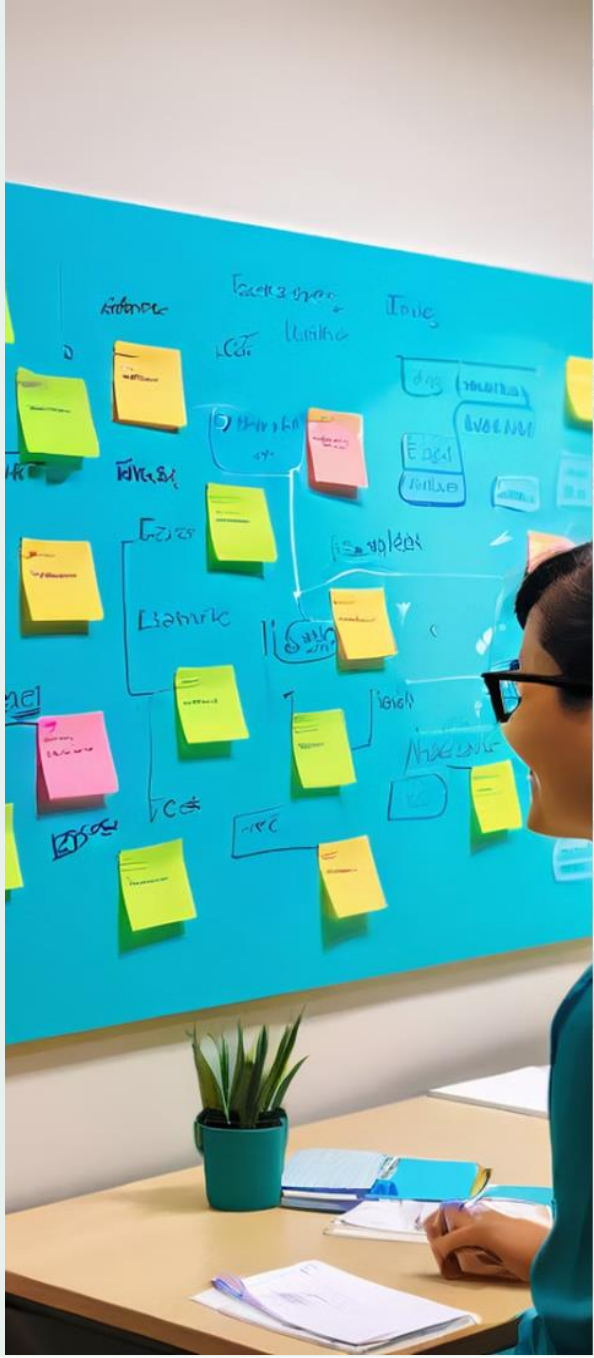
The patients also participated in a group exercise, where they studied and understood the key features of the app with the help of the City Chapter leaders.

Features covered:

- Monitoring BCR ABL & other Values
- Weekly Side-effects
- Monitoring quality of Life
- News Feeds, podcasts and Improve your Health

Please share your thoughts on the following questions on the sticky notes in front of you.

*The colored square on each question indicates what color sticky note you should use.



Were you aware of the Know Your CML App and its features, before this presentation/session?

How useful have you found the Know Your CML App in managing your condition and accessing relevant information?"

Do you have any complaints or suggestions for how the Know Your CML App could be improved?

Do you have any new ideas or features you would like to see added to the Know Your CML App?

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Thank you for your attention!