

### APPT MyCap Symptom Diary

The APPT Symptom Diary is a short questionnaire we use to collect your daily symptoms such as hot flushes, breast pain and any vaginal bleeding or spotting. You will be using a mobile application called MyCap to enter your daily Diary. Please follow the instructions below to install the MyCap app onto your mobile device (e.g. cell phone) and start recording your symptoms **as soon as possible**.

Step 1 of the instructions covers the installation of the MyCap app onto your mobile device.

In a few days, you will receive an email from a member of our APPT research team with your personal QR code. This QR code will load your Symptom Diary within your MyCap app. When you receive this email, please follow the instructions listed in Step 2.

Once you have completed steps 1 and 2, your MyCap app is ready to use. Step 3 lists instructions for your daily Diary entry.

To view videos with step-by-step instructions on installation and daily diary entry, please visit the APPT home page at [aru.usc.edu](http://aru.usc.edu) and click on the MyCap link.

For MyCap Assistance

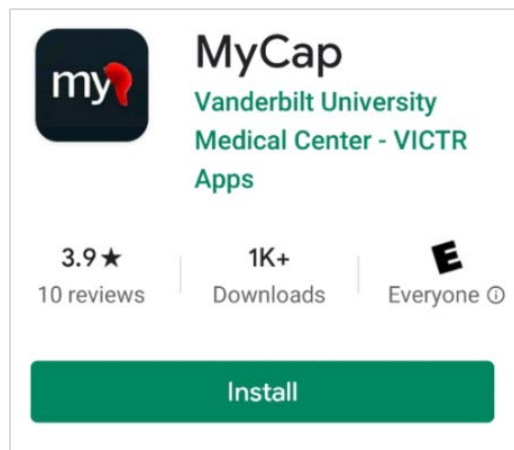
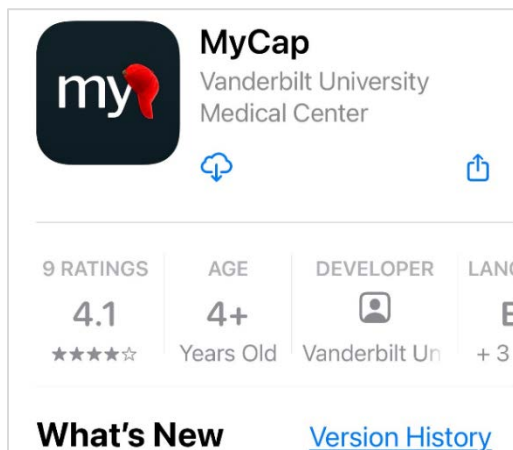
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#### MyCap Installation Instructions:

##### **Step 1 Download and install MyCap on mobile device**

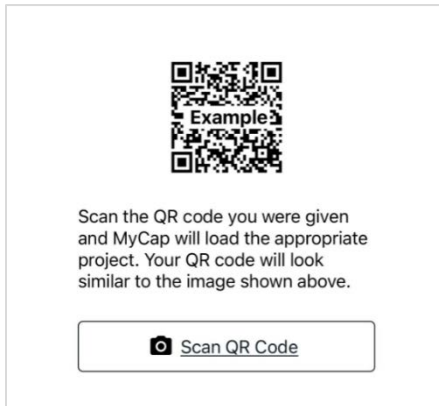
- Go to the app store on your mobile device and search for “MyCap” and download/install the app. The Developer is Vanderbilt University Medical Center.
- Below are example screenshots of the app in different app stores (e.g. iPhone, Samsung)



## MyCap Instructions

### **Step 2** Scan your QR code

- Open the email from APPT research team (sender: [kono@usc.edu](mailto:kono@usc.edu)) with subject: "Your APPT MyCap QR Code"
- Open MyCap on your mobile device
- Click on 'Join Project' then 'Scan QR Code' and scan your QR code in the email



- MyCap will walk you through the set up process, which includes:
  - ✓ Password set up (some mobile devices may require Touch/Face ID)
  - ✓ Camera access
  - ✓ Notifications

Note: please allow both camera access and notifications

### **Step 3** Enter your daily symptoms each morning!

- Open the MyCap app on your mobile device and click on the **+** symbol in the Daily Symptom Diary
- Enter your symptoms experienced the previous day
- Should take 1-2 minutes to complete
- Diary entry can begin the morning after Step 2 has been completed

Click on **+** to enter your diary

