



Tired of Cancer

# User Manual

Untire

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**untire**

An app that helps with cancer fatigue

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# Information for use

## About this User Manual

This user manual is version 2.0, date December 1<sup>st</sup>, 2021.

You can find the most recent version of this manual at [https://untire.me/user\\_manual.pdf](https://untire.me/user_manual.pdf).

## Application of the Untire<sup>®</sup> 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<sup>®</sup> app aims to reduce fatigue in cancer patients and survivors and 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 'Untire<sup>®</sup> app' 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<sup>®</sup> app' app for free via the app stores or via [www.Untire<sup>®</sup> app.me](http://www.Untire<sup>®</sup>app.me).

## Who is the Untire app for?

The Untire<sup>®</sup> 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® app is a registered medical device which helps cancer patients and survivors to improve their cancer-related fatigue (ICD10 code R53.83 Fatigue) and the associated quality of life. The Untire® app aims to keep users physically and mentally active. This is done through an effective self-management programme that includes weekly measurements of perceived fatigue/burden/satisfaction level, energy levels and mental well-being. It includes a daily programme that focuses on:

1. various psycho-educational themes associated with the occurrence and maintenance of fatigue, including principles from cognitive and attention-oriented behavioural therapy:
  - Fatigue problems
  - Sleep problems
  - Anxiety
  - Self-care
  - Worry
  - Nutrition
  - Boundaries
  - Work
2. Improving physical activity in terms of increasing a user's strength, developing their fitness and promoting non-sedentary behaviour,
3. learning to manage energy
4. improving a user's state of mind through tips, mostly from positive psychology
5. reducing stress levels with various relaxation exercises (breathing, meditation, visualisation, etc.) to become aware of physical and mental tensions, accept them and work on them.

The content of the Untire® 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 ex cancer patients have been involved in developing the content. More information about the content can be found in the document Medical Content Untire: <https://untire.me/medicalcontentuntire.pdf>.

## When not to use the Untire<sup>®</sup> app (Contraindications)

### General information

1. The Untire app is not a substitute for a doctor or therapist.
2. Use Untire only if none of the contraindications below are present, unless your treating physician has assured you that use is safe in your particular case.
3. The recommendations of your medical practitioners always take precedence over the recommendations of the Untire app.
4. Before doing any exercises in the Untire 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 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 Untire only if none of the contraindications below are present, unless your treating physician has assured you that use is safe in your particular case.

### **The Untire<sup>®</sup> app cannot be used to reduce fatigue if there is:**

- Chronic fatigue syndrome
- Post viral fatigue syndrome
- Senile decline
- Congenital weakness
- General exhaustion and fatigue due to heat, shellshock, neurasthenia, pregnancy, excessive exercise or adverse weather conditions.

### **Consult your physician:**

- If your fatigue has physical causes such as e.g. anemia or pregnancy
- If you are severely depressed, have an anxiety disorder, have harmful addictions or if you are psychotic

### **Restrictions on movement exercises**

If certain exercises are not possible for you, or 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

## Side effects

There are no known side effects of Untire.

## Available devices

The Untire® app is available on an iPhone running iOS 10 or higher and on most Android smartphones running Android 5.0 or higher.

## Environment

The Untire® app can be used anywhere indoors with an internet connection. The Untire® app can also be used offline when the content is pre-downloaded.

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

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

## App use duration

It is recommended that you use the Untire app for at least 3 months to be effective. Using the app for 20 minutes at least 3 times a week is ideal

## Updates and Changes

Updates are released to help fix bugs or improve the functioning of the Untire® app. Depending on the update, you may not be able to use the Untire® app until you have downloaded the latest version and accepted any new Terms. To ensure the safe and optimal functioning of the Untire® 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 Untire® app available. It is your own responsibility to monitor these notifications.

## Installation

### iOS

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

<https://itunes.apple.com/us/app/untire-regain-energy/id944906953>

### Android

Open the Play Store on your Android device and search for "Untire® 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. Untire® app will then be downloaded and installed.

<https://play.google.com/store/apps/details?id=com.tiredofcancer>

## First time use

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

- You fill in the first measurements – fatigue and happiness, your goals, and the Vase of Energy. See hereunder for more information about these measurements.
- You need to start by registering an account
- Create an account with your e-mail address and a strong password. Enter the access code you received. 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.
- Fill in your access code. If you don't have an access code, please select "No access code, please click here". It explains how to receive one.
- 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 Untire won't work.
- It is optional to receive friendly, motivating e-mail messages. You can always withdraw your consent later via App settings.
- It is optional to participate in user research. We process your data anonymously in order to improve the product.



- Read the disclaimer, agree and press "I understand, continue".
- An overview is given of your previous measurements, before you start.
- And last, it is optional we send you notifications. See below for more information.
- **Next, you will start with the program.**

## Measurements

Untire® app is here to help you with your cancer related fatigue. We'd like to help you understand and improve your energy. To do this, we conduct a measurement every week, in which we ask you how you are doing. Before you start using the app, we would like to have a so-called zero measurement, which is the first measurement.

We will ask you two questions. First, we ask you how tired you were in the week before the measurement, then how happy you were. By sliding the dot across the line, you can indicate exactly how things went for the past week.

Then we will show you your fatigue and happiness score in a summary. In it you can see the difference between your current measurement, the previous measurement before and with the zero measurement (your first one). In this way, you can see how your fatigue is progressing while using the Untire® app.

After the two questions and the summary we continue with the Vase of Energy. Watch the animation for an explanation and then fill in your own vase. This may be difficult at first, but it will become easier! By using the Untire® app you get more and more insight into how your fatigue works. A full explanation about the Vase of Energy can be found in the app, in the Basic theme.

## Notifications

The app will ask you if you want to receive (push)notifications. These are messages we send to remind you to use the app from time to time. We know from research that the success of the Untire® app is 5 times higher if you let us send you these reminders. Please note that you can always turn these notifications off again if you don't like them; you can do this by tapping on Settings (the cogwheel) > App settings > Allow notifications in the app.

# Getting started with the Untire® app

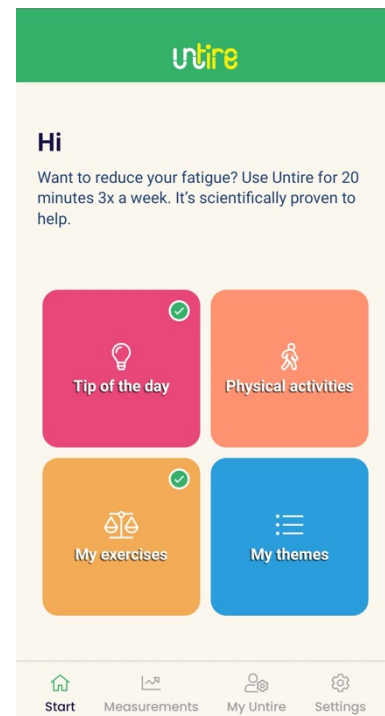
## Program overview

Now the real work can begin.

The Untire® app program consists of 4 parts: 'Tip of the day', 'Exercises', 'Physical Activity' and 'Themes'.

The whole idea behind the Untire® app is that you can go through the app at your own pace and in your own way. We offer information and exercises divided over the 4 parts. But that doesn't mean that you have to finish all parts every day. You can do it at your own pace! You decide how often and for how long you want to use the Untire® app.

However, we do know that the Untire® app is most effective at improving your energy levels if you use the app 3 or 4 days a week and keep it up for at least 10 weeks.



## 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 ones work for you.

## Exercises

In the Exercise section, we offer you a new recorded exercise every day you use the app, which is designed to reduce stress. Untire® app offers listening exercises that help to recognize, control and release stress through breathing, relaxation and meditation exercises. Some are short, others are longer. Some will suit you more, others less. Explore them all and see what works for you. You may repeat exercises you like or do a new one each time.

## Physical Activity

In the section Physical Activity, you will work to improve your energy level. This is both a physical and a mental process. That is why Physical Activity consists of three parts:

- 1. Planning: Divide your energy**  
Here you'll find new information and tips on how to use your energy every day.
- 2. Strength: 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.

3. **Fitness: Building up your own energy.**

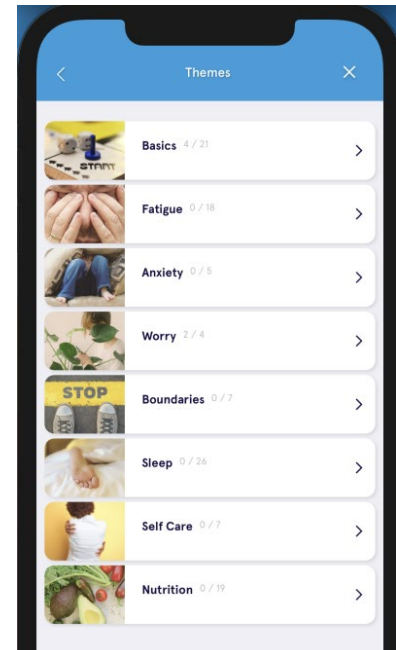
In this section you will find new information and tips every day to improve your physical condition.

## Themes

Themes are slightly different from the other parts. When you click on themes you will see a list of 8 themes: Basic, Fatigue, Anxiety, Worry, Boundaries, Sleep, Self Care, and Nutrition. For each theme we have put together useful information for you. Unlike the other parts of the Untire® app, all the information in the themes is immediately available. Each theme is introduced by a short animation video. And all texts can be listened to. Most themes also contain questions that can make you think.

- 1) **It is important that you start at the Basics. This theme explains how the app works.**
- 2) **You don't have to go through a theme all at once. You can do it step by step, at your own pace.**

The color of the part 'theme' in the home screen is the same color as the theme you were last working on.



## Measurements

In 'Measurements' you will find an overview of your progression:

- **Fatigue;** a graph and short summary of your current, previous and first fatigue score
- **Happiness;** a graph and short summary of your current, previous and first happiness score
- **Vase of energy;** an overview of your Vase of Energy over time including your input in In / Out / Leak

## My Untire

In 'My Untire' you will find an overview of your personal information. Here you can find the following:

- **Milestones** - you get those when you have completed a theme

- **My exercises** - it is an overview of all the Exercises you have done
- **Notes** - All the answers to the questions you have answered in the app can be found here.
- **Invite a buddy - support** is important. That's why we recommend that you find one or more buddies who can help and support you during the period that you use the Untire® app. Here you can find a standard message that you can send to ask someone to be your buddy. For more information about a buddy, see: Themes > Basic > Animation: Buddy' and 'Together you are stronger - enable a buddy'. The buddy can find more information about how to be a buddy on our website: Untire® app.me/buddy.
- **Online Community - Some** people like it when they can have contact with other fatigued cancer patients and survivors. You can take comfort in sharing your experience with others. Furthermore, it is nice if other people who are going through the same thing, understand what is going on with you. That's why we offer the users of Untire® app a safe, moderated place where this is possible: our Facebook community. In this section of 'My Untire® app' you'll find the password and the link to the Untire® app Facebook community.
- **Library** - Here you will find useful tips and overviews of things that are also listed elsewhere in the app.

## Settings

- **Edit profile** - Here you can change your screen name and/or your email address.
- **Change password** - You can change your password here
- **Download manager** - Here you can choose whether you want to download the content of Untire® app only via wifi or also via your mobile data. Next to that you will see the overview of the downloaded content. Would you like to be able to use Untire® app even if you don't have internet? Then make all content available offline so that all content is downloaded.
- **App settings** - Here you can manage your consent, like turning the notifications on or off. Here you can also change the language of the app, you can choose between Dutch, German, US English and British English. Finally, you can download all your data and delete your account.
- **Terms of use** - Here you can read the terms of use of the Untire® app.
- **Privacy policy** - Here you can read the privacy policy of the Untire® app.
- **Contact & Support** - Here you can find our contact details.
- **FAQ** - Here you will be redirected to the page with answers to frequently asked questions. For other questions you can mail to support@Untire® app.me.

## Data

### Having an account

An Untire® 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 Untire® 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 Untire® 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](mailto:support@untire.me).

The Untire® app is a registered medical device (CE), is certified ISO 9001 (Quality Management) and ISO 27001 (Information Security) by TÜV Rheinland. 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 so-called .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".

## Deleting Untire app

### iOS

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

## Support

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

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

## Manufacturer

### Company



### Trade name medical device

Untire

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