

MyOstomyLife

by Coloplast®Care

An app designed to support you in your daily life with an ostomy



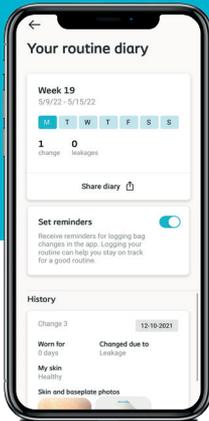
Scan the QR code to download the MyOstomyLife app for free



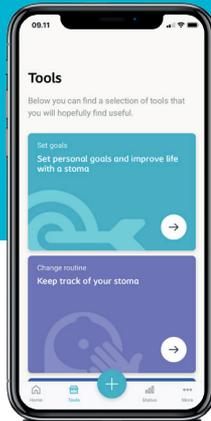
Search for "MyOstomyLife" in your smartphone app store and download for free.



You must download the app before following the steps below.



Your downloadable pouch change diary can be easily shared with your provider



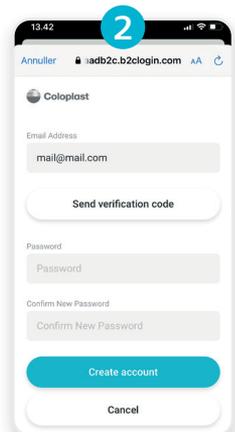
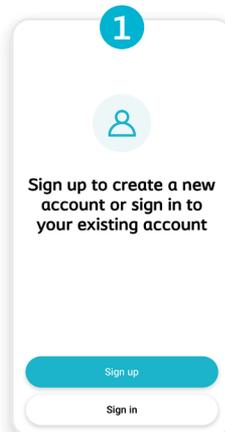
Personal goals for your daily life with an ostomy



Library of personalized content and advice*

How to get started

- 1 Click 'Sign up', read and respond to the terms of use.
- 2 Enter your e-mail address and click 'send verification code'.



*Featured articles are based on your type of ostomy.

3 Type the code from the verification e-mail into the designated field. Click **'Verify code'**.

4 Create a password, then click **'Create account'**.

Your Coloplast account is now created. Only a few steps to go to personalize your MyOstomyLife experience.

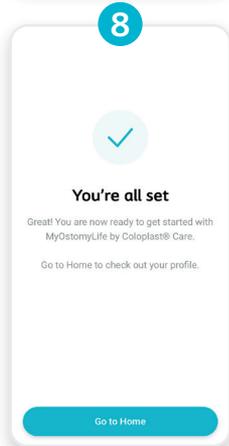
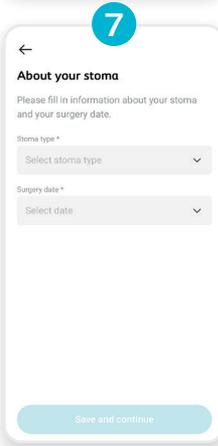
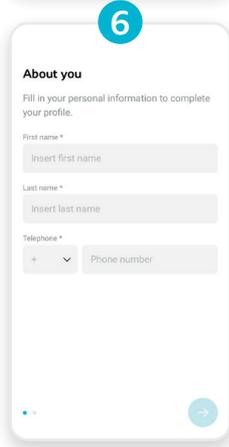
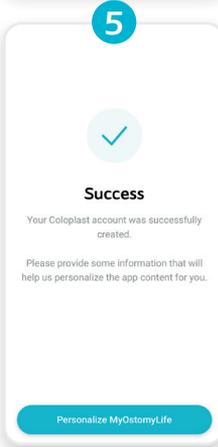
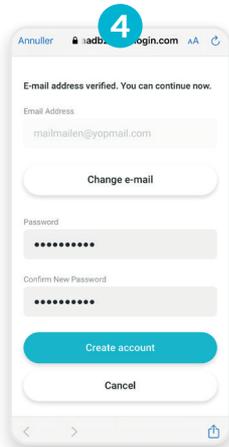
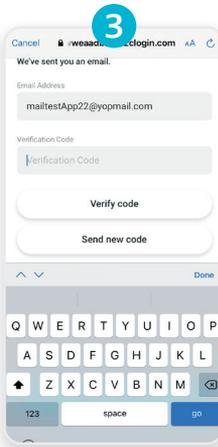
5 Click **'Personalize MyOstomyLife'**.

6 Fill in your first and last name and your phone number to complete your profile.

 A Coloplast® Care Advisor will use this information to call you if you request help.

7 Provide a few details on your stoma to customize the app content to your specific needs.

8 Congratulations! You are now ready to use MyOstomyLife. Click on **'Go to Home'** to find education and product and lifestyle tools designed to help make your life with an ostomy easier!



 **Any Questions?**
Feel free to reach out!

 1-877-858-2656

 care-us@coloplast.com

Information provided in the app is for educational purposes only. It is not intended to substitute for professional medical advice and should not be interpreted to contain treatment recommendations. You should rely on the healthcare professional who knows your individual history for personal medical advice and diagnosis.