

## For your patients still struggling with fatigue, brain fog, pain and other symptoms, Mymee can help.

Many rheumatic autoimmune patients taking immunosuppressants still have daily symptoms that require personal trial and error to resolve. Special diets, OTC products, pain medications, vitamins, and supplements may hurt or help, depending on the person. For patients left seeking support on their own, this trial-and-error process can be painful, costly, and dangerous.

Mymee provides personalized adjunct care to help people living with long COVID and rheumatic diseases like lupus, rheumatoid arthritis, psoriatic arthritis, and ankylosing spondylitis improve their quality of life. Backed by a decade of R&D, Mymee's clinically validated program generates self-evidence to help patients find hidden triggers and better predict, manage and control symptoms. Through Mymee, patients gain critical data insights to guide personal diet and lifestyle choices while optimizing success with recommended treatment.

**70% of autoimmune disease is attributed to external factors like food, sleep, toxins, and viruses.  
The wide variety of potential triggers varies by individual.**

### Why Mymee?

#### Reduces Risk

Continuous monitoring and feedback helps patients find and safely lower exposure to hidden triggers in the real world, reducing the need for NSAIDs, sleep aids, anxiolytics, and other medications used to relieve symptoms.

#### Better Outcomes

Mymee delivers clinically significant improvements across multiple health-related quality of life domains. In a retrospective study, patients with more severe symptoms saw even greater benefit, as measured by PROMIS.

#### Lower Patient Costs

Sessions with a specialized health coach trained on Mymee's trigger identification platform cost 3-4x less than visiting a functional medicine practitioner. Patients can apply for reimbursement from FSA or HSA accounts in the US.

### How Mymee Works

1.



A client's self-evidence is reviewed and their symptoms are correlated to hidden triggers.

2.



Clients are guided to safely test triggers and adapt to real world scenarios.

3.



Precise support and nutrition interventions help clients reach new baselines of health.

4.



Clients receive ongoing support to mitigate trigger-related risks and manage symptoms.

#### Patients Report Improved Relationships with their Rheumatologist



Understanding my triggers was a game changer. My visits with my rheumatologist are more productive because I have personal data to share about what I'm feeling and doing in between visits."

- Tonya, Mymee Client

# HRQoL Improvement With Mymee

A 202-person retrospective study demonstrated Mymee significantly improved HRQoL based on validated PROMIS scores.

## Overview:

- Recruitment included patients taking biologics and did not exclude multiple diagnoses. Conditions included were AS (5%), long COVID (15%), MS (6%), other\* (36%), PsA (11%), RA (20%), and SLE (6%).
- Significant improvements were seen across mild, moderate, and severe symptoms. Patients with more severe symptoms at baseline experienced higher average improvements at the average program endpoint of 17 weeks.

- Patients generated self-evidence through in-app tracking 7.4 times/day, generating 754 observations each over 17 weeks.\*\*

## HRQoL Improvements:

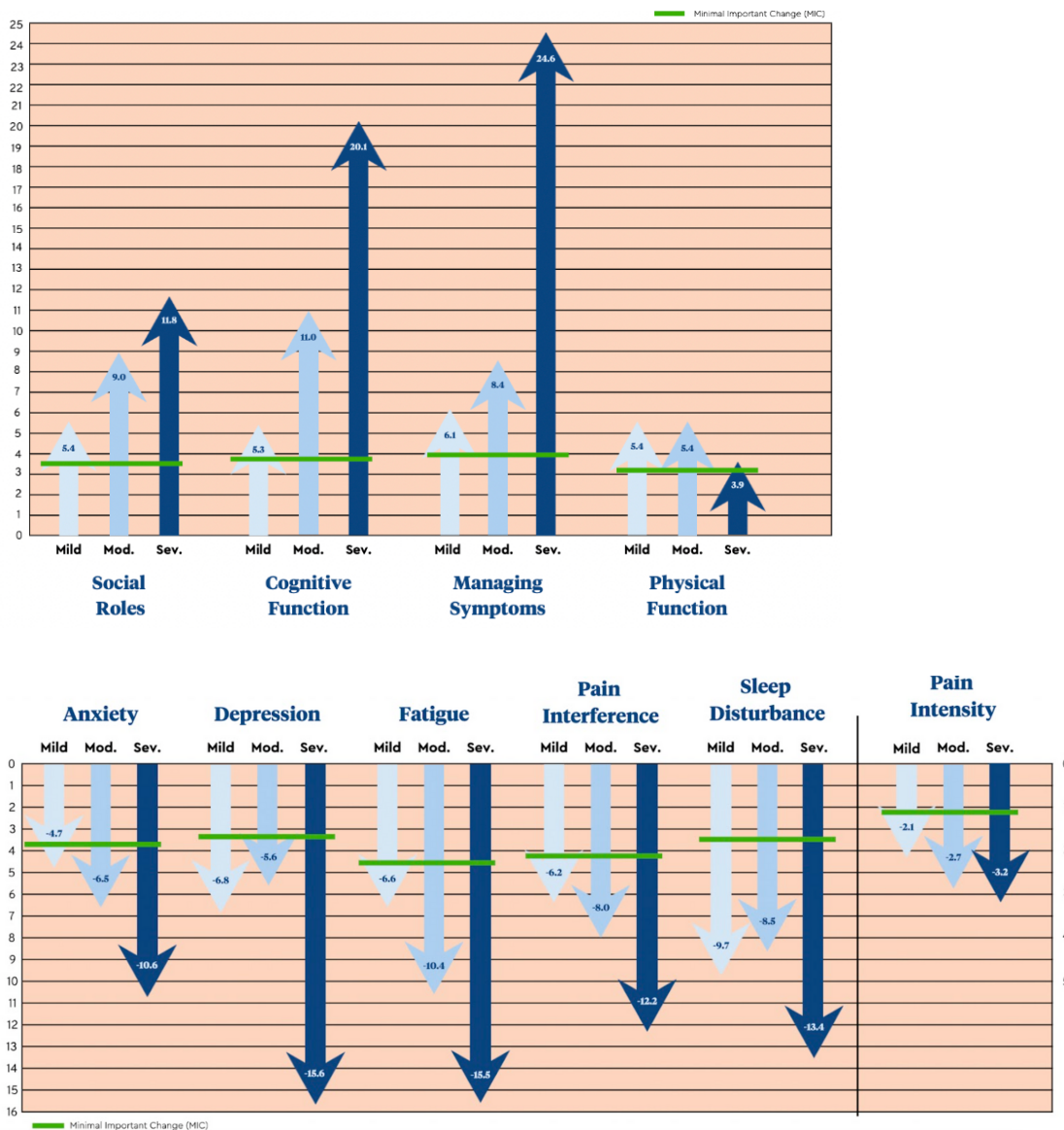
- For study participants who had moderate or severe symptoms at baseline, the magnitude of change exceeded the generally accepted scores for minimal important change (MIC) of 2 - 6 in every domain.\*\*\*

\*Other: Sjögren's, MCTD, MG, UC, Graves', Hashimoto's, Psoriasis, etc.

\*\*Numbers reflect the average program adherence based on all participants in the study

\*\*\*Terwee CB, Peipert JD, Chapman R, et al. Minimal important change (MIC): a conceptual clarification and systematic review of PROMIS measures. Qual Life Res. 2021 Oct;30(10):2729-2754. doi: 10.1007/s11136-021-02925-y.

## Change in PROMIS From Baseline to End-of-Program by Severity at Baseline (Mild, Moderate, or Severe)



## Learn more

For more information on Mymee's clinical validation or proprietary case studies, please contact:  
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## For patients

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