

Download this FREE MOBILE APP

[www.LLS.org/HealthManager](http://www.LLS.org/HealthManager)



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Track your daily health with

**LLS HEALTH  
MANAGER™**

Track your side effects, medication, food, hydration, questions for your doctor, grocery lists and more.



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## FEATURES INCLUDE:

### Side Effects Tracker

Monitor the side effects you experience throughout the day.

### Medication Tracker

Track your medications, including the doses and times you're taking them each day.

### Food Tracker

Record your daily food intake.

### Hydration Tracker

Set a daily hydration goal and track your intake to help you reach your goal each day.

### Questions for Your Doctor

Keep lists of questions for your doctor and record the answers at your next appointment.

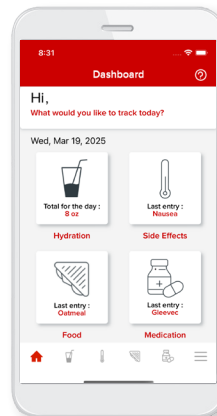
### Grocery Lists

Create grocery lists, categorize items and sort your lists for easier shopping. You can also export your lists to email.

### My Health Journal

View a report of what you've tracked to analyze side effects in relation to the medications, food and hydration you've tracked throughout each day.

Share your report with your healthcare team to discuss side effect management.



### Additional Features

#### Meal Planner

#### Recipes

#### Serving Size Visual Cues

#### Shared Caregiver Access

#### Resources

Also available in Spanish and French Canadian

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Taking your medications as prescribed and staying well-nourished and hydrated can help you feel better, maintain your strength and speed recovery.

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