



TABLE OF CONTENTS

FUNCTIONS

HOW TO USE CEFREF – QUICK GUIDE	3 - 5
---------------------------------	-------

FAQS

CEFREF FAQS

What is CEFREF?	6
Why use a headache diary?	6
Why use CEFREF?	6
Migraine sufferer or Healthcare Professional?	6

PATIENT FAQS

When to use CEFREF?	7
Is CEFREF free for standard users?	7
Why can't I see some of my data in the first 28-days?	7
Is my data safe?	7 – 8
Can I share my data with a Healthcare Professional?	8
What is the difference between 'Calendar month' and '28-Day' modes?	8
What is blind-mode?	8
How do I delete my data or my profile?	8

DATA REVIEW INFORMATION

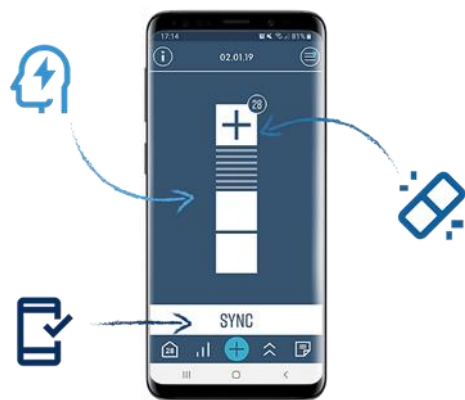
APP PAGES	9 - 11
DATAFLOW	12- 13
DATA SHARING	14
BLIND-MODE	14

HOW TO USE CEFREF: QUICK GUIDE

CEFREF is a headache analytical tool that allows users to accurately record headache frequency, headache severity and painkiller usage. This information when presented to a doctor or headache specialist may guide treatment.

CEFREF is not a diagnostic tool and **should not** be used to diagnose migraine or other types of headache.

If you have any questions or concerns about your diagnosis or symptoms, then consult your doctor.



DATA INPUT

- STEP 1** Select headache severity:
1 = Mild
2 = Moderate
3 = Severe
- STEP 2** Select if painkiller used
- STEP 3** Finally *SYNC* to the cloud

RECORD NOTES

- STEP 1** Press *Yes* to record note
- STEP 2** Record a note and then press *Submit Note*



ANALYSE DATA



DATA CHARTS View summary graphs and trendlines

MONTH VIEW View data notes in detail

APP SETTINGS

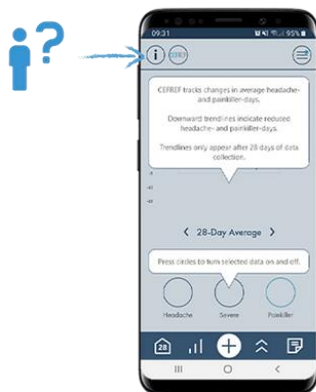
MODE SETTING Switch between Calendar month and 28-day modes

ACCOUNT Share data with a Healthcare Professional or download data to email

NOTIFICATIONS Manage reminders and notifications



INFORMATION



HELP

Press ⓘ to reveal page information

MODE SELECTION



PATIENT

At sign up select the 'Patient' input and tracking interface

PROFESSIONAL

At sign up select the 'Healthcare Professional' input and tracking interface

HEALTHCARE PROFESSIONAL INTERFACE

MANAGE

View patient data and manage blind-mode

NOTIFICATION

View notifications from your patients.

SHARING

Add new patients using their unique user ID code



*For a more detailed explanation of App Pages and Dataflow, please refer to pages 9-13.

WHAT IS CEFREF?

CEFREF is an advanced electronic migraine headache diary designed by headache specialists and migraine sufferers to monitor headache and painkiller usage. **CEFREF** was created to improve management of migraine. **CEFREF** is not a diagnostic tool and **should not** be used to diagnose migraine or other types of headache.

WHY USE A HEADACHE DIARY?

Unless headaches occur daily, most people have difficulty remembering how many headaches they have and how many painkillers they use. Accurately recording this data may help your doctor decide what medication (if any) is indicated.

WHY USE CEFREF?

Designed with simplicity in mind, we want you to spend as little time on **CEFREF** as possible! Our platform allows users to quickly record and display essential headache data, which may help your doctor determine the most appropriate treatment.

MIGRAINE SUFFERER OR HEALTHCARE PROFESSIONAL?

CEFREF has two modes: PATIENT mode (i.e. migraine sufferers) and HEALTHCARE PROFESSIONAL mode (for Healthcare Professionals to remotely monitor linked patient users).

WHEN TO USE CEFREF?

You only need to access **CEFREF** to record a headache event. Headache data can be viewed at any time.

IS CEFREF FREE FOR STANDARD USERS?

CEFREF is fully functional and free to use for the first 3-months.

After 3-months users are required to pay a monthly subscription (2.99 per month) to retain the full functionality of **CEFREF** Premium**. Alternatively, you may continue to use **CEFREF** for Free*, but with reduced functionality.

Premium** subscription can be cancelled at any time through your app store.

	Free*	Premium**
Headache data review	✓	✓
Headache reminder		✓
Dedicated notes page		✓
Data sharing		✓
Blind-mode		✓

WHY CAN'T I SEE SOME OF MY DATA IN THE FIRST 28 DAYS?

Some data (e.g. 28-Day Average) is not displayed until **CEFREF** has collected 28 days of data and made a calculation.

If you can only see the input page or can't see data after 28 days then you may be in 'Blind-mode'. Check your notifications or with your healthcare professional to find out if you are in 'Blind-mode'.

IS MY DATA SAFE?

All data is securely stored on GDPR compliant encrypted web servers based in the UK.

The only potentially identifiable personal data that **CEFREF** stores is your email address, which is required to login. For complete anonymity we suggest that you sign up to a new email provider and choose a random email address (e.g. myCEFREF1@gmail.com).

CEFREF allows you to record free-text notes and we suggest for added security that you do not include identifiable data.

Unlike some other headache apps we do not:

- Track your location
- Share your data with third parties

CAN I SHARE MY DATA WITH A HEALTHCARE PROFESSIONAL?

Yes, if your Healthcare Professional has the **CEFREF** HEALTHCARE PROFESSIONAL INTERFACE then you can share your headache data. For more information, please refer to page 14.

WHAT IS THE DIFFERENCE BETWEEN CALENDAR AND 28-DAY MODES?

Calendar mode displays data in calendar months (i.e. January, February, etc.). Data charts only populate at the end of a given calendar month.

28-Day mode displays data over the previous 28-days. Data charts continuously populate.

WHAT IS 'BLIND-MODE'?

Your healthcare professional may send you a 'Blind-mode' request. If you accept, this enables your healthcare professional to view your retrospective data but blocks you from being able to view it. For more information, please refer to page 14.

HOW DO I DELETE MY DATA OR MY PROFILE?

You can manage how your data and profile is stored by accessing your account settings.

Once you delete your data or profile it will be gone forever. We do not store your data without your permission.

Data input



This is where headache and painkiller data is recorded.

Diary



This displays headache / painkiller data over the previous 28-days or during the current calendar month.

28-Day Average



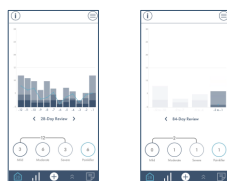
This displays trends in headache and painkiller days.

Headache- / Painkiller-Free Days



This displays when headache and painkiller last recorded.


28-Day / 84-Day / Month / 3-Month Review



These pages contain bar charts displaying summaries of previous headache and painkiller data.

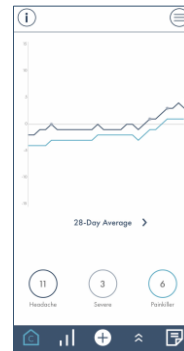
Settings / CEFREF Account / Data Management / Notifications



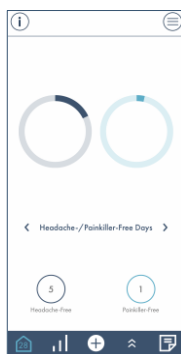
Press  (top right every screen) to enter these pages. In 'Settings' switch between '28-Day' and 'Calendar Month' modes.

28-DAY AVERAGE

CEFREF tracks headache and painkiller days over the previous 28-days. Uptrends indicate increase in headache- and/or painkillers-days. Downtrends indicate decrease in headache- and/or painkiller-days. '●' indicate SEVERE headache days. Pressing circles at the bottom of chart toggles chart lines on and off.



HEADACHE- / PAINKILLER-FREE DAYS



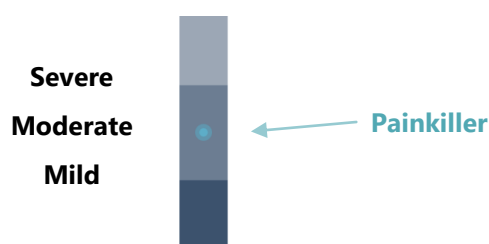
CEFREF keeps track of Headache- / Painkiller-Free days. In the example, there have been 5 'Headache-Free Days' and 1 'Painkiller-Free Days'.

MONTH / 3-MONTH / 28-DAY / 84-DAY REVIEW


CEFREF summarises headache and painkiller data from the diary page into charts.

Headache-days are displayed as bars. Each bar consists of different coloured blocks indicating 'Mild', 'Moderate' and 'Severe'.

Painkiller-days are displayed as a line.



Headache-days and Painkiller-days for the highlighted period are displayed in circles below. In 'Calendar month' mode, data is displayed in month (e.g. Jan) and 3-month periods (e.g. Jan-Feb-Mar). Data is updated on the 1st day of every month (i.e., Jan data appears on 1st Feb).

In '28-day' mode, data is displayed in 28-day and 84-day periods. The '-1' period represents the previous 28-days (including today). '-2' is the 28-days before that and so on. Data is updated instantly. Dates for the current '-1' period are displayed at the top of the diary page .



Pressing background reveals all months.



Pressing circles at bottom of screen toggles between data sets.



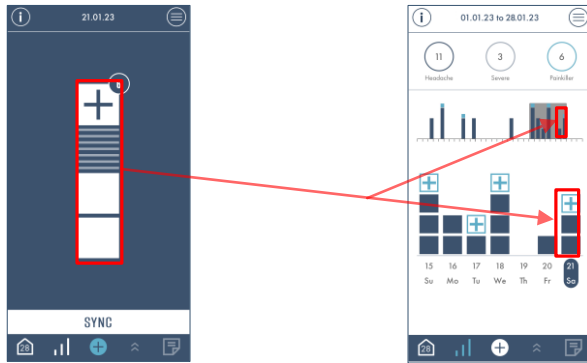
Time period	Bars / line	Description
Month	e.g. Jan	In January, there were 10 headache-days (mild 3, moderate 4, severe 3) and 6 painkiller-days.
3-Month	e.g. Oct to Dec	Between Oct and Dec the monthly average of headache-days was 6 and painkiller-days was 4.
28-Day	e.g. -1	Between 1/1/23 and 28/1/23, there were 9 headache-days (mild 5, moderate 1, severe 4) and 4 painkiller days.
84-Day	e.g. -3 to -1	Between 5/11/22 and 28/1/23 the 28-day average number headache-days was 6 and painkiller-days was 4.

DATA REVIEW - INFORMATION

DATAFLOW

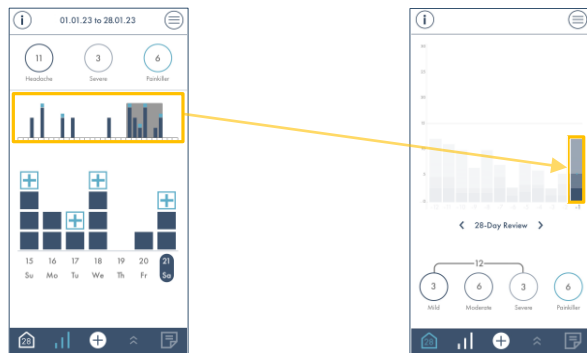
CERFEF uses simple algorithms to display your data. Understanding the dataflow can improve use of the app.

DATA INPUT, DIARY, 28-DAY / 84-DAY / MONTH / 3-MONTH REVIEW

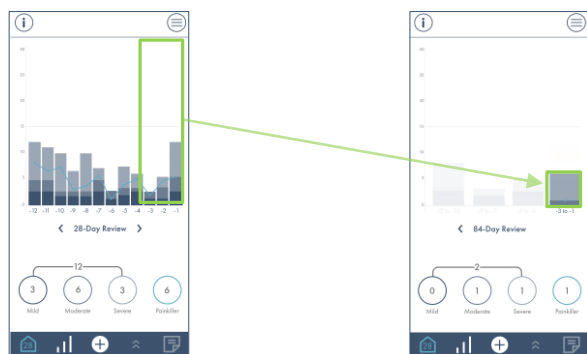


Headache and painkiller data is transferred to diary page

i.e., Headache pain = moderate, and painkiller taken.



Total number of headache and painkiller days over past 28-days converted into 28-day bar and painkiller line.



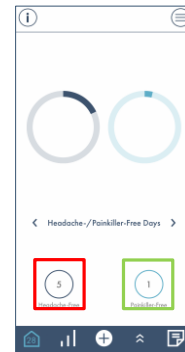
Average of 3 consecutive 28-day bars converted into 84-day bar

Please note, the dataflow is the same in 'Calendar Mode'.

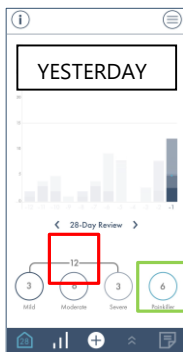
HEADACHE- AND PAINKILLER-FREE DAYS



Starting from today ²¹ _{Sa}, count backwards number of days when **headache** / **painkiller** free.



28-DAY AVERAGE



Day-to-day changes (-1, 0 or +1) in bar totals determines direction of trendline.

Subtract YESTERDAY **Headache** Day or **Painkiller** Day total from TODAY total:

$$11 - 12 = -1$$

$$6 - 6 = 0$$

I.e., **headache** trendline is down, **painkiller** trendline is flat.



DATA REVIEW - INFORMATION

DATA SHARING

CEFREF allows users to share headache data with their Healthcare Professional.

Before inviting a Healthcare Professional to view your data, you will need their username (e.g. wzxa56d1).

TO START DATA SHARING

- Settings > Data Management > Data Sharing > Share headache data
- Press 'Not Shared'
- Enter Healthcare Professional's username (e.g. wzxa56d1)
- Press 'CONFIRM'
- You will now be asked whether you want to share any 'Notes' you have recorded in CEFREF. Press 'NO' or 'YES'.
- An invite is now sent to your Healthcare Professional. Once they accept then your data can be viewed immediately.

TO STOP SHARING DATA

- Settings > Data Management > Data Sharing > Share headache data
- Press on Healthcare Professional's username
- Press 'REVOKE'. Your Healthcare Professional will no longer be able to view your data.

BLIND-MODE

Sometimes it is useful to collect 'blinded' data, when as a user, you are unable to review previous data entries.

TO ACCEPT 'BLIND-MODE'

- Settings > Data Management > Data Sharing > Blind-mode duration
- Press 'Requested'
- Press 'REJECT' or 'ACCEPT'

OR

- Settings > Notifications
- Press notification indicating that Healthcare Professional's blind-mode request
- Press 'REJECT' or 'ACCEPT'

TO REQUEST CANCELLATION OF 'BLIND-MODE'

- Settings > Data Management > Data Sharing > Blind-mode duration
- Press on 'x' days
- Press 'reset'
- A request to cancel blind-mode will now be sent to your healthcare professional

Registered company no: 11968089

Ceftronics Limited

85 Great Portland Street

London, UK

W1W 7LT

info@cefref.com

© Ceftronics Limited 2022

For more information on our privacy policy please visit www.ceftronics.com/app-privacy-policy