

More of the

# UP DAYS

Help on the  
**DOWN  
DAYS**

Careology 



## Help and support for everyone living and dealing with cancer

A cancer diagnosis is daunting. There's a lot of information to take in, treatments and appointments to juggle, symptoms, medications and responses to monitor - and a whole new way of being to understand and adjust to. At Careology, we believe that putting you more in control of your cancer journey can make your diagnosis that little bit easier to manage. That is why Careology is proud to partner with RedArc to help you stay on top of every aspect of your cancer treatment.

## Beside you every step of the way









Careology's useful tools and thoughtful technology help you track your treatment, understand your symptoms, monitor medications and much more. It also lets you keep family and friends updated with any information you choose to share - so they know exactly how you are and what they can do to help.

## In partnership with



## The Careology App

Our simple to download and easy to use mobile app available on iOS and Android, enables you to feel supported and in control of your health during and after your treatment.

-  Manage your symptoms and understand when to contact your clinician
-  Track your vital signs, including temperature and heart rate
-  Log your medications and get reminders
-  Keep your treatment journal
-  Share information with your RedArc nurses
-  Keep tabs on where you are in your treatment plan
-  Keep friends and family up to date
-  Get helpful tips, articles and recipes to improve your daily wellbeing

Every cancer journey is unique. But, at Careology in partnership with RedArc, our mission is to make the down days more manageable - and the up days come more often, for everyone living and dealing with cancer.

## A little bit about our partnership

Careology was created by the healthtech pioneer Paul Landau, after his wife was diagnosed with cancer. As a result, Careology combines a true understanding of living and dealing with cancer with the very best in digital technology.

As part of the support you receive from RedArc we are pleased to introduce you to Careology so you can stay connected with your nurses and caregivers. Our aim is to further support you and help make your diagnosis that little bit easier to manage.

To learn more about this partnership between Careology and RedArc please email [hello@careology.health](mailto:hello@careology.health)

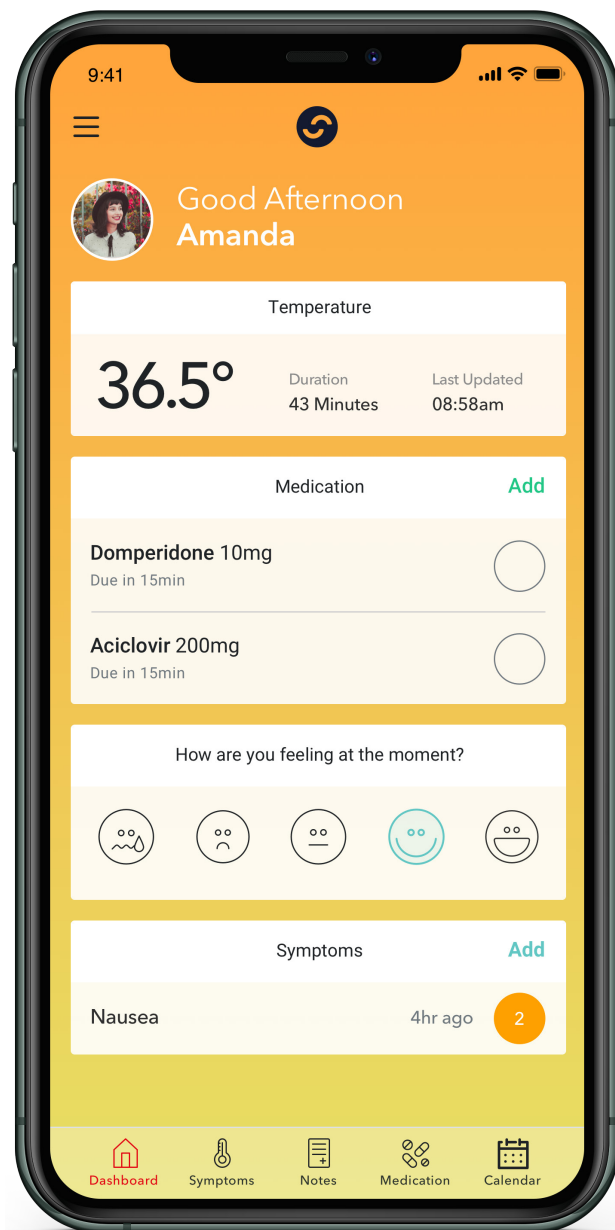
## A helpful service recommended by

**MACMILLAN**  
CANCER SUPPORT

## Scan to learn more



## Simple to download and easy to use



“We are delighted to partner with Careology bringing together their technology solution alongside our personal nurse support. This powerful combination will make such a difference to the physical and emotional wellbeing of the people we look after at this vulnerable time in their lives.”

- Christine Husbands,  
Managing Director for RedArc

“Careology helped me keep on top of my medication, taking the right stuff at the right time; I find the the ability to put symptoms in one place and have a record that I can refer back to with my nurses really useful.”

- Careology User

“Having the app really helped keep my husband connected and enabled him to contribute to my consultation with the oncologist even though he was only able to attend by phone. It's helped him to understand how I'm feeling day to day and to help provide the support I need.”

- Careology User