

# What is Backpack Health?

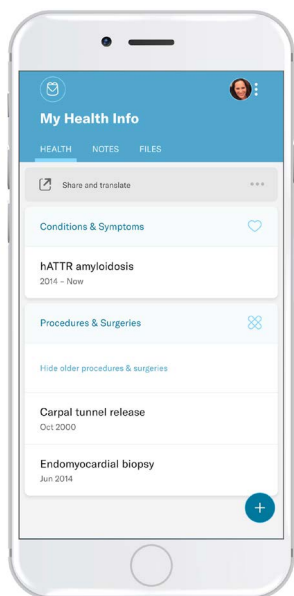


hATTR Change the Course and hATTR Compass are teaming up with Backpack Health to provide hATTR amyloidosis with polyneuropathy patients with a resource to help manage their health. Backpack Health **supports** and **empowers** those living with complex health conditions, providing **tools for health management** and **contributions to research**. This is a unique tool that helps individuals keep track of their health information so that it's **portable, manageable, sharable, and translatable**.



## Why use Backpack Health?

Backpack Health makes it easy to bring all your health information together in one place. Use it for yourself and everyone you care for, and take control over how you share your information with all the people involved in your care. Manage your health the way that makes sense for your life—no matter where life takes you.



### The Backpack Health app can:

- Bring all of your health information together in a comprehensive, portable app.
- Manage your loved ones' health information in the same place as your own, seamlessly.
- Securely share profile information with those you choose using Share Cards.
- Make use of a multilingual health app in English, Spanish, French, Portuguese and German.

**Available for iPhone, Android and desktop.  
Wherever you go!**

[www.hattrchangethecourse.com](http://www.hattrchangethecourse.com)

[www.hattrcompass.com](http://www.hattrcompass.com)

 [hATTR Change the Course](#)

 [@ChangehATTR](#)



## How to protect your health information

With the Backpack Health app:

- Only hATTR Compass group administrators have access to information you explicitly provide them. You choose to share information via surveys you complete or details you include on Share Cards that are clearly marked as shared with this group.
- Other group members do not have access to your information.
- Administrators can contact you using this app—they don't have direct access to your email address or other contact details.
- You can leave at any time.



## How to create your profile

Create a Backpack Health profile and easily keep track of important details of your health, including the results of your genetic test. Join today and receive complimentary access at:

<https://my.backpackhealth.com/join/hATTRCompass>



## Questions?

If you have any questions about Backpack Health, please email or visit our website:

[help@backpackhealth.com](mailto:help@backpackhealth.com)  
[www.backpackhealth.com](http://www.backpackhealth.com)

[www.hattrchangethecourse.com](http://www.hattrchangethecourse.com)

[www.hattrcompass.com](http://www.hattrcompass.com)

 [hATTR Change the Course](#)

 [@ChangehATTR](#)