

# NEW PATIENT SETUP FOR THE ABILIFY MYCITE® SYSTEM

## Checklist for Healthcare Professionals

Welcome to the next step in getting patients started with the ABILIFY MYCITE System. Please review this checklist before and during your patient's next appointment to help facilitate a smooth start.

Note that this checklist should not be shared with patients in the office. Rather, it is meant to be an aid in setting up the ABILIFY MYCITE System.

### Before the appointment

If your office has wireless internet (WiFi) available, consider sharing guest access with your patient to facilitate setup of the MYCITE® App

- If WiFi is not available in your office, ask your patient to download the MYCITE App before the appointment

Review the information on the App Setup Card in the ABILIFY MYCITE® Starter Kit and make sure all fields are correct

Remember that all Instructions for Use (IFU) videos are available at [ABILIFYMYCITEhcp.com](https://www.abilifymycitehcp.com). It might be helpful for you to watch the videos before the appointment

Encourage your patients to review privacy requirements before the appointment. The ABILIFY MYCITE System Patient Terms of Use and Privacy Notice are available at [ABILIFYMYCITE.com](https://www.abilifymycite.com)

### During the appointment



#### Getting started

Set expectations with your patient on the duration of setup activities (15 to 20 minutes)

If your patient has not already downloaded the MYCITE App, ask them to download it by following the instructions found in the Quick Start Guide

Ask your patient to make sure their mobile phone has Bluetooth®\* turned on before opening the MYCITE App. You may want to ask them to show you their phone to confirm visually

***Remember: Patients should hold their own phone throughout setup. This may help them become more comfortable and familiar with the system.***

Help your patient get started with the MYCITE App by directing them to the "Getting Started" video

- Allow your patient time to review and accept the ABILIFY MYCITE System Patient Terms of Use and Privacy Notice
- Patient will enter their email address and create a password for the MYCITE App
- Patient will enter their information, including their name, date of birth, gender, and mobile phone number
- Allow your patient time to review and accept the ABILIFY MYCITE System Patient Authorization & Consent



#### Getting connected

Prompt your patient to enter your unique connection code found on the App Setup Card contained in the ABILIFY MYCITE Starter Kit

If your patient would like to share their data with other members of the healthcare team, they must enter the unique connection codes individually

- Patients can find the codes on the App Setup Card or ask the other members of the healthcare team for their codes

Explain to your patient how the app can facilitate one-on-one connections

- Once the patient enters the code in the app, they will start automatically sharing their data with you

\*Bluetooth is a registered trademark of Bluetooth SIG, Inc.



### Patch pairing and placement

Ask your patient to play the “Preparing Your Skin” video. Discuss identifying a proper location for the patch. Reiterate that your patient needs to clean the area in preparation for applying the patch

Ask your patient to play the “Opening Your Pod & Strip” video. After the video ends, ask your patient to remove the pod and the strip from their ABILIFY MYCITE® Starter Kit and place them on a flat surface

Remind your patient that the ABILIFY MYCITE Starter Kit contains 7 disposable adhesive strips, 1 reusable pod, and a 30-day supply of tablets. Tell them to call 844-MYCITE-4 (844-692-4834) and press 3 if they need additional adhesive strips or a replacement pod

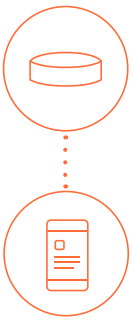
Ask your patient to play the “Pairing Your Patch” video. Instruct them to insert the pod into the strip until they hear a click, wait for the blinking green light, then tap the “Next” button. The data pod only needs to be paired once at account setup

Inform your patient that the patch pairing is only completed when they accept the Bluetooth® pairing request

Ask your patient to play the “Applying Your Patch” video. Emphasize that it is important to apply the patch as recommended

Remind your patient that the pod is used for up to 1 year and they should **not** dispose of the pod when changing the disposable adhesive strip

Remind your patient to change the disposable adhesive strips at least weekly



### Taking the tablet

Ask your patient to play the “Taking Your Tablet” video. Confirm whether your patient has taken their daily dose of aripiprazole or similar treatment

- If they have not taken their daily dose, they may proceed with ingesting the first dose of ABILIFY MYCITE® (aripiprazole tablets with sensor) as prescribed
- If they have already taken their daily dose, they can start on their first dose of ABILIFY MYCITE the following day as prescribed

Set expectations with your patient on the time it takes for the system to detect the ingestion of ABILIFY MYCITE. Most tablets will register within the first 30 minutes, but can take up to 2 hours after ingestion

- Remind them not to take another dose that day if they have taken their tablet but it has not registered

Point out that the MYCITE® App allows patients to select a reason for a missed dose the next day. One of those reasons might be that the tablet did not register



### MYCITE App orientation

Point out that the next 5 Instructions for Use (IFU) videos focus on exploring features of the MYCITE App. You may want to ask your patient to play any or all of the following:

- “Using Your App” video
- “Entering Your Mood” video
- “Using Your Timeline” video
- “Rating Your Rest” video
- “Menu Overview” video

Ask your patient to show you how they can access the My Timeline screen

Ask your patient to show you how they can use the Setting Mood Information screens

Ask your patient to show you how they can use the Setting Rest Information screens

Ask your patient to show you how they can use the Main Menu screen and its features

Ask your patient to show you how they can use the Weekly View screen

Ask your patient to show you the features of the Monthly View screen, including pill status, mood status, rest level, and activity level

### More help

Highlight the role of the Patient Education Liaisons and the MYCITE® Team and how your patients can reach them at 1-855-242-7787 and 844-MYCITE-4 (844-692-4834), respectively

Remind your patient that all IFU videos are available at [ABILIFYMYCITE.com](http://ABILIFYMYCITE.com) and in the Help section of their MYCITE App

Remember, additional resources and support from the MYCITE Team are also available for you and your office staff

Remind your patient that they can access the FULL PRESCRIBING INFORMATION, including **BOXED WARNING** and MEDICATION GUIDE, on [ABILIFYMYCITE.com](http://ABILIFYMYCITE.com)

To report SUSPECTED ADVERSE REACTIONS, contact Otsuka America Pharmaceutical, Inc. at 1-800-438-9927 or FDA at 1-800-FDA-1088 ([www.fda.gov/medwatch](http://www.fda.gov/medwatch)).

Please see [FULL PRESCRIBING INFORMATION](#), including **BOXED WARNING**.



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Abilify MyCite®  
(aripiprazole tablets with sensor)  
2, 5, 10, 15, 20, 30 mg