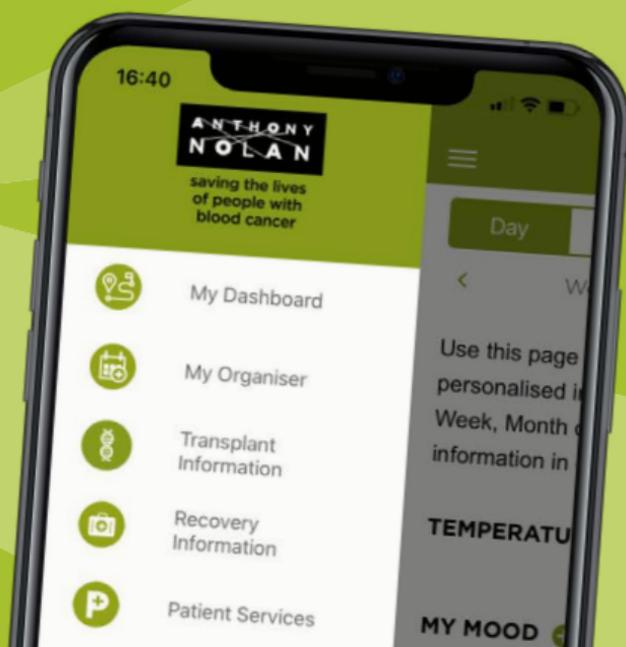


MY TRANSPLANT TRACKER



TRACKING YOUR RECOVERY FROM DAY ZERO



saving the lives
of people with
blood cancer

MY TRANSPLANT TRACKER

My Transplant Tracker is the free mobile phone app from Anthony Nolan that helps you take control of your recovery after your stem cell transplant. You can track any aspect of your recovery, set yourself goals and monitor your progress over time, completely confidentially.

WHEN YOU NEED TO CHECK PROGRESS

Every time you have a blood test you can record your white blood cell count, platelets, haemoglobin and other vital information in the app, completely confidentially. All this info is then available together for you to check, whenever you need it.

WHEN YOU NEED REMINDERS

After your hospital stay, you'll have regular hospital appointments and medication that you'll need to take. My Transplant Tracker enables you to set handy reminders and store your medical team's contact details - so you'll never miss anything important.

WHEN YOU NEED RECOVERY GOALS

Your recovery may seem like a difficult challenge at times but if you set yourself short and long term goals, it will become more manageable. This might be as simple as going for a walk or preparing a healthy meal each day – store them all and check your progress in My Transplant Tracker.

WHEN YOU NEED INFORMATION

After your transplant, you'll naturally have many questions about your recovery. My Transplant Tracker provides extensive and reliable information about how your transplant could affect your body, mind and life, now and in the future.

WHEN YOU NEED SUPPORT

We will be here to help you every step of the way. You'll have access to the full range of Anthony Nolan patient support services including our enquiry line, our Patients & Families forum, blogs, podcasts, peer support service and more.

'I was in hospital for six weeks and during that time, to get myself through, I would set myself targets. I had a chart and a calendar in hospital and wrote down my bloods every day.'

Kate, who had a transplant in 2015

anthonymolan.org/patientapp
patientinfo@anthonymolan.org

0303 303 0303
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My Transplant Tracker'



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