INFORMATION FOR TREATING PHYSICIANS AND CARE TEAMS · MECFS-TRACKER.APP

# My structured ME/CFS records – ready for our appointment

Self-reported records and observations from relatives – encrypted, no cloud, readable only by your practice.

Dear Doctor, dear care team,

so that you can look at my records before our appointment and I do not have to recall delayed post-exertional malaise (PEM) from memory, I document my daily activity, symptoms and, optionally, vital signs with **me.cfs Tracker**. If you wish, I can share my records with you in advance.

## What you will see

### Daily log

My entries per time of day in the method I use: a simple 0–4 check, a simplified 0–10 activity diary, or the activity and symptom log based on DBS/OMF Appendix 1; PEM marks, accompanying symptoms, notes.

### Vital signs and questionnaire

Optional resting heart rate, measured pulse, HRV with measurement type, blood pressure, sleep duration and Body Battery per time of day (Garmin value 5–100, not a medical measurement – explanation and sources in the practice app); start and end of crashes; the DSQ-SF questionnaire in its official German version.

### Changes and late entries

If I change an entry afterwards, you see when and what changed. Entries added later are marked “added on …”. All content remains self-reported.

### Observations by relatives

Only if I share them: observations from my relatives (me.cfs Companion), kept separate from my own entries.

## Three steps

### 1 · Open

Visit docs.mecfs-tracker.app in a current desktop browser; no installation. Access requires a DocCheck login for healthcare professionals; please check whether DocCheck is available for you.

### 2 · Pair once

Create your practice key locally and exchange contact cards and a short verification code with me once.

### 3 · Review

Open the encrypted file for the period I share, review it and, if you wish, print it or save a PDF – as my self-report.

## Privacy and scope

- **No server stores health data, no account:** records stay encrypted on my device and travel only as a file encrypted for your workstation and signed by my device. GDPR (Art. 9) has been the design basis; a formal data protection impact assessment is in progress.
- **Display only:** me.cfs Practice shows my self-reports without scoring, diagnosis or treatment recommendations. Its classification under the EU Medical Device Regulation is still pending.
- **Costs:** currently free for your practice; a fee is planned for the future unless funding is secured otherwise – it will be announced at least three months in advance, and there are no costs until then. For me as a patient the app is permanently free.

More information: mecfs-tracker.app · Practice app: docs.mecfs-tracker.app · Contact: info@mecfs-tracker.app

Patient (optional): _____ Next appointment: _____