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Supported Devices & Device Software

iHeadache has been tested and is supported on the following devices:

- BlackBerry Bold 9000
- BlackBerry Curve 8900
- BlackBerry Curve 8520
- BlackBerry Curve 8300 Series
- BlackBerry 8800 Series
- BlackBerry Tour 9630
- BlackBerry Pearl Flip 8200 Series
- BlackBerry Pearl 8100 Series
- BlackBerry Storm (you may need to disable compatibility mode)

iHeadache should work on any device that has *BlackBerry Device Software v4.2.1 or newer installed*. However, the manual and video tutorial may not work on Device Software below v4.5.

Update your Blackberry Device Software – It is Free

Visit <http://na.blackberry.com/eng/update/> to download the latest version of BlackBerry Device Software. The link above requires Firefox or Windows® Internet Explorer® v5.5 or later, running on Windows®. If you are a Mac user, download *BlackBerry Desktop Software for Mac* to manage your BlackBerry device and download updates.

Loading iHeadache

Starting iHeadache for the First Time

Welcome to iHeadache. When you download iHeadache, App World should automatically populate the application with your License Key. If for some reason it doesn't, check your email for your License Key and copy it into the application. When the application starts you will be given the option to paste or type the License Key into a dialog box.

When the iHeadache application opens, the “Headache Log” is always the first screen displayed unless you leave the application by pressing the Red Phone button or choosing Switch Application from the menu on later models. In this situation, iHeadache remains running in the background at the screen you left until you return to the application. It is highly recommended that you save your headache information before leaving the application for long periods of time.

To set up and begin using your application:

1. Use the Full Menu to navigate to “Meds & Settings”
 - a. Enter your name - The name entered here will appear on your reports.

- b. Import Standard Medications - Review the list for medications you regularly take to treat your headache and select them. Do not include preventative medications or medications taken for other conditions.
 - c. Create Custom Medications for any medications you take specifically for headaches that are not in the Standard Medication list.
 - d. Preferences - You don't need to set these right away. Discuss the options with your doctor in order to optimize the reports according to your doctor's preferences. The preferences change the way the headache type is determined and can be changed at any time. View the section on "Preferences" for more information on the options.
2. Navigate to the Headache screen by using the Full Menu while in either the Headache Log, Meds & Settings, or Reports screens. If this is your first time to use iHeadache choose the "New Headache" option.
 3. Begin entering your headache and refer to this document or the help screen if you need assistance. To access help in iHeadache, press the Full Menu button and select "Help".

Overview

The application is divided into 4 key functions:

1. Headache Log – A complete listing of all the headaches entered in iHeadache. It also displays headaches that have no medication, symptoms or disability information entered.
2. Headache Entry – Details of each headache including start time, date, duration, severity, symptoms, disability, medications and notes.
3. Medications and Settings
 - a. Your Medication Profile contains medications you routinely take when you have a headache.
 - b. Preferences allow you to control how the software analyzes the headaches in order to determine the type of headache. Also allows you to specify whether to include generic or trade names for medicines in the reports
4. Reports – Generates a summary of your headaches that can be used by you and your physician to optimize your headache care. Reports are customizable and can include headache type, missing information, disability score and disability time, summary of medications, and notes. The reports can either be viewed on the BlackBerry or emailed to yourself and/or your doctor. The reports provide the key pieces of information your doctor needs to help manage your care.

Backup and Restore

We recommend periodically backing up your BlackBerry and iHeadache information by setting up the automatic backup preference in BlackBerry Desktop Manager. Follow their instructions for how to do this. The iHeadache information is stored in an RMS database. If you use the advanced options under Backup and Restore, make sure you

are backing up the RMS databases.

In order to recover iHeadache data, you will need to make sure and reinstall the application before restoring the data. RMS data cannot be restored unless the application owning the information is already installed.

Overview of Meds & Settings

When you first start iHeadache the “Meds & Settings” area can be accessed from the full menu. The first time you start iHeadache you need to come here to add your name, create your medication profile, and set your preferences. Make sure the following are set:

Your Name

The name entered here is displayed on the reports. If you do not want a name displayed on the reports you can leave this blank or enter “none”.

Medication Profile

Setup the medication profile (see “Setting up Your Medication Profile”) with medications you routinely take to treat your headaches. You can do this from:

1. The Medication Profile
2. Import Standard Medications
3. Create Custom Medication

Preferences

The “Preferences” section contains advanced options that your physician may want to specify. You don't need to set these right away and should discuss the options with your Doctor in order to align iHeadache with your Doctors preferences for evaluating headaches. (see “Specifying your iHeadache Preferences”)

Setting up Your Medication Profile

Before you begin entering headaches into iHeadache you should setup your medication profile. The medication profile should contain the *medications that you routinely take when you have a headache*. This list should NOT include headache prevention medications that you take on a daily basis or medications you take for ailments other than your headaches. The medications in your profile are available when you add medications to an individual headache.

Importing Standard Medications

To add medications to your profile:

1. From the “Meds & Settings” screen choose the “Import Standard Medication” option. You can also choose “Import Standard Medication” from the Full Menu or from within Medication Profile.
 - The most common prescription and over the counter medications for acute headaches are available in iHeadache™. If your medication has more than one dose/strength, try to find the correct dosage.
2. Highlight the medication you want to add and choose “Select” from the Full Menu/Short Menu or press ENTER on the keyboard. A ✓ will appear next to the medications you have selected to be in your profile.

Searching Standard Medications

- Type the first letter of a medicine to cycle through the Trade and Generic medicines that start with that letter.
- “SHIFT” + “T” navigates to the top of the list
- “SHIFT” + “B” navigates to the bottom of the list
- The “SPACE” key pages down one page and the
- “SHIFT” + “SPACE” key pages up one page.

Creating Custom Medications

If you cannot find your acute headache medication in iHeadache then you have the option to add a custom medication.

To create a custom medication:

1. From the “Settings” screen choose the “Create Custom Medication” option or from within the medication profile choose “Create Custom Medication” from the Full Menu or Short Menu.
2. Enter the
 - a. brand and/or generic name,
 - b. size (such as 10, 100, 250, or 500)
 - c. Unit of Measure (such as: mg or ml)
 - d. form (such as: tablet, capsule, spay, or injection)
3. If the medication is recognized as a drug that is used exclusively to treat

migraines you should answer yes to the question “This medication is specifically prescribed to treat migraines.”

- Virtually all migraine specific medications and doses are in the medication database so chances are, you will not be answering “yes” to this question.

Hiding and Deleting Medications

“Hide” medication that you no longer take from appearing in your medication profile by:

1. Highlight the medication in the medication profile.
2. Chose “Details” in the Full Menu or Short Menu.
3. Mark the medication for hiding by checking the “Hide” box on the medication detail screen and save your changes.
4. Return to the Medication Profile and select “Hide” in the Full Menu.
 - If you wish to see the medications again choose “Show All”.

To delete a medication from your profile, highlight the medication and choose “Delete” from the Full Menu. You cannot delete medications that have been added to an existing headache. Instead choose to “Hide” them.

Specifying your iHeadache Preferences

Headache order test preference

It is possible for a headache to meet the criteria for both “probable migraine” and “tension headache”. Headache experts disagree how these headaches should be counted. According to the most recent definitions of headache from the International Headache Society, the directive is to count these headaches as tension headaches but some physicians prefer to count them as probable migraines. Set the preference by choosing to test for “tension headaches” first or “probable migraines” first.

Medication Names in Reports

The reports can show the generic name, trade name or both names depending on the option specified.

Headache duration rules

The official diagnosis of an individual migraine headache is one that either lasts at least four hours or goes away when a medication used specifically to treat migraines is taken. For the purpose of tracking or counting migraines, you can:

- *Ignore the Duration* – Whether the duration is entered or left blank, the duration will be ignored and only the symptoms will be analyzed to determine the type of headache.
- *Use the duration if entered* – If the duration is entered then it will be used along with symptoms to determine the headache type. If duration is left blank then only the symptoms will be analyzed to determine headache type.
- *Require Duration* - The duration of the headache is required in order to determine the type of headache.

If a medication prescribed specifically to treat migraines is taken during the headache, the duration requirement will be considered met while evaluating the type.

Headache Log

The log displays all the headaches that you have entered into iHeadache and the date they occurred. Headaches displayed on the log are color coded by the type of headache.

- **Migraines** are **Red**
- **Probable Migraines** are **Blue**
- **Tension Headaches** are **Green**
- **Unclassified Headaches** are **Black**

iHeadache analyzes the symptoms, medications, and duration of your headache to determine the type of headache. The program uses International Headache Society II (I.H.S. II) criteria when classifying the type of headache. In addition to displaying the date the headache occurred, the log page will also show if medication, disability, or symptoms are not entered for a particular headache.

The headaches displayed on the headache log can be filtered to show all headaches or only the headaches missing:

- Medications
- Symptoms
- Disability
- Duration

To filter headaches, choose “Filter Log” from the full menu and select the criteria you wish to see.

Navigation and Commands

Edit a headache

- Press enter on a selected headache
- Press the trackball and select “Edit Headache”
- Press the menu key and select “Edit Headache”

New Headache

- Press the trackball and select “New Headache”
- Press the menu key and select “New Headache”

Delete an existing headache

- Select the headache you wish to delete then press the menu key and select “Delete”.

Entering a Headache

Start Time & Date

All headaches must have a start date & time. When a new headache is created it defaults to the current date and time. The start time can be changed as necessary to whatever time you need. Enter the date and time when your headache began if the current date and time are not correct.

Headache Duration

This field is optional but may be used to classify the type of headache you are having. To ensure complete reports and an accurate diagnosis it is advisable to enter the duration of your headache.

Initial & Maximum Severity

Select the initial severity and the maximum severity. The maximum severity cannot be lower than the initial severity.

Symptoms, Medications and Disability

To add or edit symptoms, medications, or disability information for this headache, select the appropriate line. Information about symptoms, medications and disability is optional but helps to create a complete headache report for you and your physician. Once you have entered information in each of these sections a check mark will appear to note that information has been entered. iHeadache is designed for you to enter information as your headache progresses. If you initially enter information and then later you experience more symptoms, take additional medications, or your disability changes you should return to these sections and enter your updated information.

NOTE: The first time you start entering a new headache the title bar at the top of the screen will be green and say "New Headache". After the first time you save the headache the title will bar will change to black and will say "Headache".

Navigation and Commands

- Use the "SPACE" key to cycle through options on each field
- Select "Next" from the full menu or press the "n" key to move to the next headache
- Select "Previous" from the menu or press the "p" key to move to the previous headache
- To begin another headache select "New Headache" from the full menu or select the "New Headache" option at the bottom of the list on the Headache screen.

Entering Your Symptoms

Your symptoms are used to determine the type of headache you are having therefore it is very important that symptoms be entered for all of your headaches. iHeadache is designed for you to use in real-time. Enter your symptoms as your headache progresses and return to the application to update them at any time.

Select “Symptoms” from the full menu or select “Symptoms” in the list on the Headache screen and enter your symptoms by answering yes or no to the questions on the screen. *You must answer yes or no to all of the questions before you can save.* Use the "SPACE" key to toggle through the answer from “yes” to “no” or to quickly answer the questions press the "y" or "n" key. Once you have saved and return to the Headache screen the > will change to a CHECKMARK to signify that you have entered information.

- An “*aura*” is something that occurs before the headache begins. If you are unsure if what you have is an aura, answer no for now and ask your doctor about this.
- The term “*throbbing pain*” can also be thought of as a pulsating pain or a pain that goes up and down like your heart beat.
- “*Worse with movement*” means your headache pain is worse with regular movements such as walking around.
- “*Sensitivity to light*” means the headache is more uncomfortable when you are exposed to light or you may feel better being in a dark room.
- “*Sensitivity to noise*” means the headache is more uncomfortable when you are exposed to noise or you may feel better when it is quiet.

Entering Your Disability

iHeadache tracks the disability associated with your headaches using standardized questions from the Migraine Disability Assessment Scale (MIDAS). It also tracks the time you are partially and completely disabled.

MIDAS Scale

The MIDAS scale is widely used in the medical community. Your score lets your physician gauge the impact your migraines have on your quality of life. Select "Disability" from the full menu or select "Disability" in the list on the Headache screen. You may use the "SPACE" key to check or uncheck the questions. Once you have saved and return to the Headache screen the > will change to a CHECKMARK to signify that you have entered information.

- Question 1: If you planned to go to school or work but did not go because of your headache, check the box for question 1, otherwise leave it blank. If question 1 is checked, question 2 will be unchecked by the program.
- Question 2: If you went to work or school but you were 50% less productive than usual because of your headache, check the box for question 2, otherwise leave it blank. If question 2 is checked, question 1 will be unchecked by the program.
- Question 3: If you had planned to do housework but could not because of your headache, check the box for question 3, otherwise leave it blank. If question 3 is checked, question 4 will be unchecked by the program.
- Question 4: If you planned to do housework and did some, but were less than 50% productive because of your headache, check the box for question 4, otherwise leave it blank. If question 4 is checked, question 3 will be unchecked by the program.
- Question 5: If you had a social engagement and canceled it, check yes to question 5.

Disability Time Estimates

- Estimate the amount of time you were "completely disabled" from this headache.
- Estimate the amount of time that you were "partially disabled". This does not include any time that you were "completely disabled".

Navigation and Commands

You may change the values by typing the numbers, using the space bar to increment by either an hour or 15 minutes depending on the part of the field you are in.

Recording Medications Taken for your Headache

It is important to record the medications you take for your headaches so you and your physician can determine their effectiveness. In addition, overuse of some pain medications cause “rebound headache” therefore keeping a history of your usage will help to recognize if frequent use is causing additional headaches.

Recording a Dose of Medication

1. Select “Medications” from the full menu or select “Medications” in the list on the Headache screen.
2. If you have not entered any medication doses for the headache then the Medications Taken screen will display *Empty*. Select “Go To My Meds” from the Full Menu or Short Menu. This will take you to your “Medication Profile”.
3. Highlight the medication that you have taken and press the return key or choose “Take a Dose” from the Short Menu or Full Menu. A pop-up screen will show the medication name and the current time. Change the time if the current time is not correct.
 - To add additional medications, highlight another medication from your profile and choose “Take a Dose”. When you are finished selecting all your medications press the “Esc” button to return to the “Medications Taken” list.

Navigation and Commands

- To view more information about the medication select “Details” from the Full Menu or Short Menu.
- To “Remove” a medication from your headache, highlight the medication and select “Remove” from the Full Menu.
- To “Edit time of Dose” that a medication was taken, highlight the medication and select “Edit Time of Dose” from the Full Menu or Short Menu.
- To setup your “Medication Profile” select “Meds & Settings” from the Full Menu on Headache Entry screen or Headache Log screen.

iHeadache Reports

Navigate to the Reports Preferences screen by using the Full Menu while in either the Headache Log, Headache, or Meds & Settings screens.

You can obtain reports on your headaches for up to one year.

1. Pick your start and stop dates for the report.
2. Choose to view data by calendar months, 30 day time frames, or 28 day time frames.
3. Select the criteria to include on the report including
 - Headache Type – summarizes the types of headaches and summarizes the headaches that are missing information such as Symptoms, Disability, and Medications.
 - Medications Taken – Summarizes medications by period
 - Time Disabled – Summarizes time by period
 - Disability Scale (MIDAS) – Total score for the 90 days preceding and including the end of the period
 - Notes – itemizes the notes during the period. This may significantly increase the size of the report and can noticeably increase the time to calculate the report.
4. Chose either “View Report” or “E-mail Report”

To have the most detailed reports possible, all headaches need to have the duration, disability, medication and symptom information filled out. You can view your report on your phone or you can email it to yourself or others. From either the short or full menu you may “Close” this view or “Send” the report to yourself or your doctor. Choosing “Send” will open an email screen with the report included.

If you routinely use the same criteria every time you run your reports, choose “Save” from the Full Menu to save your selections. The next time you return to run a report the options you previously specified will already be chosen.

Report Shortcuts

Use the following keys to navigate the report.

- “t” key to navigate to the Top of the report and the
- “b” key to navigate to the bottom of the report.
- The “SPACE” key pages down one page and the
- “SHIFT” + “SPACE” key pages up one page.

E-mailing the Report

1. Enter the email address you want to send the report to.
2. Choose “Save” from the menu in order to save the email address and automatically populate this field the next time you email a report.
3. You may include a personal note at the top of the report.

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iHeadache does not make a diagnosis of migraine, probable migraine, or tension headache. To make a diagnosis, one has to have a compatible history of recurrent headaches, no other medical cause of their headaches as well as a normal neurological examination. THEREFORE, ONLY A HEALTH CARE PROFESSIONAL CAN MAKE A DIAGNOSIS. The software analyzes the symptoms, medications taken, and duration of the headache (depending on software preference settings) and reports if your headache history is compatible with the diagnosis of migraine, probable migraine or tension headache.

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i. The laws of the State of Texas, excluding its conflicts of law rules, govern this license and your use of the Licensed Application. Your use of the Licensed Application may also be subject to other local, state, national, or international laws.

j. Governing Law; Venue. This Agreement shall be governed by and interpreted under the laws of the State of Texas, United States of America, without respect to or application of its conflicts-of-laws provisions. The parties specifically disclaim application of : (i) the United Nations Convention on the International Sale of Goods; and (ii) of Article 2 of the Uniform Commercial Code as codified. If there are any disputes or conflicts related to or arising out of this Agreement, You and BetterQOL Inc. shall use reasonable means to resolve the conflict prior to starting any lawsuits or other litigation, including negotiation between management personnel capable of resolving the conflicts. However, in the event either You or BetterQOL Inc. should start any litigation arising out of this Agreement, You expressly agree that the litigation will take place exclusively in the state or federal courts located in Harris County, Texas, United States of America, and You expressly agree that any such court has personal jurisdiction over You. You waive all defenses of lack of personal jurisdiction and forum non-conveniens. Process may be served on either party in the manner authorized by applicable law or court rule.