

User Guide for 3M™ Treatment Tracking App

Contents

- Overview 3
- Download 4
- Getting Started – First Time Login & Profile Setup 5
 - Login 5
 - Profile Setup 7
- Home..... 9
 - Track Wear Time 9
 - Chart 11
 - Taking Photos..... 12
 - Tips..... 12
- Photos 13
 - Progress Photos 13
 - Photo Gallery Tips 16
 - Animated Photo (GIF) 17
- Stats 18
 - Lifetime Stats..... 19
 - Badges 20
- Settings..... 21
 - Notifications 21
 - Share With Doctor..... 23
 - Online Backup 24
- Appendix 25

Overview

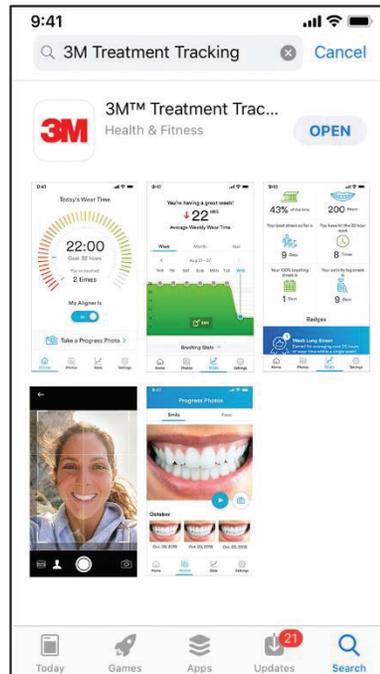
The 3M™ Treatment Tracking App is a tool for patients, 13 years of age or older, who are undergoing aligner therapy.

Features of the app include the ability to:

- Track treatment by logging daily aligner wear time, brushing frequency and taking progress photos.
- Review treatment statistics aggregated over a week, month, or year.
- Earn badges to reward and reinforce positive treatment behaviors.
- Interact and confidentially share treatment related information between the 3M™ Oral Care Portal and the Treatment Tracking App.

Download

The Treatment Tracking App is available in both the Google Play and Apple App Stores. To download the app, visit the app store and search for “3M Treatment Tracking App”. Tap on the ‘GET’ (Apple) or “INSTALL” (Google Play) button to begin downloading the app. Once the app has successfully downloaded, tap on the icon to launch the app and begin account set up.

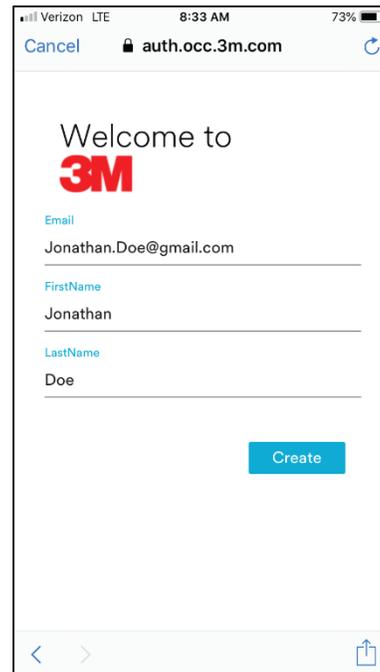
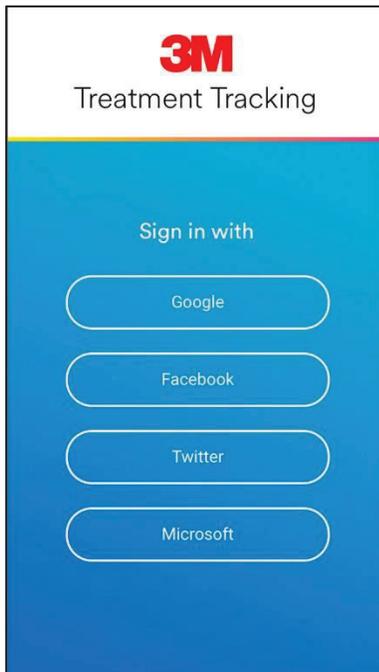


Getting Started – First Time Login & Profile Setup

Login

New User

Log into the Treatment Tracking App via any of the following platforms: Google, Facebook, Twitter and Microsoft. Complete the setup flow, adding the requested user information. The email and name will be prepopulated in the app based on the details entered at first login. The email field may not be edited after setup.



Current Aligner Number:

This number can usually be found on the aligner bag. It is helpful to record an accurate aligner number to aid in treatment progress monitoring and planning.

Wear Interval:

Wear Interval is the number of days, prescribed by a doctor, that each aligner should be worn. (e.g. aligner # 1 worn for 14 days). The Wear Interval can be adjusted within the app throughout the course of treatment as prescribed.

Existing User

Existing users will remain logged into the app until they actively log out.

Existing users should utilize the same credentials/platform each time they log in. If different credentials/platforms are used data will not be synched/available across accounts.

New or Multiple Devices

If a phone or other device is replaced during treatment, utilize the online backup feature to transfer treatment plan data to the new device. To activate the online backup feature, visit the settings screen and confirm the 'Online Backup' switch is toggled to the 'ON' position.

1. Before replacing the old device switch the online backup button to the 'on' position to initiate a backup. If online backup is on, toggle the backup button from on to off, then back on to trigger a manual backup.
2. Download the Treatment Tracking App to the new device and access the previous user account by using the same log in information and login platform used to create the account on the previous device.
3. After logging in on the new device activate the online backup feature, and the saved treatment plan data will be transferred.

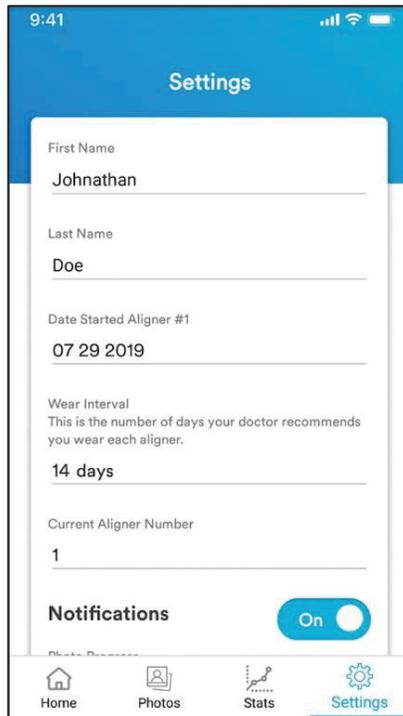
Profile Setup

Complete your initial profile setup by entering the following information:

- Profile Information – First Name, Last Name
- Aligner Information – Date Started Treatment, Wear Interval, Aligner Number
- [Notifications](#) – Refer to ‘Settings’ Section for More Information
- [Share with Doctor](#) – Refer to ‘Settings’ Section for More Information
- [Online Backup](#) – Refer to ‘Settings’ Section for More Information

Aligner Information

- Date Started Aligner # 1
- Wear Interval: The number of days, prescribed by a doctor, that each aligner should be worn. (e.g. aligner # 1 worn for 14 days). The Wear Interval can be adjusted within the app throughout the course of treatment as prescribed.
- Current Aligner Number: Aligner numbers can be found on the aligner bag. Treatment will begin with aligner # 1 and the app will default to “# 1” when a user creates their account, however, if the app is downloaded after treatment has begun, users can edit the Current Aligner Number to match up to where they are within the treatment plan. The aligner number will incrementally increase over the course of treatment but can be edited by the user. The aligner number, if deleted, defaults to the previously saved number. It is helpful to record an accurate aligner number to aid in treatment progress monitoring and planning.

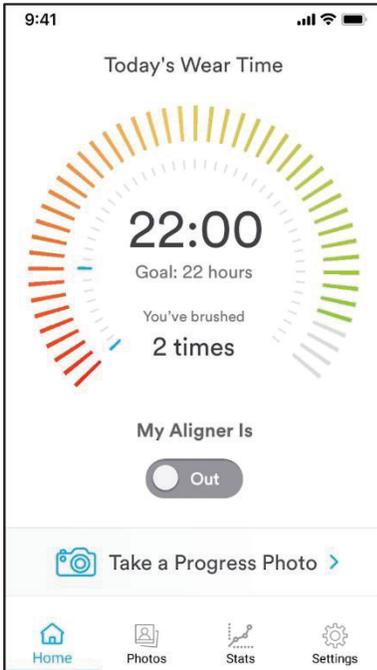


Home

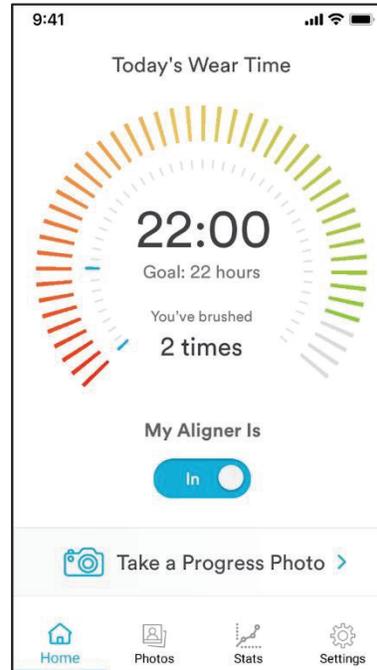


Track Wear Time

Tap the 'In' toggle button to indicate the aligners are in; tap 'Out' to indicate the aligners have been removed.



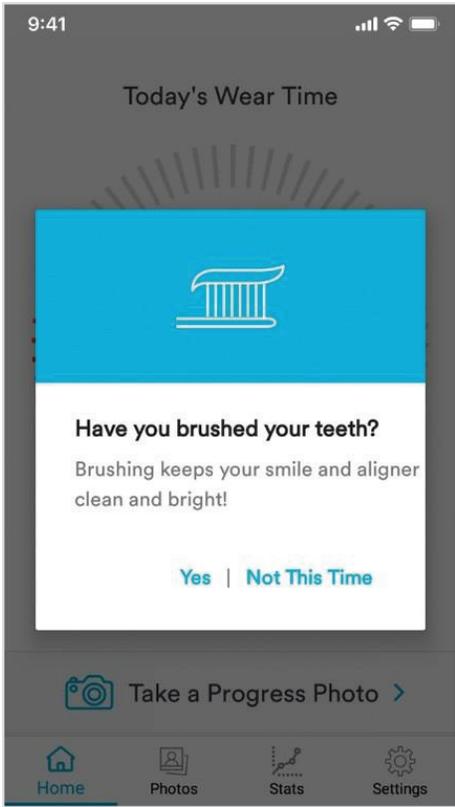
Aligner Out



Aligner In

Each time tracking begins, a pop up will ask: “Have you brushed your teeth?” with two reply options: ‘Yes’ and ‘Not This Time’.

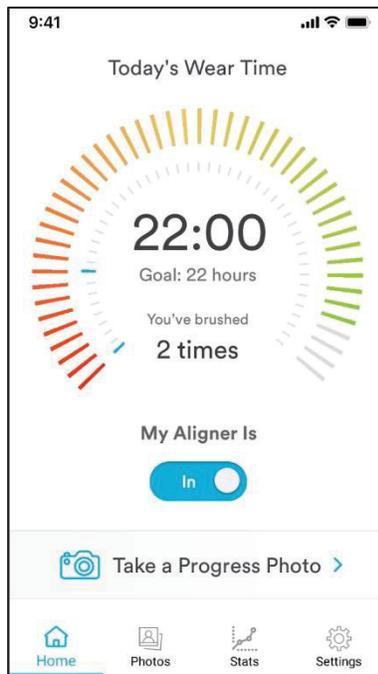
- Selecting ‘Yes’ records a brushing event and increases brush count. A blue line will appear on the inner circle of the home page tracking chart to indicate the brushing event.
- Selecting ‘Not This Time’ will not record a brushing event.



Chart

The interactive wear chart on the homepage represents a 24-hour timer. The bars on the chart will change progressively from red to yellow to green as daily wear time increases and the user gets closer to the daily wear time goal of 22 hours. The chart will show events in 30 minutes increments. Smaller increments will be tracked but not reflected on the chart.

- Wear Time – The largest number in the center of the chart shows the cumulative amount of time aligners have been worn for the given day.
- Brush Count – Displayed beneath the wear time is the brush count. Brushings are represented on the chart as the blue lines in the inner circle.

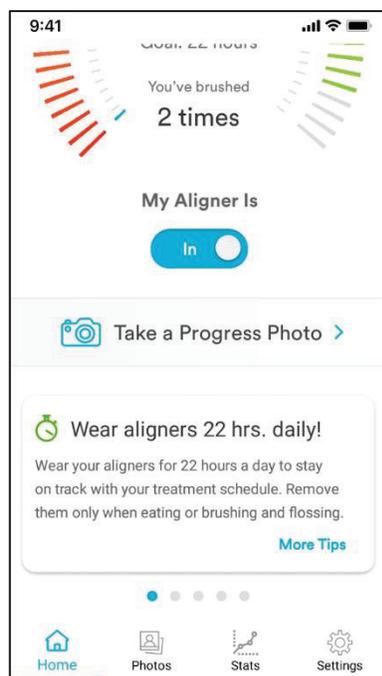


Taking Photos

Take a progress photo by tapping on 'Take a Progress Photo' on the homepage or by tapping 'Photos' located at the bottom of the screen. (See 'Photos' section for additional details.)

Tips

A dynamic tip cycler is located at the bottom of the homepage. Swipe right to view additional tips.



Photos



Photos

Progress Photos

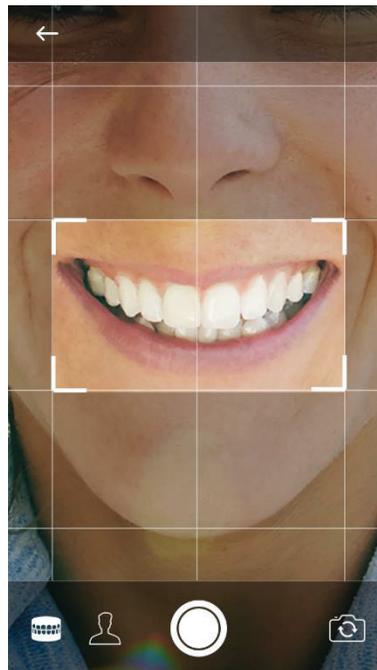
Progress photos allow for visualization of the progress of treatment. One 'Smile' and one 'Face' photo may be taken per day.

To capture a progress photo, tap the Camera Icon from the toolbar.

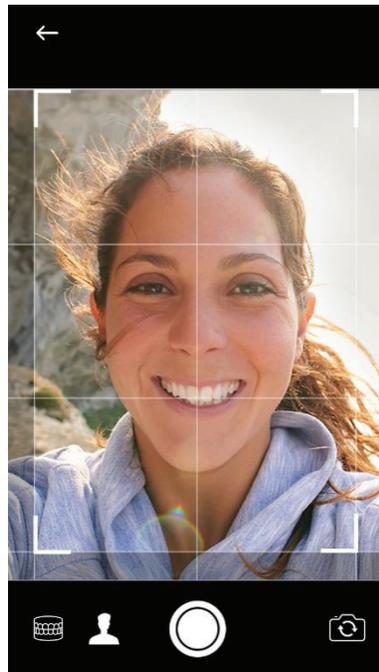


Select between Smile Photo or Face Photo:

Smile Photo: To take a 'Smile' Progress Photo select the icon that looks like a mouth. Use the gridlines and crop marks to position the mouth in the center of the screen capture area, lining up the center gridline in between the two front teeth. Centering the smile on the gridlines help to ensure the photos are consistently aligned in the corresponding GIF. Smile big, clench the top and bottom teeth together and open lips as wide as possible. The goal is to capture as much of the top and bottom arches as possible.



Face Photo: To take a 'Face' Progress Photo select the icon that looks like a person's profile. The gridlines and crop marks become much broader allowing the face to fit within the screen capture area. Use the gridlines and crop marks to center the face within the camera view. Smile big, clench the top and bottom teeth together and open lips as wide as possible. The goal is to capture the entire face, while also capturing as much of the top and bottom arches as possible.



After snapping a progress photo, the app will prompt the user to enter their current aligner number and log how many days they've been wearing the current aligner. Enter this information then select Save.

Helpful Hint: For overall consistency, the recommendation is to use the 'Smile' OR the 'Face' photo option routinely. Doctors will provide guidance on whether or not to take the daily 'Progress Photos' with the aligners out or in.

Photo Gallery Tips

- Month, day and year of the photo will be timestamped below the captured photo.
- The app will only save one Smile and one Face photo per day. If an image is saved, then a user goes back to re-take a new image within the same day, the app will ask: “Replace today’s photos?”.
- Photos will be sorted chronologically (most recent photo will appear first).
- Select or deselect a photo by tapping on it.
- Photos can be shared or deleted by selecting a photo and tapping on the desired option available on the screen. The app will confirm your request to delete a photo by asking if you want to ‘Move to Trash’. Select ‘Yes’.
- Photos and videos shared by a doctor will not count toward your daily Smile or Face photo.



Animated Photo (GIF)

- An animated GIF is a collection of photos with a transition (blink) between each photo to create an animation.
- After capturing 3 photos an animated GIF will be created, each time a photo is added a new GIF will be created, including up to 18 photos from the photo gallery.
- GIFs and photos can be shared using the devices native sharing features.
- The app does not retain copies of previously generated GIFs, only the current GIF is stored.
- Override the app's default selections by selecting specific photos to create a GIF. Select or deselect by tapping on an individual photo.

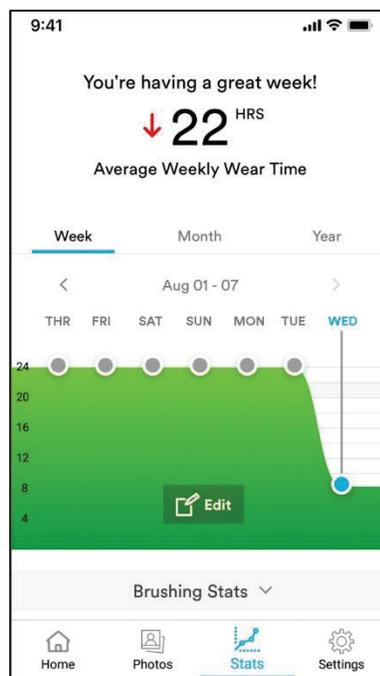
Stats



The Stats section allows users to visualize their activity within the app to identify aligner wearing trends over the course of the past week, month and year.

There are three progressive measurement stages for Average Wear Time:

- Green = 20+ hours of wear
- Yellow = 18-20 hours of wear
- Red = <18 hours of wear



To be noted:

- Navigate between day/week/month graphs by tapping the associated label.
- Wear Time Graphs can be edited by tapping on the 'Edit' button within each graph and dragging the data point up and down as desired to represent accuracy. Select 'Save Edits' when finished adjusting data points.
- Brushing Stats can be edited by tapping on the 'Brushing Stats' label and selecting the 'Edit' button. Scroll to the desired number and select 'Save Edits'.

Lifetime Stats

Navigate to the bottom of the Stats page to view Lifetime Stats.



% of time user brushed before putting the aligner in



of hours aligners have been worn since tracking in the app began



of consecutive days that user wore the aligners at least once



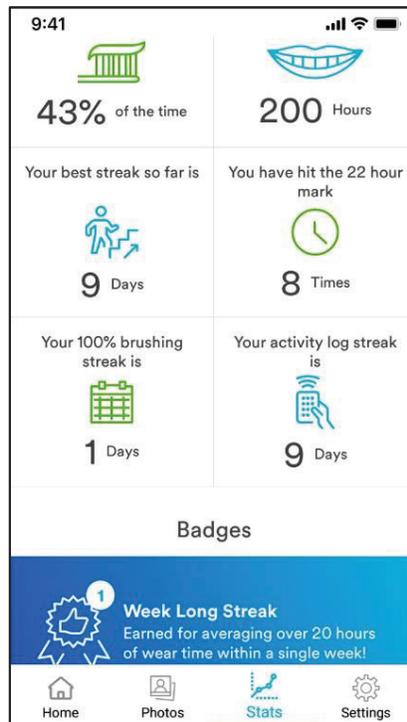
of days user achieved the daily wear time goal of 22 hours



of consecutive days user brushed every time before putting in the aligner



of consecutive days user has used the app



Badges

Badges are located on the Stats page and are awarded based on achieving benchmarking activities. Badges have two states: locked and unlocked. To learn more, tap 'More About Badges' at the bottom of the Stats page.

The following badges can be unlocked:

- Social Butterfly – Earned for sharing a progress photo/video or animated GIF on social media
- Week Long Streak – Earned for averaging over 20 hours of wear time within a single week
- Super Brusher – Earned for consistently brushing before wearing the aligner
- 3 Month Streak – Earned for successfully completing 90 days of aligner treatment



Settings



Settings

Additional Settings can be viewed and edited on the Settings Tab:

- [Profile Information](#) – Refer to ‘Getting Started’ Section for Additional Information
- [Aligner Information](#) – Refer to ‘Getting Started’ Section for Additional Information
- Notifications – Photo Progress, Good Habits, Aligners Reminders
- Share with Doctor – On/Off
- Online Backup – On/Of

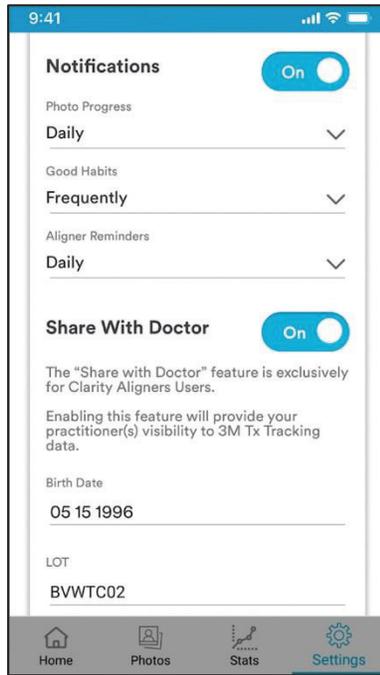
On this tab users can also view the Terms of Use Agreement and sign out of the app.

Notifications

There are 19 notifications available, which will be triggered based on personalized notification settings for the following three categories: Photo Progress, Good Habits and Aligner Reminders. Users may opt in or out of specific notifications at any time by visiting the Notifications section on the Settings tab.

- Photo Progress Notifications Include: Daily, Weekly, Monthly, Never
- Good Habits Notifications Include: Frequently, Sometimes, Never
- Aligner Reminders Notifications Include: Daily, Change Aligner, Never

By default, the notification feature of the app is set to “ON”, but the individual values for ‘Photo Progress’, ‘Good Habits’, and ‘Aligner Reminders’ all default to ‘Never’. The only notification users will receive if all preferences are set to ‘Never’ will be the welcome notification when they first set up the account with the app.



Note: For a complete list of available Notifications refer to the Appendix

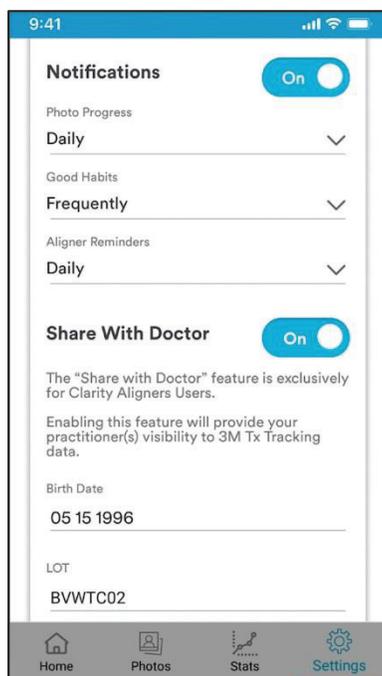
Share With Doctor

Treatment Tracking App users can now link their profile with the Oral Care Portal, allowing the sharing of progress photos and wear time with the clinic. Conversely, doctors can now share treatment related set up and videos with patients directly from the Portal to the app.

To share content, both the account (from the Portal) and the patient (from the App) must enable the connection. To enable the connection between the App and the Portal from the patient's side, navigate to the settings tab and toggle the 'Share With Doctor' button to the 'On' position. Once the doctor enables the connection on their end the app user will be able to share progress photos and wear time through the app.

To complete the the 'Share With Doctor' feature activation, enter the following information:

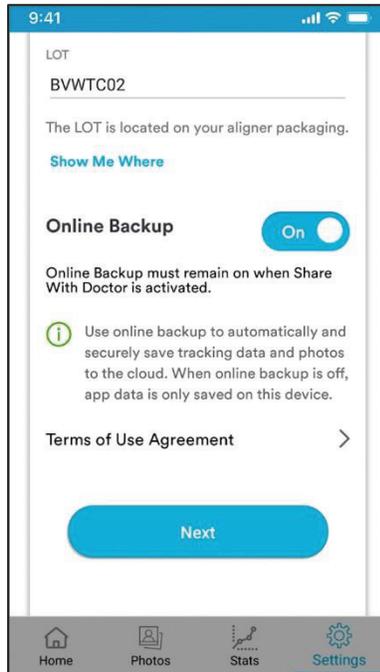
- User's Birth Date
- LOT # - Found on the Aligner Packaging



Note: The 'Share with Doctor' Feature is exclusively for 3M™ Clarity™ Aligners users.

Online Backup

Users have the option to back up data online. Visit the Settings tab to ensure the 'Online Backup' switch is toggled to the 'ON' position. The app automatically defaults to an 'ON' position to ensure data is automatically and securely tracked to the cloud. When a user is online, and the backup feature is off, the data will be saved only to their current device. Online Backup must be 'On' for the Share with Doctor feature to be enabled.



Appendix

No.	Category	Event	Text to display
1	Good Habits	Profile Created	Welcome to 3M Treatment Tracking! For the first week only, we will send you frequent notifications to help you build positive habits.
2	Photo Progress	Day 1	Take a progress photo today - you will want to remember where you started!
3	Good Habits	Day 6	Keep building upon those positive habits - you are doing great!
4	Photo Progress	Day 7	Take a progress photo today - it will be fun to look back on!
5	Good Habits	Day 10	Stay on course to make your goal!
6	Photo Progress	Day 14	Take a progress photo today - you might see changes already!
7	Photo Progress	Day 28	Take a progress photo today. Share your progress with friends!
8	Photo Progress	Day 30	You've reached your one-month treatment mark! Take a photo and check out your first month's progress.
9	Good Habits	Day 38	Nice progress!
10	Good Habits	Day 47	Looking good!
11	Good Habits	Day 51	Nice progress!
12	Good Habits	Day 65	Looking good!
13	Good Habits	Day 73	Woohoo! Straighter Teeth!
14	Aligner Reminders	First 7 days + Out for > 30 minutes	Don't forget to wear your aligners.
15	Aligner Reminders	Out for > 90 minutes	Don't forget to wear your aligners.
16	Aligner Reminders	2 Consecutive Aligner In events and NO Brush event	Did you know that brushing after eating will help reduce cavities? Brush your way to a more perfect smile!
17	Aligner Reminders	No events logged within past 24 hours	Remember to log your aligner activities for today.
18	Aligner Reminders	Change Aligner Reminder	Change aligners today. You are one step closer to done!
19	Photo Progress	Progress Photo Reminder	It's time to take a progress photo. Share your results with friends!



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For more information contact 3M Oral Care at 1-800-276-8789

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