



attune™

Quick Start Guide

This Quick Start Guide does not include all of the information needed to use attune™ safely and effectively. Please see the full attune™ Instructions for Use for important information.

Due to the COVID-19 Public Health Emergency, attune™ is being made available with or without a prescription for a limited time.

Indications for Use Statement:

attune™ is a digital therapeutic intended to treat the symptoms of anxiety and depression related to cancer in adult patients.

WARNINGS AND PRECAUTIONS:

- attune™ is not for emergency use. You should call 911 in the event of a medical emergency or 988 in the event of a psychiatric emergency, or go to the nearest emergency room.
- attune™ is a digital therapeutic medical device intended to be used under the care of a licensed healthcare provider.
- attune™ should not be used as a substitute for other oncology care (e.g., prescribed medication or treatment), as advised by your healthcare provider and/or care team. attune™ also does not represent a substitute for your medication, including medication for anxiety or depression symptoms.
- attune™ is adjunctive to usual care and is not intended to be a standalone therapy.
- attune™ is not for everyone. attune™ is intended for patients with moderate to serious anxiety or mild to moderate depressive symptoms.
- attune™ contains sensitive medical and personal information. You should protect your personal health information by password-protecting smartphones and tablets. You should avoid sharing usernames and passwords with others.
- You should contact your healthcare provider if symptoms are not

improving or have not improved within a 6-week period, and you should contact your healthcare provider immediately if symptoms worsen significantly.

- The current version of attune™ was not evaluated with accessibility features turned on. Turning on accessibility features may result in certain device features not functioning as intended.
- Physical exercises should be avoided if they cause pain or if you are not able to perform them properly.
- attune™ has not been clinically tested and therefore may have unknown benefits and risks.

What is attune™?

attune™ is a digital therapeutic intended for use as an adjunct to a multidisciplinary approach (medical, psychosocial) to oncologic usual care for symptoms of anxiety and depression related to cancer in adult patients. The subject device is a self-directed mobile application that delivers cognitive behavioral stress management (CBSM), which combines cognitive behavioral therapy and relaxation training.

For a limited time, due to the COVID-19 pandemic, attune is available to patients in two ways: through a prescription provided by your healthcare provider or a non-prescription subscription.

The prescription digital therapy is a self-directed application launched via a smartphone application and an authentication code provided by a prescribing clinician. The non-prescription digital therapy is the same self-directed application launched via a smartphone application and an authentication code provided by the manufacturer. The application consists of 10 sessions that take about 40 minutes per session to complete. After each session, you are assigned accompanying exercises that take about 30 minutes per day for three to four days. Sessions are self-paced with a recommendation of approximately one session per week (~10 weeks for all sessions to be completed). Sessions must be completed sequentially, and you are able to progress to the next session after completing the required exercises at the end of the previous session.

The content in each session builds upon skills gained in earlier sessions. Unlocked content is available on-demand, and you can revisit previous exercises or resources once completed. We recommend that you complete each session and its accompanying exercises in a quiet location without disturbances.

How to start using attune™:

The following steps will help guide your use of **attune™** correctly:

- **attune™** is available on the Apple App Store and Google Play Store. Prior to use, the app must be installed onto your mobile device.
- Once installed, prior to starting the first session, you must complete an onboarding process that includes activating the application using an access code. If you are using a prescription code, you will also need to confirm your identity using your birthdate. The onboarding process requires completing a few steps, and concludes with a brief tour of the app's key features.
- If you've already completed onboarding, select the option "Already set up? Log in." Enter the login credentials you configured during onboarding to proceed, or if you have successfully logged in previously, select "Sign in with Face ID."
 - If you are logging in via facial recognition or fingerprint recognition functionality, after two failed login attempts, you will be asked to enter your mobile device's PIN. If you do not successfully log in via your mobile device's PIN, you will need to enter the password associated with your **attune™** account in order to log in.
- After completing the onboarding process, you are presented with a view of the 10 sessions, represented as a journey down a path. Each session is unlocked upon completion of the previous session's practice activities, and you can revisit a previous session to review your completed activities. You may resume progress through the sessions at any time using the *My Journey* button in the center of the bottom navigation area.
- A *Help* function, located in the lower right corner, is accessible on every screen. The *Help* function provides additional information if you get stuck, have technical issues with the app, or would like to speak with someone. The *Help* function also directs and assists you to call 911 in the case of a medical emergency or 988 in the case of a psychiatric emergency.
- The *Tools* section offers quick access to resources which are unlocked upon completion of each session. These include educational videos, relaxation exercises, and reference articles on the concepts and practices presented in the sessions. You will have access to the tools you unlock throughout your time with **attune™**.
- The *Group Feed* feature is an optional feature that allows you to share your experiences by posting through a free-response field or by sharing your responses to the reflections found at the end of each session. You can also react to the reflections posted by others by commenting or selecting a reaction icon. As part of this feature, you can also create an optional user profile with information that is shared with other users including diagnosis date, cancer type, or treatment type.

Compatibility and Performance

attune™ is compatible with mobile devices from the following major manufacturers, which can run the following operating systems:

Manufacturers:

- Apple
- Samsung
- Lenovo
- Oneplus

Operating systems:

- iOS version 16.0 or higher
- Android version 13.0 or higher

Please ensure the mobile device is running an Operating System (OS) version matching those above. If not, please update the device operating system version before downloading and using **attune™**.

For mobile devices with certain display aspect ratios, you may need to adjust the text size within your mobile device's settings, to enable proper screen & text formatting.

Features of **attune™** may not function as intended with mobile device accessibility features turned on. The **attune™** digital therapy includes videos and guided relaxations. In order to experience this content uninterrupted, you may need to disable your mobile device automatic lock/sleep function, from within the mobile device's settings. If your mobile device goes into lock/sleep while playback of this content is in progress, you may need to restart that content from the beginning upon resuming.

Additional Support Available:

Contact Blue Note at 415-200-3697 or at help@bluenotetx.com for assistance or additional troubleshooting.

You should contact your healthcare provider for additional resources or recommendations related to the treatment of anxiety and depressive symptoms. Additional resources can be found for the public, available through healthcare professional organizations, such as the American Cancer Society and the American Psychological Association.

Legal Manufacturer: Blue Note Therapeutics 548 Market Street #55709 San Francisco, CA 94104