

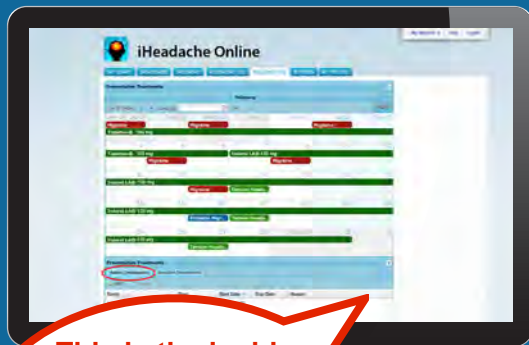
How will iHeadache® help me?

Do you suffer from recurring headaches? Have you've tried numerous treatments or therapies to relieve your pain? iHeadache tracks your headaches, the medications you have taken, pain, possible triggers and disability in real-time as you have each headache.

Giving your physician specific data about your headaches is essential to receive the best headache care possible. iHeadache collects the right data and answers all the tough questions in order to help you create an optimized treatment plan with your physician.

- How many headaches are you having?
- How disabling are they?
- What medications are you trying?
- How much medication are you taking?
- Are your headache preventatives working?
- Are there any triggers you can identify?

iHeadache® has everything you need to track your headaches, pain severity, disability, acute treatments, preventative treatments and triggers in a pain-free way. With iHeadache®, your computer or mobile device becomes a powerful headache diary that's going to help you and your doctor treat your pain and optimize your care.



This is the inside flap and tells patients how they can benefit from iHeadache.

Go to the back to how to get started using iHeadache!

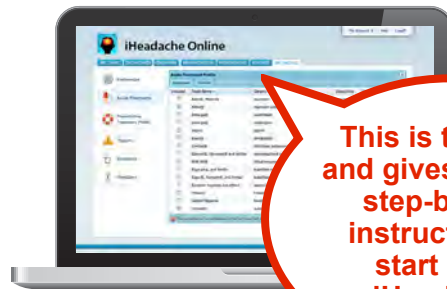


Getting Started with iHeadache Online™

1. Go to www.iHeadache.com and register to use iHeadache Online.
2. Login and go to the **Profile tab** and **setup your Acute Treatment and Trigger Profiles**. If you cannot find a particular treatment or trigger then you can also add custom ones.
3. Do you take preventative treatments? If so, start tracking them. Go to the **Preventative Treatments** area of the **Profile tab**. Check off the treatments you are taking or add custom treatments.

Next go to the **Preventative Tab** and **add your preventative treatment(s), current dose and the date you started it**. It is common to increase the dose of some preventative treatments so every time you make a change to the dose you will want to come here and enter your changes.
4. Go to the **My Diary** tab and **enter your first headache**. You should fill out each section of the headache.

iHeadache is an expert system and classifies the type of headache you have by analyzing the real-time data you enter about your headache. It uses modified International Headache Society (IHS) Criteria to classify your headache as a migraine, probable migraine, tension headache or unclassified headache. If you leave the symptoms blank or do not enter a pain score then it will not be able to classify the headache type.



This is the back and gives patients step-by-step instructions to start using iHeadache.

Supported Browsers:



iHeadache®

Your comprehensive electronic headache diary.



The brochure is folded into thirds and this is the front.





What is iHeadache®?

iHeadache® is a customizable electronic headache diary that gathers everything you need to know about your headaches in one convenient place. The diary comes pre-loaded with the most common headache triggers, symptoms, acute and preventative treatments but is flexible and you can also create your own. iHeadache® tracks, records and analyzes:

- Headache frequency and duration
- Pain severity, location and type
- Time disabled & impact on your quality of life
- Acute treatments and usage
- Preventative treatments
- Symptoms
- Headache triggers

Start using iHeadache® now and help your doctor help you address and reduce your suffering.



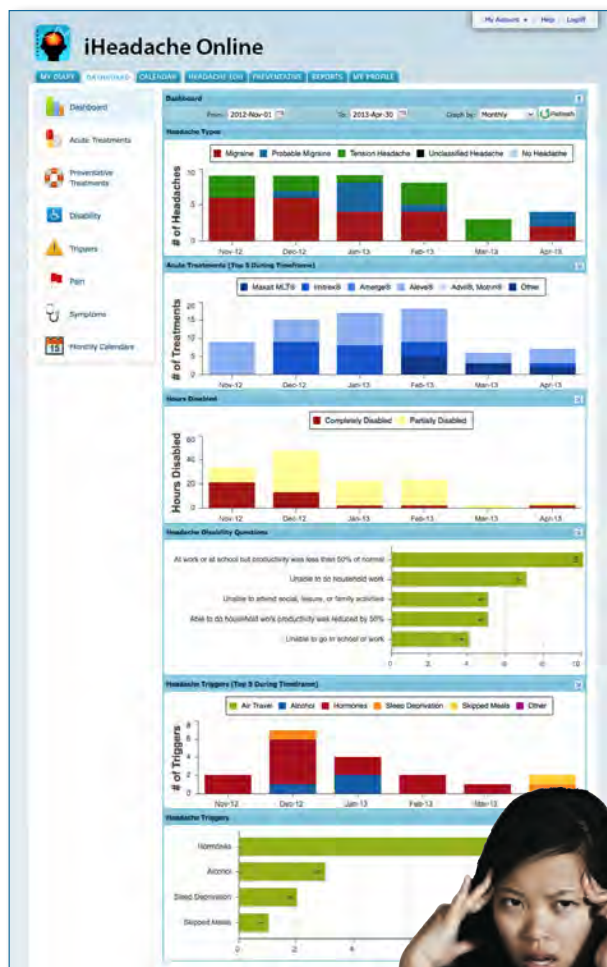
Better Reports... Better Outcomes.

iHeadache® reports are customizable so that you can easily track your progress compare time periods and see if you are improving or if changes need to be made to your treatment plan. All of the information and analysis units in iHeadache® have been designed to help you and your doctor design an informed, optimized treatment plan.



The Headache Dashboard

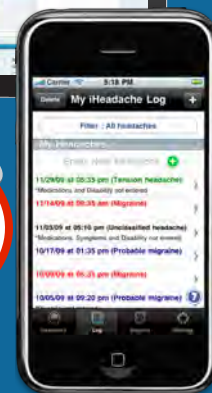
Charts and graphs are available for all the headache related data you enter such as your symptoms, triggers, or treatments. All of the graphs and charts can be attached to your main Headache Dashboard, giving you a quick way to see the information about your headaches that's most important to you and your doctor.



iHeadache® App, iHeadache Online™ and iHeadache MD™ were created by Better QOL (Quality of Life). Better QOL is a small, dedicated group of people who have continually developed and refined iHeadache.

Better QOL has established a 501(c)3 non-profit for the purpose of doing headache research utilizing iHeadache.

iHeadache® App, the first product created by Better QOL, is the #1 headache diary in the Apple App Store and to date, has been downloaded over 100,000 times.



These three sections are inside the brochure and tell patients about iHeadache.



WARNING: The iHeadache® App does not currently sync with iHeadache Online™ or iHeadache MD™. Users should utilize one system but not both. Syncing the two systems is a work in progress.