

Sherpa

Personal insights for you and
your caregivers

Practical user manual for the MS sherpa app

version 2.6

04 March 2025

*Based on 'MS sherpa Instructions for Use V18'
(www.mssherpa.nl)*



This medical device is a product of health regulation which bears, under this regulation, the CE mark

MS sherpa - The monitoring app for measuring MS symptoms

Based on 'Instructions for Use V18' (www.mssherpa.nl)

What is MS sherpa?

MS sherpa is a medical device on your phone. We measure weekly the symptoms associated with the disease multiple sclerosis (MS). By analysing the results of the measurements, you can get a good understanding of how your MS is progressing.

MS sherpa measures 3 things: your walking ability, how fast your brain processes information and the impact of MS on your daily life.

As a medical device, MS sherpa can currently only be used on doctor's prescription at a participating hospital or through participation in a clinical trial.

Disclaimer: We would like to remind you to continue to visit and involve a doctor in making medical decisions in addition to using this app.



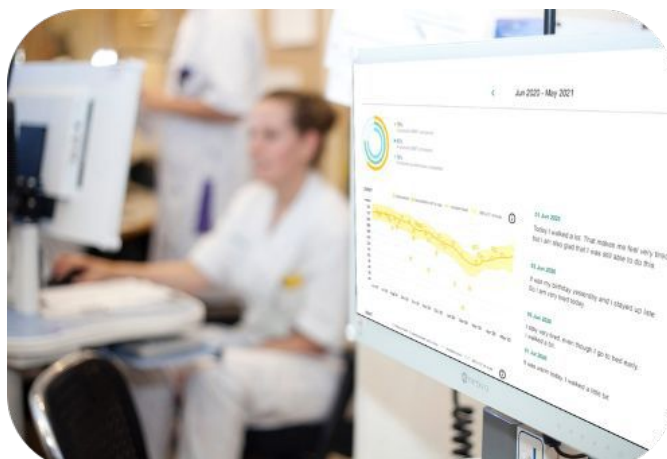
MS Sherpa was developed in collaboration with patients, (academic) hospitals and patient organisations

How can MS sherpa help you gain personal insights into MS?

Monitoring of MS is regularly part of a clinical visit. The disadvantage of this is that it is only possible several times a year. Another disadvantage is that you are not measured in your own environment. With MS sherpa, you can take weekly measurements yourself in your own environment. You and your caregivers can see the results of these measurements in the app.

MS sherpa supports:

- ✓ Home monitoring by digital clinical tests without a clinical visit
- ✓ Self-perform three clinical tests:
 - A walking test
 - A cognitive test
 - A general symptom questionnaire
- ✓ Add value by high frequent testing in a home environment
- ✓ Your own results in the app for personalised insights in your symptoms.
- ✓ Share and discuss your data with your caregivers for the best personalised treatment



Registration and login at MS sherpa

You will have received an e-mail with an activation link from your doctor or researcher. Please also check your spam box for this. Below, you can read how to activate your account.

Welcome at MS sherpa!

Follow the steps below to activate your account and install the app

1. Activate your account

To use your account, you must set a password. This can be done via the activation link you received by email. Keep this password safe, you will need it to use MS sherpa.



2. Download app on your smartphone

Scan the QR code with your camera and download the app from the Android or App store



3. Log in at the app

Using your e-mail address and your self-selected password, you can log in to the first screen of the app. You can now use the app.

If you have any problems with your account, please do not hesitate to contact us at support@mssherpa.nl

Instruction for the Walking test



- Open the walk test on the app. Go outside and walk for 2 minutes. Put your phone in your pocket.
- Walk in one straight line as fast and far as you can. Remember your safety. You are not supposed to run.
- Your results will be saved and can be seen in the 'today' screen
- You can also find these instructions in the app.

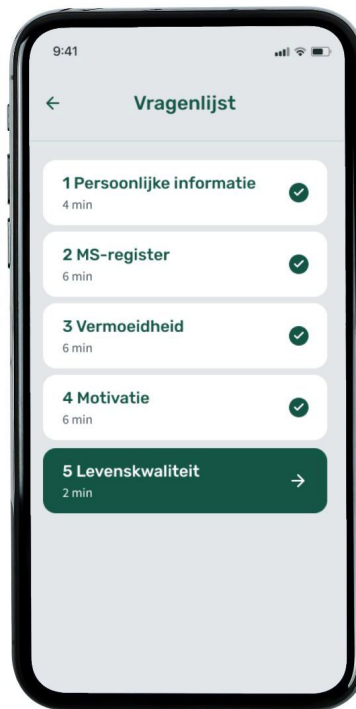
Instruction for the Cognition test

- Open the thinking skills test on your app. Make sure you are in a quiet room where you will not be disturbed.
- The first symbols are for practice, then the real test begins
- Perform the test as quickly and as well as you can.
- Your results will be saved and can be seen in the 'today' screen
- You can also find these instructions in the app.



We will send you a reminder on your phone when it is time to perform the next test

Questionnaires and notes



With the questionnaire, you can track yourself how your MS symptoms are progressing. The questionnaires complement the measurements.

Notes allow you to add your own comments or details to the test. For example, a disturbance during the test.

Your results are saved and can be seen in the 'insights' screen

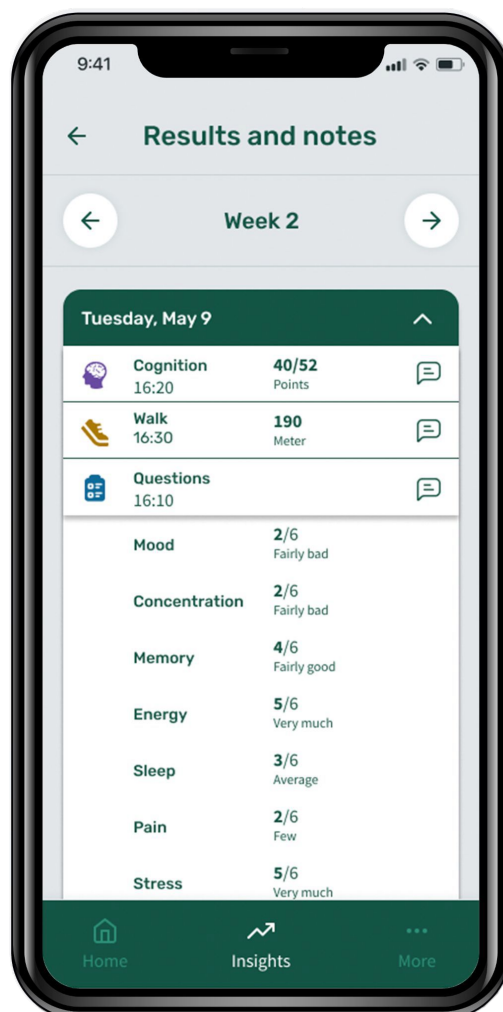
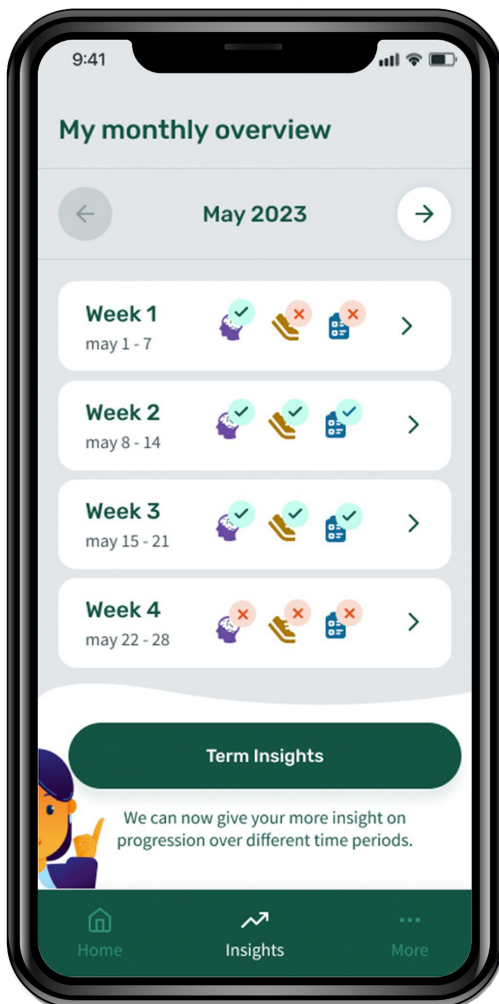
MS sherpa is available in English, German and Dutch

Presentation of your results

The results of the tests and questionnaires are available in the insights screen.

By doing the tests often, we hope to detect change in disease activity.

Your treatment team also has insight into your results and any changes. You can use this overview to jointly arrive at the best treatment advice.



Key take-aways

1. Try to take the tests under the same conditions every time. This will make it easier to compare the tests.
2. The tests provide a representation of your running ability and information processing; they are not training or competition.
3. Your treatment team may see the results of the tests, the questionnaires and your notes, but will do so mainly just before or during an outpatient appointment. So your results are not constantly monitored.
4. You may experience new symptoms or a worsening of your MS symptoms. In this case, contact the hospital where you are under treatment.
5. We do not yet know exactly what the results on the dashboard mean. Together with the MS centres, we are conducting research into this. Research results are published scientifically and can be found on our website.



www.mssherpa.nl

Frequently asked questions

1. On which phone can I use MS sherpa?

The minimum requirements to use MS sherpa are version 9,0 for Android phones and 14.0 for iOS.

2. How do I get the latest updates?

The app gets regular updates, just like any other app you will get them automatically or you will have to update before use. In case of major changes, you will also receive an email from us with additional information. Your data will be saved with every update.

3. Who has access to my medical data?

The data collected is for you and your treatment team. All personal information is handled in accordance with the General Data Protection Regulation (GDPR) and our privacy and security guidelines, conforming to ISO 27100 and NEN7510 standards.

4. How can I access my personal information?

If you want to access your personal information, you can request it via our customer support (support@mssherpa.nl). You can also contact us if you wish to have your personal information removed from our database.

5. Is MS sherpa safe and clinically validated?

MS sherpa has been validated in the clinical setting through collaborations with several clinics, academic partners and individuals with MS. MS sherpa is CE certified and meets the standards for a medical device

6. What should I do if I lose my password?

In the login screen of the app, you can select forgotten password. You will then be sent an e-mail to reset your password.

7. Can I stop using MS sherpa?

If you want to stop using MS sherpa, you can tell your healthcare provider. He or she will then set your account to inactive. You can then delete the app from your phone.

Sherpa Team

Our mission is to support people with MS with personal insights. Our team consists of professionals from different backgrounds and nationalities. A mix of mainly developers, scientists and people with a medical background



Eric Brenninkmeijer
CEO / business
Digital health & strategy



Sonja Cloosterman
CCO / PhD



Damir Ramic
CTO / MSc



Laura Anhorn
Business development
MSc



David Stolwijk
UX Designer
Sherpa front-end

We work hard every day to make better health simple and attainable for everyone. For you and your treatment team.

Partners van MS sherpa





We are on an a mission to support personalized treatments based on real-world data and individual goals



CEN-ISO/TS 82304-2 digital health ISO
Certified by orcha



German Innovation award 2023
Awarded by German Design Council



Dutch Digital Health Challenge
Awarded by Health Holland

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