

# Quick Start Guide — 3M™ Treatment Tracking App

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

## Where can I find the app?

**Download** — The app is available on both Google Play and Apple App Stores, once downloaded, tap on the icon to launch the app and begin account set up.

## How do I log into the app?

### Login:

**New User** — Log into the app via Google, Facebook, Twitter or Microsoft. Complete the setup flow, adding user information such as email address and full name. Enter your current aligner number and prescribed wear interval.

**Existing User** — After creating an account, users will remain logged into the app until they actively log out. Users should utilize the same credentials each time they log in.

**New Device Login** — If a device is replaced during treatment, utilize the online backup feature to transfer existing treatment plan data to the new device.

## What do I do after I've set up my account and logged in? Time to explore!

### Homepage:

**Track Wear Time** — By default, aligners are considered OUT, click “Aligner In” to indicate the aligners are IN. Log brushing events to increase your brush count.

**Chart** — The chart on the homepage represents a 24-hour timer. The chart will record the status of the aligner and visually identify wear time using a progressive color scale (red, yellow, green). The daily wear time goal is 22 hours.

**Taking Photos** — Take Smile or Face progress photos by tapping on ‘Take a Progress Photo’ on the homepage or by navigating directly to ‘Photos’ located at the bottom of your screen.

**Tips** — A helpful tip cyler is located toward the bottom of the homepage.

**Editable Stats** — This feature allows you to visualize your activity within the app to help identify aligner wearing trends over the course of the past week, month and year.

**Badges** — Badges are awarded by achieving benchmarking activities.

## How can I change my settings and preferences within the app?

**Settings** — Update your Aligner Information, Notifications, Share with Doctor and Online Backup preferences in the Settings tab.

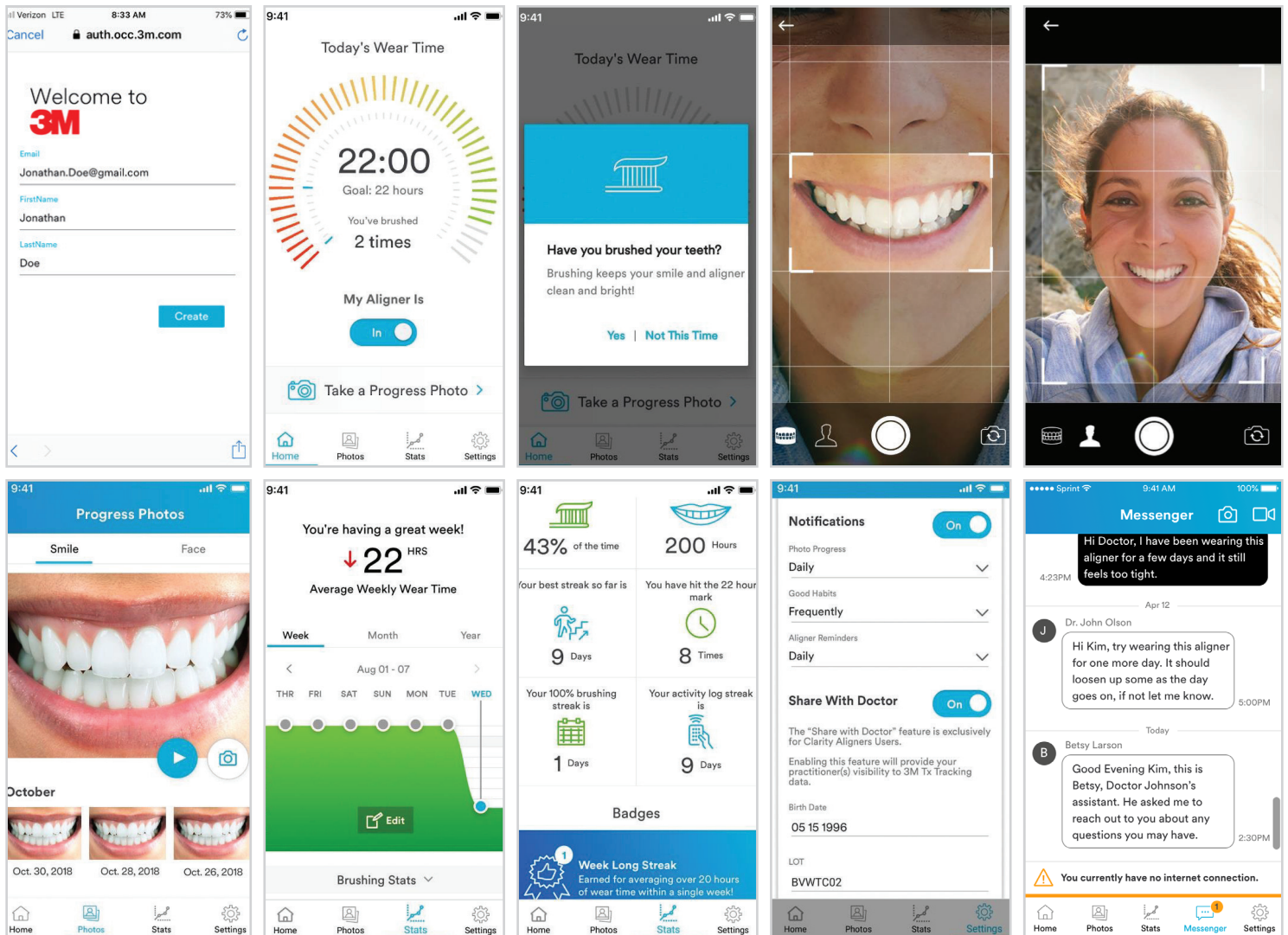
**Notifications** — You can update your notifications preferences in the Settings tab.

**Share with Doctor** — Enable this feature by toggling the button to 'ON' and enter your birth date and LOT number, which can be found on your aligner packaging.

**Online Backup** — Utilize this feature to backup treatment data to the cloud.

**Robust Messaging** — This includes ability to message directly with your provider.

**Dark Mode** — The App now supports the use of Dark Mode for greater viewing contrast.



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