

# How to register and use the TAND Toolkit App



START

## Register an app user account

### Find the TAND Toolkit web-based App

On your web browser go to <https://app.tandtoolkit.org> and click on

Register



T1



## Start by adding individuals with TSC to your TSC family

For each timepoint (T1-T5), complete the following 4 sections:

+ Add family members

TAND over time



### My TSC Story

Share information about your or your loved one's TSC characteristics



### My TAND Checklist

Document your or your loved one's TAND severity



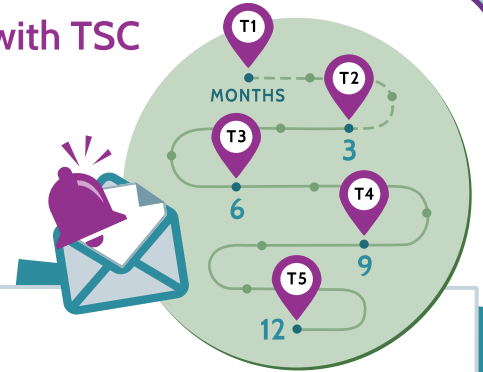
### My TAND Interventions

Track your or your loved one's past and current TAND interventions



### My Wellbeing

Capture your wellbeing and care/caregiving journey



Data entry occurs **once every 3 months**, over the period of 12 months

### Check for email reminders

- You will receive an email reminder when it is time to **complete your next data entry**.
- Data entry at follow-up timepoints T2-T5 should be quick as many questions will be pre-populated and will **only need updating where changes have occurred**.
- You will have **2 weeks to complete your data entry** at each timepoint.

View

## While you wait for your next check-in, you can:

- View graphs of your TAND over time in **My TAND Journey**
- Read **My TAND Toolkit** to find tips and ideas for seeking further help and managing TAND at home, for each TAND cluster
- Download PDF summaries for your records or to share with your care team
- You can also complete an **additional TAND Checklist** if needed (optional, once per month)



TAND consortium

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Find out more about the TANDem-2 study

[tandconsortium.org/join-tandem-2](https://tandconsortium.org/join-tandem-2)



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