

MyPso

Psoriasis app

Track your psoriasis at the touch of a button



PHOTO DIARY

track how your symptoms improve with treatment



PUTTING YOU IN CONTROL

Helps you to log, identify and address your triggers



COMPARE

Anonymously compare your treatment results to others living with psoriasis



REPORT

Creates a report that you can take to your next doctor's appointment to ensure you get the most out of your consultation



Available in the UK and Ireland on iPhone and Android

SEARCH: 'MyPso' or 'My Psoriasis' to download



Ask your doctor what to expect from your treatment. Information placed on this app is not intended as a substitute for consultation with your healthcare professional. This app does not monitor the side effects of any treatment. If you experience any side effects from your treatment you should contact your doctor.

UK/IE MAT-04337 Date of prep: August 2016

“ This is an excellent service and a welcome addition to the range of information services available to patients and carers...I encourage colleagues to guide their patients to it. ”

QualityCare™
Provided by LEO



QualityCare™

Living with Psoriasis?

Get free, meaningful support on everyday topics that are important to you

ACCESSIBLE ON MOBILE, TABLET OR DESKTOP



Stress Management and Mindfulness



Diet and Nutrition



Real People Real Stories

Join over 60,000 people like you worldwide, who have already benefited from the programme

Enrol for free today by visiting:
<http://qcbyleo.uk/enrol>

Dr. Keith Freeman
Consultant Dermatologist

County Durham and Darlington NHS Foundation Trust, Sunderland



Our MINDBOOST programme is free and customised to you. It offers a series of physical and mental exercises working on three key areas: confidence, mood and focus.



Learn about how different foods and nutrients affect psoriasis. Put your learnings into action by taking charge of your own diet. A good diet may help to reduce the inflammation that sparks a psoriasis flare-up.



Read the stories of people who, like you, are living with psoriasis. Covering important everyday topics that psoriasis can impact upon including; relationships, fashion, beauty, socialising, and food.

**Stress Management
and Mindfulness**

**Diet and
Nutrition**

**Real People
Real Stories**

Why not check it out for yourself by just browsing some articles or enrolling in our free QualityCare™ programme today. Visit: <http://qcbyleo.uk/enrol>