Wellbeing and symptom tracker

SymTrac™ is a free app that helps people with multiple sclerosis (MS) track general wellbeing and symptoms over time to build a valuable picture of their health. The data recorded can be viewed in easy-to-read charts and shared with MS specialist teams to make the most out of consultations and support decision-making.

Keeping track of MS symptoms

MS symptoms are unpredictable and different for each person, so it’s important to keep track of them, especially when they affect daily living. Here’s how to use SymTrac™ to track wellbeing and symptoms since the last appointment, and create an accurate picture of MS for the next appointment:

- **Recognize** - Look out for any changes in wellbeing
- **Record** - Keep track of symptoms with SymTrac™ for a clear picture of MS
- **Report** - Inform MS team, especially when symptoms affect daily living
- **Review** - Ask a healthcare professional for the best ways to manage symptoms

Download SymTrac™ here: symtrac.com/canada
SymTrac™ is compatible with iPhone and Android devices.