



NEXT

HOW TO DOWNLOAD THE NEXT APP

- NEXT is an exercise programme designed specifically for you with prostate cancer who are undergoing antihormonal therapy.

THE ASTELLAS NEXT APP ENABLES YOU TO TRACK YOUR TRAINING

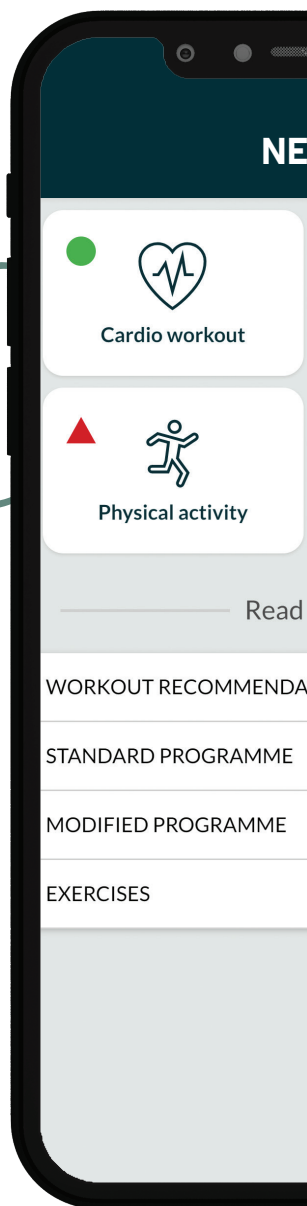
CARDIO WORKOUT

Your target is to do 30 minutes high-intensity cardio workouts at least 2 times every week.

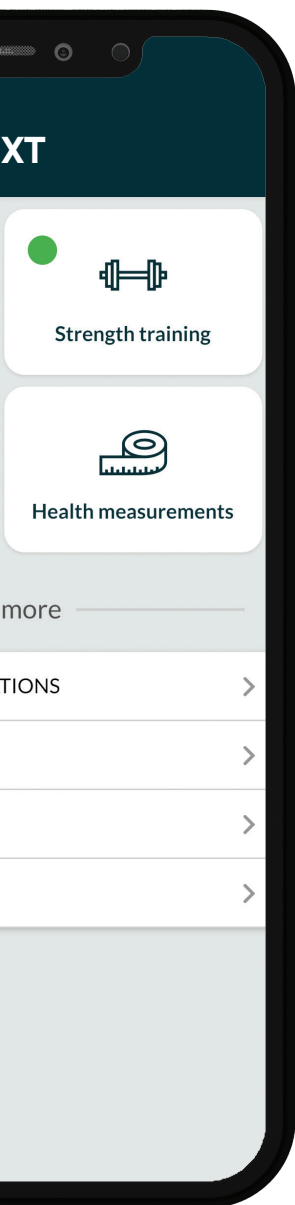
The green circle means that the goal was met last week.

PHYSICAL ACTIVITY

Your target is to be physically active at least 150 minutes per week. Register every time you have been physically active and keep track. The red triangle means that the target was not reached last week.



■ *Always consult with your doctor before you start exercising*



STRENGTH TRAINING

Your target is to do strength training with machines twice a week. The app contains a program with 7 machines for strength and 4 for warmup / fitness training.

HEALTH MEASUREMENTS

Record your weight, hip measurement, waist measurement, quality of life and energy level and track these over time.

The NEXT exercise program includes daily physical activity, two cardio training and two strength training sessions a week. You also get information on antihormonal therapy and exercise. To access the NEXT material and movies, visit: <http://next-move.me/eng>

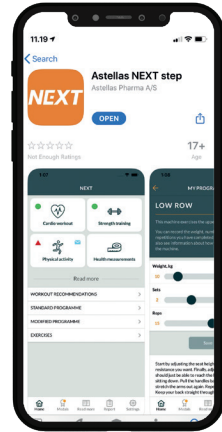
DOWNLOAD NEXT PATIENT APP



DOWNLOAD THE APP USING THE QR-CODE

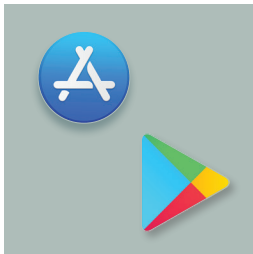


1. Scan the QR-code.



2. Click on the download button to install the app.

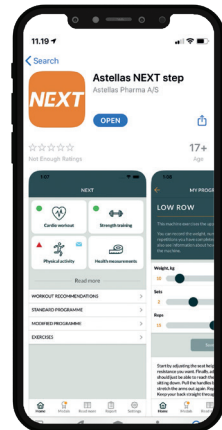
DOWNLOAD THE APP FROM APP STORE/ GOOGLE PLAY STORE



1. Click on the App Store/Google Play icon on your mobile or tablet.



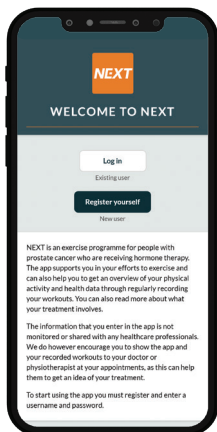
2. Search for "Astellas Next Step" by typing it into the search field.



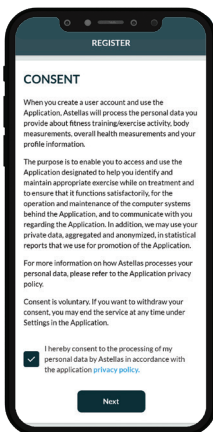
3. Click on the download button to install the app.

MAKE AN ACCOUNT

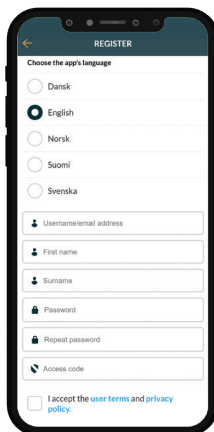




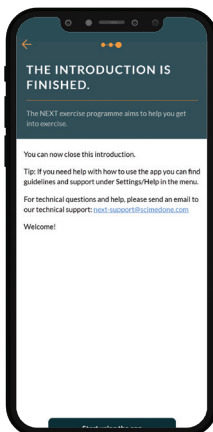
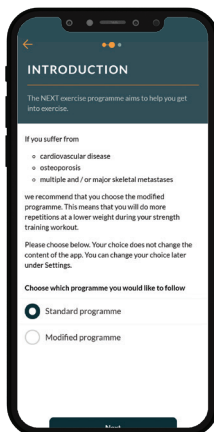
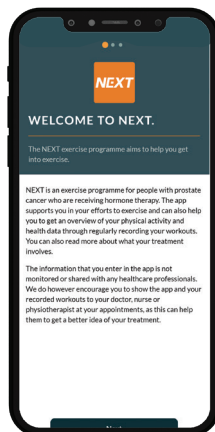
1. Select to register yourself.



2. Give your consent to the privacy policy, by checking the box at the bottom.



3. Enter your name, e-mail, language and decide on a password. Insert the access code in the field.



Access code:

639 835 (Denmark)
639 834 (Finland)
639 866 (Norway)
639 873 (Sweden)

4. Choose which exercise programme you would like to follow. You are now ready to start using the NEXT app!

WHERE TO GET HELP?

Contact next-support@scimedone.com in case you have any questions about access code or problems getting started with the NEXT app.

Astellas Pharma a/s

Kajakvej 2
DK-2770 Kastrup
+45 43 43 03 55
kontakt.dk@astellas.com
www.astellas.dk

Astellas Pharma

Hagaløkkveien 26
NO-1383 Asker
+47 66 76 46 00
kontakt.no@astellas.com
www.astellas.no

Astellas Pharma AB

Box 21046
SE-200 21 Malmö
+46 40 650 15 00
info.se@astellas.com
www.astellas.se

Astellas Pharma

Vaisalandie 2-8
FI-02130 Espoo
+358 9 8560 6000
info.fi@astellas.com
www.astellas.fi

