

THINGS TO DO BEFORE YOUR NEXT APPOINTMENT

- **Read** the important information below on the Tommy's App
- **Register** on the Tommy's App. This is a web based application, **not an App available from the App store**
- You can access the app by typing **www.tommysapp.org** into your search bar on your internet browser. Or you can scan the QR code below which will take you directly to the app homepage.



The Tommy's App

A Decision Tool shared between you and your maternity team.

We would like to share some information with you about the [Tommy's App](#), a decision tool we hope to be using throughout your maternity care.

It is an app shared between you and your maternity team to:

- Help you make informed decisions and to personalise your care
- Help discussion between you and your maternity team at your appointments
- To support your maternity team in offering you the right care at the right time

What is the Tommy's App?

The Tommy's App is Decision Tool available on your phone, iPad or any device with an internet connection, shared between you and your maternity team.

The Tommy's App has been developed by the [Tommy's National Centre for Maternity Improvement](#) – by women, maternity doctors and midwives working together.

What will I use it for?

The purpose of the app is to make it easier for you and your maternity team to communicate and share information during your pregnancy, and to help you make a personal pregnancy plan together, based on your and your baby's individual needs.

You can access your personalised information and recommendations on your care pathway throughout your pregnancy. You may find this helpful before, during and after your antenatal appointments to help discussions with your maternity team.

You can also access our information and resources hub, which shows information and guidance from the NHS, Tommy's Charity and the Royal College of Obstetricians and Gynaecologists. If you choose to use the app during your pregnancy, it will show you information that is relevant and helpful at each stage of your pregnancy.

What will my maternity team use it for?

The purpose of the app for maternity care providers is to help them provide the best care for you during your pregnancy. Did you know that there are over 92 clinical care guidelines for doctors and midwives? Our app works to ensure that your maternity care team are able to offer you and your baby the right care at the right time.

How does it work?

Our app uses clever algorithms (just like the other apps in our phones, iPads or computers that we use every day) to process the information gathered in your routine maternity appointments. These algorithms work to ensure that your maternity team has the right information at the right time and to ensure you are offered the best possible care based on your individual needs. The app will:

- use the information gathered during your maternity appointments (including things like your hormone blood test and scan results to create a personalised care pathway for your pregnancy
- help you and your midwives to understand if you need any extra monitoring (such as scans or referral to pre-term birth service) during your pregnancy
- signpost you to further information if you would like to know more including advice on what to do if you experience any change in your baby's movements or abdominal pain

How do I access it?

You can access the app by typing www.tommysapp.org into your search bar on your internet browser. Or you can scan the QR code below which will take you directly to the app homepage.



We invite you to visit the app home page where you can read some further information before you decide if you would like to register and use the app during your pregnancy.

You can also find out more about who we are and read our FAQs by going to the Tommy's National Centre for Maternity Improvement website at www.rcog.org.uk/tommys

Sounds great – how do I sign up?

If you would like to use the Tommy's app, you should complete the 'Sign-up' screen on the Tommy's app homepage www.tommysapp.org

You will then be prompted to enter and verify your email address and set up a password to keep your app secure and make sure that only you can access your profile.

As part of your sign up, the app will send you an email asking you to verify your email address. If you cannot see the email within a few minutes, remember to check your junk mail.

I have signed up. What do I do next?

After you have signed up, you will be asked to fill in some personal and medical information and to select the name of the hospital at which you are receiving care.

Once you select your hospital, your maternity team will be able to access this information from the hospital system during your antenatal appointments where you can discuss your personal pregnancy plan together.

What kind of information do I need to add?

The information the app asks you for is the same information gathered by your midwife during your antenatal appointments. It will not ask you for anything more than what is needed to support your maternity care. If you would like help with filling this information in

or there is anything you are unsure about, you can also ask your midwife to help you at your next appointment.

When completing the information, you will be asked to select the name of the hospital at which you are currently booked for your maternity care. It is important to note that this will not affect your later choices of where you would like to give birth (hospital or non-hospital setting).

The information that you have entered on the app will be held securely in your hospital records, to help you and your maternity team plan your personal care throughout your pregnancy. You can read our privacy notice on the app homepage.

For more information about who we are, you can visit the Tommy's National Centre for Maternity Improvement (Tommy's NCMI) website at www.rcog.org.uk/tommys

We wish you a happy, healthy pregnancy

The Tommy's NCMI team

In partnership with

