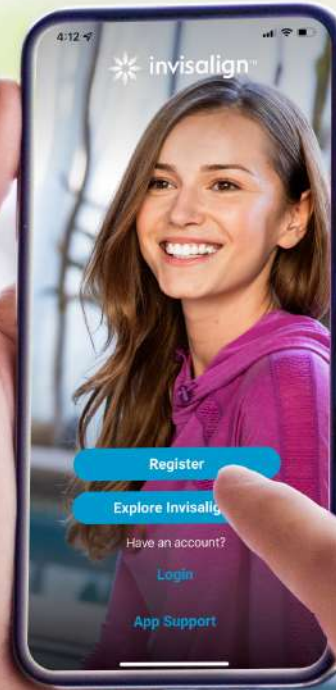




Patient guide to using the  
**My Invisalign® app with  
Invisalign Virtual Care.**



Connected. Convenient. Confident. Safe.

Staying connected with your Invisalign provider throughout your treatment is easy! Use the steps in this guide to set up the My Invisalign app, share photos with your doctor and receive feedback to make sure your smile is on track between in-office appointments.



**Scan QR code to watch video today!**

**Watch this video for an overview of how to get started**

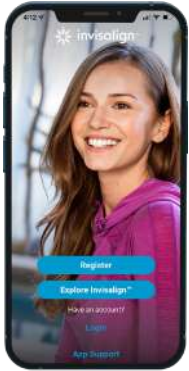


## Getting Started

### 01 Download the My Invisalign App

Download the My Invisalign app to get access to tools that will help you stay on track throughout your treatment.

### 02 Set up your My Invisalign App patient account



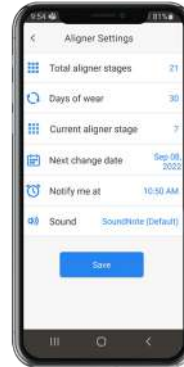
Select Register, then review and accept Terms & Conditions



Scan the QR code on your aligner bag, or enter patient details manually.



Enter your app account info and create a PIN.



Enter aligner settings and notifications based on your doctors treatment plan.



Enjoy your My Invisalign patient account and use the app to take photos with each aligner change

Use patient tools in the My Invisalign app and take photos for Virtual Care at the time of every aligner change.

### 03 Don't have your aligners yet?

You can create a My Invisalign app account and when you receive your aligners, use the steps below to set up your patient account and access Virtual Care tools.

### + Don't see My Care in your My Invisalign app?

Follow the steps below to add Invisalign Virtual Care tools.



Log in to the My Invisalign app. Select the "Me" icon from the navigation at the bottom of the app screen.



Follow the steps above to set up your My Invisalign app patient account and access Invisalign Virtual Care.



Select the image of the patient welcome kit that says "Become an Invisalign patient to receive a welcome kit".



Enjoy your My Invisalign patient account and use the app to take photos with each aligner change.

**Tip:** Enable notifications for the My Invisalign app so you don't miss reminders to submit photos and change aligners.

# Your Invisalign® Virtual Care experience

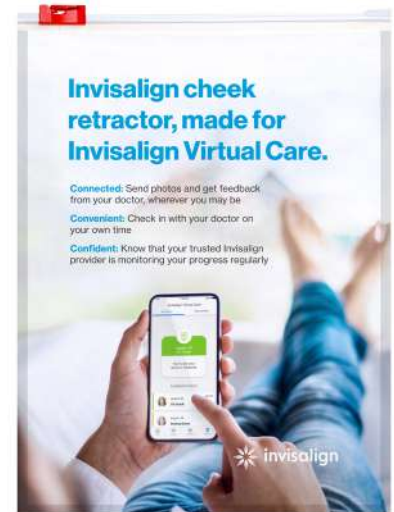
## + Use cheek retractors to help capture photos.

- Using cheek retractors while taking photos helps capture a clear view of your teeth that is needed to assess your treatment progress. Invisalign cheek retractors are available through your doctor or [shop.invisalign.com](https://shop.invisalign.com).

### The Invisalign Cheek retractors include:

- A specially designed cheek retractor that is simple to use, comfortable to wear and easy to clean.
- A storage pouch with easy-to-follow directions on how to download the My Invisalign app and use the cheek retractor to take photos.

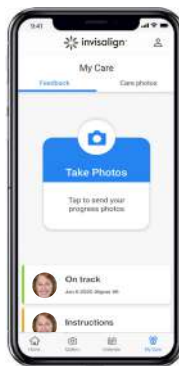
Contact your doctor or visit the Invisalign Accessories page at [shop.invisalign.com](https://shop.invisalign.com) to learn more.



## Share photos with your doctor using My Care in the My Invisalign app



Reminders in the app will let you know it's time to send your progress photos to your doctor and advance to your next aligner.



Select the Take Photos card

*Important: Check the box to indicate if you will not use cheek retractors to take photos.*



Tap "Start now" to start taking the nine photos as prompted using the on-screen guide to line up your mouth the rectangle on the screen and the photo will be taken automatically

The first time you take photos you will see short videos showing you how to take each photo



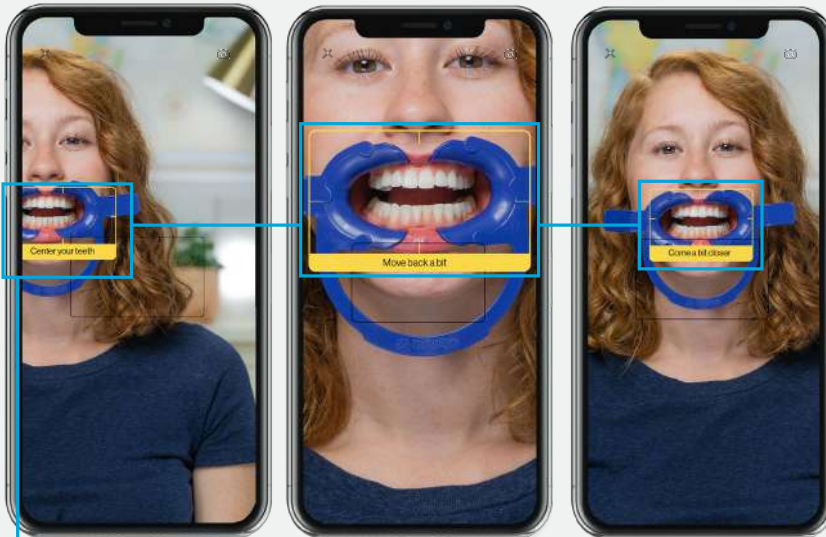
## + Insert your check retractor and tap each photo to start the photo-taking process

Important: Check the box to indicate if you will not use cheek retractors to take photos.

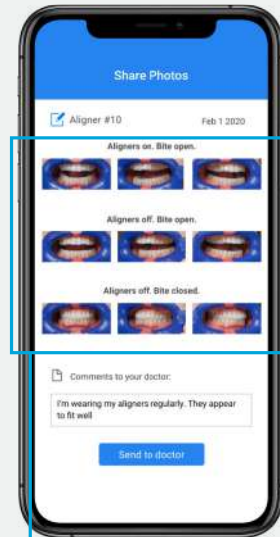


+ **Photo frame:** Once confirming the photo to be taken, you should start by lining up your mouth with the black rectangle in the center of the screen.

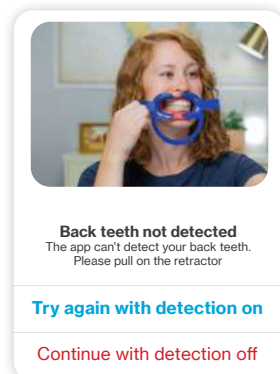
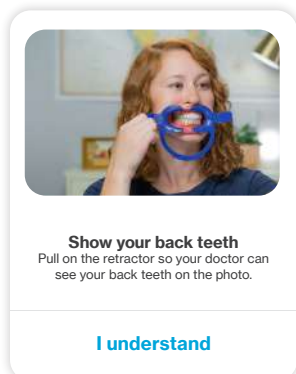
+ **Automatic photo taking:** Once the photo is lined up as needed the photo frame will turn green and count down from 3 until the photo is taken.



+ **Dynamic photo-taking feedback:** A yellow frame will appear with instructions on how to adjust the photo to achieve the needed image.



+ **Submit photos and comments:** When all 9 photos have been taken, you can add comments or questions before submitting to your doctor.



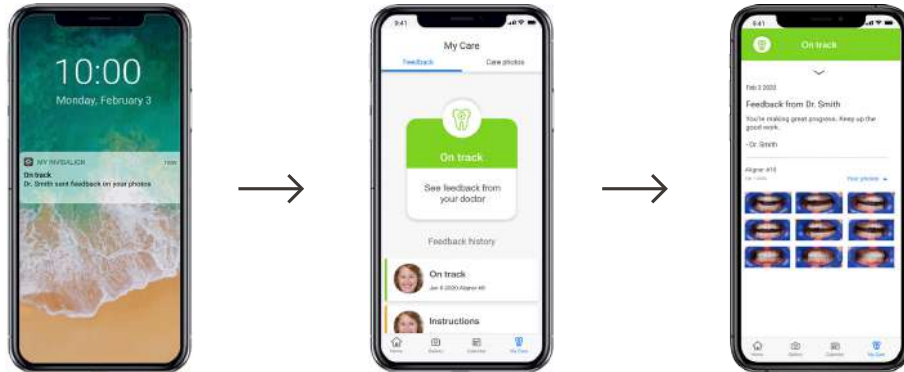
**Guidance for photos of back teeth:** If cheek retractors are being used, a prompt will appear with guidance on how to take photos of the back teeth. If back teeth are not detected in the photos, a prompt will appear to try again or to continue without the detection feature.

## Receiving feedback from your doctor using My Care in the My Invisalign app

You will receive one of two types of feedback in the My Invisalign app after your photos have been reviewed:

### + On track

Way to go! Your doctor is letting you know your treatment is on track and you should keep up the great work.

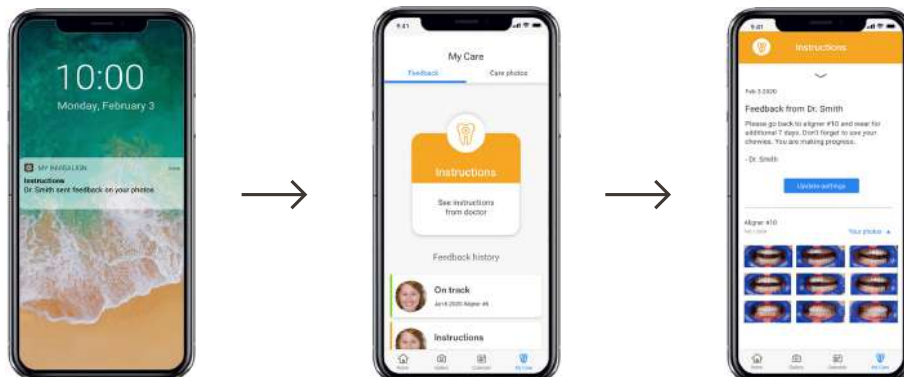


If your doctor needs to talk about your progress, the office will contact you to set up a virtual appointment. The office will then send you an email with a link to download the Zoom Meetings app and a link to join the meeting at the scheduled time.

### + Instructions

Your doctor will send instructions when they need to give you guidance on keep your treatment on track. Instructions may be guidance like wearing your current aligner for additional time or using chewies. Always follow your doctor's guidance to keep your new smile on track.

Sometimes your doctor may need to make adjustments to your treatment, such as changes to aligner stage or wear time. When this happens, you will see a note to update your app settings. Simply tap "Accept settings update" and you will continue to get notifications for your new schedule of aligner changes.



## Use patient tools in the My Invisalign app



Use the wear timer to track your aligner wear time and keep your doctor informed.



Use the calendar to keep track of upcoming appointments.



Use the Smile Gallery to take and share treatment progress photos with friends and family.

*Note: Photos taken in the Smile Gallery are not sent to your doctor.*

## Need help with the My Invisalign app?

Visit the profile icon in the upper right of the app Home screen and use the "My Feedback/rating" to submit questions and get help.