



The Perx Health app is a clinically proven self-management intervention. Using digital technology, Perx leverages proven behavioural science and comprehensive health management to enable Australians managing CF to improve their health behaviours and achieve better health outcomes. Over 1,000 Australians managing CF have already signed up and use Perx to manage their appointments, medications, exercises and health choices.

Perx have demonstrated clinical effectiveness in peer-review publications, including a gold-standard randomised control trial with the University of Sydney, published in the British Medical Journal. In this study the Perx intervention demonstrated an improvement in patient biomarkers (HbA1c, cholesterol) relative to a control group. Additionally, a retrospective analysis of Perx users conducted by the University of Technology Sydney and published in the Journal of Medical Internet Research, found a 90% medication adherence rate over 12 months. There is more research currently underway evaluating the clinical effectiveness of Perx, with promising preliminary results.

Thanks to CFA, Perx is available **FREE** to all Australians managing Cystic Fibrosis:

1. Download the Perx Health app and create an account with the referral code ROSES
2. Complete your profile to personalise your health schedule
3. Complete tasks to earn gift cards for your favourite retailers
4. Benefit from Perx's incorporated motivation, education and other resources to empower complete condition management (whilst having a bit of fun!)

www.perxhealth.com