

The *flok* App: Partner with Your Patients to Improve Care

The *flok* app provides insight into your patients' daily health to help you deliver more personalized care.

Designed for those with **Classical HCU, MSUD, Organic Acidemias, PKU, Tyrosinemia, and Urea Cycle Disorders**, the *flok* app offers a comprehensive approach to metabolic care.

Comprehensive Health Reports

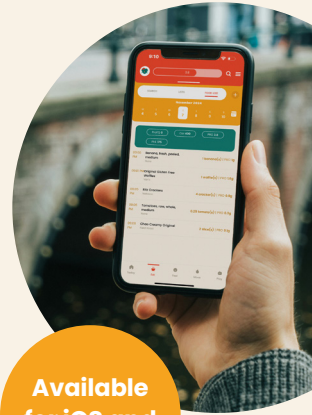
Understand life between clinic visits with detailed reports that cover nutrition, mood, symptoms, activity, and biometrics like sleep.

Customized Nutrition Resources

Users can access 10,000+ foods and recipes with unrounded protein, calories, and 6 amino acid values. Easy food look-up and tracking features reduce patient burden.

Provider Accounts Available

Create a provider account with profiles for each *flok* condition to explore how the app supports patient care. Visit flok.org/clinicians to learn more.



Available for iOS and Android



The Bigger Picture

flok app reports collate patient data over time to create longitudinal histories that support care planning, transitions between providers, and self-management for young adults.

Research Engagement

Patients and caregivers can opt to share their data with the *flok* Research Platform to help build phenotypical models, fill knowledge gaps, and create new pathways for clinical research and interventions.

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App FAQ

Can I use the flok app on my computer?

No, this is a mobile app available on iOS and Android. You can download it from the App Store or Google play.

Is there a cost for clinicians?

The flok app is completely free for clinicians, patients, and caregivers.

Can I access my patient's records through the app?

There is no direct access to patient information. Patients and caregivers own their records and can choose to share specific reports with you.

Does the flok app integrate with a patient's electronic medical record?

Not currently.

How will patients transition from How Much Phe?

Users will be able to import foods, recipes, favorites, and some legacy records. HMP will be closed by the end of 2025.



What's the source of the nutrition data in the flok app?

flok nutritional data is sourced from the USDA and flok research, collaborations with GMDI and food manufacturers, and our amino acid analysis program.

Are patients required to share their data with the flok Research Platform?

Participation in research is 100% voluntary. Users can opt in or out at any time while continuing to use the flok app.

Join us
in today in
transforming
metabolic
care with the
flok app.



Learn more and
download here

