



Track your migraines with Looma

Your doctor suggested keeping a migraine diary. Looma is a free iPhone app that makes it quick, even in the middle of an attack.

How to start

1. Scan the code below, or search for “Looma: Migraine Tracker” in the App Store.
2. Open the app and answer a few questions. No account needed.
3. When an attack starts, move the slider to how bad it is and tap **Save log**.

What to log

- How bad it is, from 1 to 10
- Where it hurts, symptoms and possible triggers
- Any medicine you took, the dose, and whether it helped
- When it ends: tap **I feel better now**

Details can wait until you feel better.



Scan to get Looma
Free on the App Store, iPhone
loomamigraine.com

Share the report at your appointment

In the app, open **Doctor report**, choose 30 days, 3 months or 6 months, and tap **Share with my doctor**. The report shows how often and how bad, where it hurts, possible triggers and the medicine you took. It's part of Looma Premium.

For the hard moments

Open **Relief now** for comfort tips, guided 4-7-8 breathing and calm sounds. They're free.

Get urgent help if you have a sudden, severe headache, confusion, vision loss, difficulty speaking, or numbness or weakness. In the UK call 999, or 111 if you're not sure. Elsewhere, call your local emergency number.

Looma gives wellness information, not medical advice. Talk to a doctor about your migraines. Looma is a diary and tracking tool. It doesn't diagnose or recommend treatment.