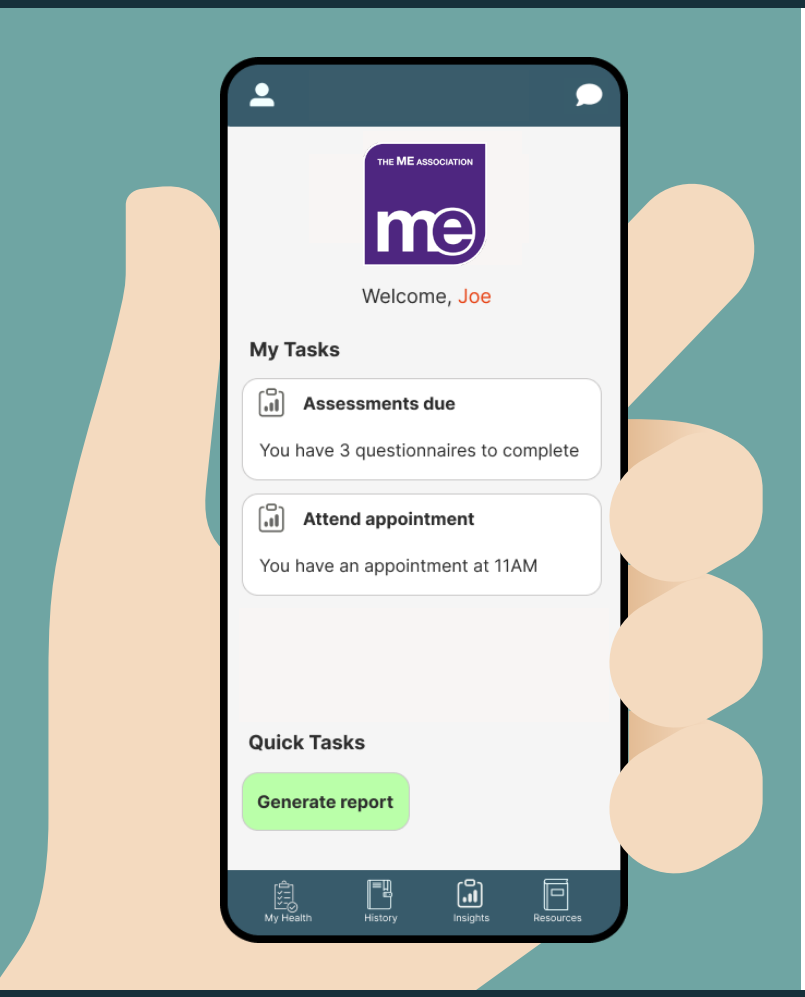
The ME Association App and Clinical Assessment Toolkit

A publicly available app curated by the ME Association with the digital Clinical Assessment Toolkit

Available publicly or to use with clinical services



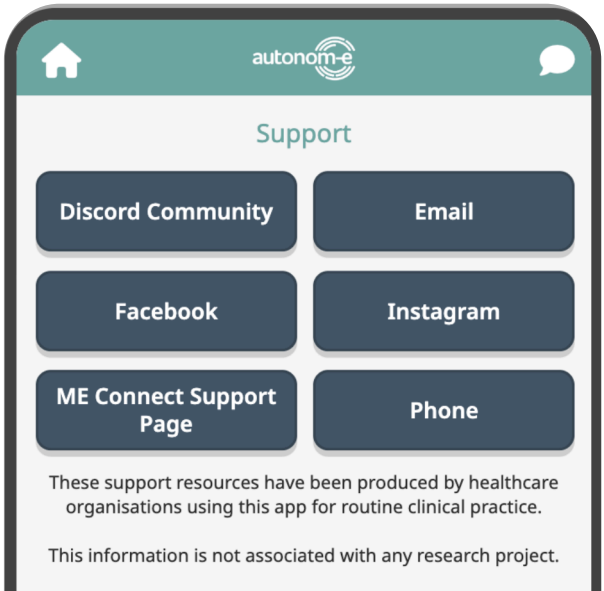
Features

> Access the ME Association Clinical Assessment Toolkit to assess:
  > Symptom burden using the TIMES
  > PEM using the PASS
  > Clinical needs using the CNAME
  > Patient experience using the PREM
  > Activities using the MEAQ
> Share clinical reports with clinicians, employers, & relatives
> Access support resources curated by the ME Association
> Share clinical reports people you trust
> Access reporting and future updates from £1.67 per month

This app is intended for:

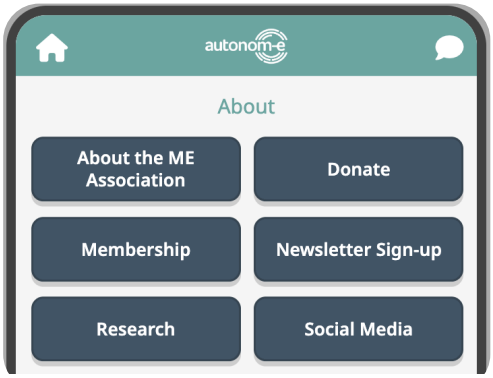
> People who are not already using our NHS-approved app with a clinician
> People who want to access the ME Association Clinical Assessment Toolkit
> Those unable to receive a referral to a specialist ME/CFS service
> Clinics and Health Insurers, globally, that want to purchase a cost-effective licence for their patients

Access MEA support



Accessing the app:

1. Download “autonom-e” from the app store
2. Click ‘Create an account’
3. Register with the MEA-CAT
4. Complete the TIMES, PASS, CNAME, MEAQ, PREM-ME
5. Access MEA Resources



Benefits

> Access the MEA app without needing a referral into a service

> Complete the ME Association’s Clinical Assessment Toolkit

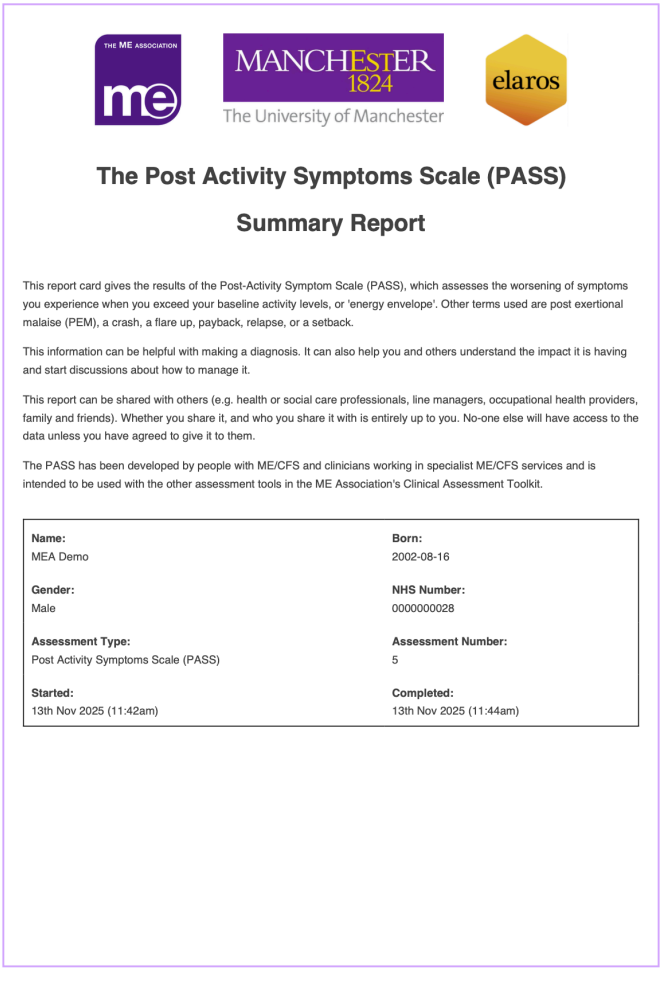
> Keep a permanent digital record of your data on a personal device

> Control who sees your data and share summary report

> autonom-e@elaros.com

> autonom-e.com

6. Share validated reports



The Post Activity Symptoms Scale (PASS)

Summary Report

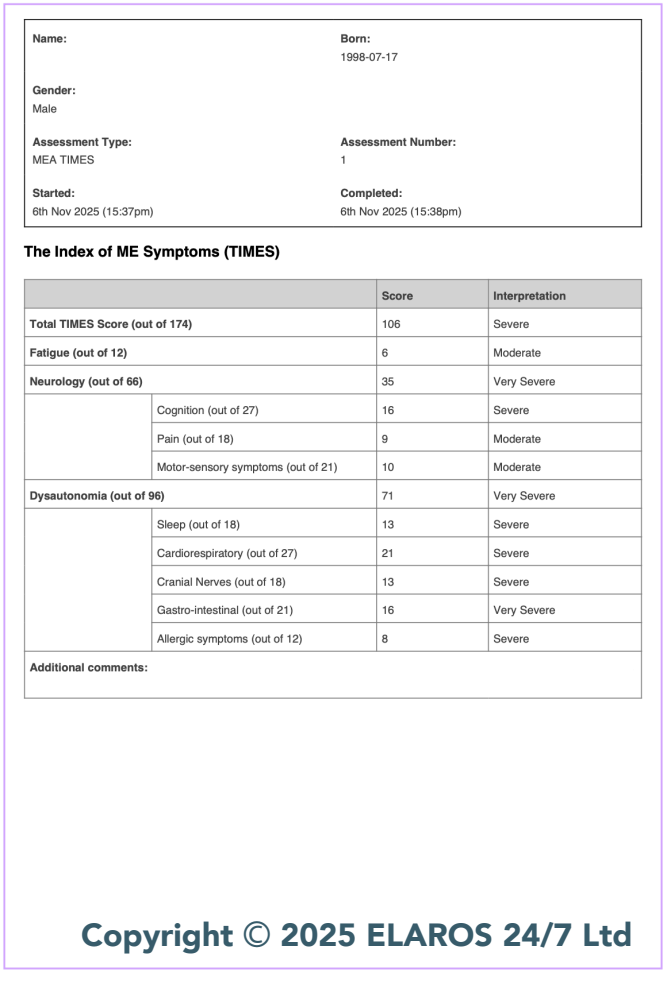
This report card gives the results of the Post-Activity Symptom Scale (PASS), which assesses the worsening of symptoms you experience when you exceed your baseline activity levels, or 'energy envelope'. Other terms used are post exertional malaise (PEM), a crash, a flare up, payback, relapse, or a setback.

This information can be helpful with making a diagnosis. It can also help you and others understand the impact it is having and start discussions about how to manage it.

This report can be shared with others (e.g. health or social care professionals, line managers, occupational health providers, family and friends). Whether you share it, and who you share it with is entirely up to you. No-one else will have access to the data unless you have agreed to give it to them.

The PASS has been developed by people with ME/CFS and clinicians working in specialist ME/CFS services and is intended to be used with the other assessment tools in the ME Association's Clinical Assessment Toolkit.

Name: MEA Demo	**Born:** 2002-08-16
Gender: Male	**NHS Number:** 0000000028
Assessment Type: Post Activity Symptoms Scale (PASS)	**Assessment Number:** 5
Started: 13th Nov 2025 (11:42am)	**Completed:** 13th Nov 2025 (11:44am)



Name:	**Born:** 1998-07-17
Gender: Male	
Assessment Type: MEA TIMES	**Assessment Number:** 1
Started: 6th Nov 2025 (15:37pm)	**Completed:** 6th Nov 2025 (15:38pm)

The Index of ME Symptoms (TIMES)

		Score	Interpretation
Total TIMES Score (out of 174)		106	Severe
Fatigue (out of 12)		6	Moderate
Neurology (out of 66)		35	Very Severe
	Cognition (out of 27)	16	Severe
	Pain (out of 18)	9	Moderate
	Motor-sensory symptoms (out of 21)	10	Moderate
Dysautonomia (out of 96)		71	Very Severe
	Sleep (out of 18)	13	Severe
	Cardiorespiratory (out of 27)	21	Severe
	Cranial Nerves (out of 18)	13	Severe
	Gastro-intestinal (out of 21)	16	Very Severe
	Allergic symptoms (out of 12)	8	Severe
Additional comments:			

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