



TUTORIAL : **Setup of the MyPal Adults Mobile App**



Table of Contents

.....	1
1. Hardware and software requirements	3
2. Preparation to setup.....	3
2.1 Creating an account on the MyPal server.....	3
2.2 Setup of the FitBit smartwatch.....	3
2.2.1 Step 1: Creating a user account on the FitBit server	3
2.2.2 Step 2: Installation and configuration of the FitBit app on the patients' smartphone	5
2.2.3 Step 3: Configuration of the FitBit smartwatch in the FitBit app (performed by the study nurse for each patient).	6
2.3 Downloading and installing the app	10
2.3.1 iOS version.....	11
2.3.2 Android version	14
2.3.3 Automatical update of the MyPal Adult app.....	16

1. Hardware and software requirements

The following components are required for patients participating in the intervention arm of the MyPal-ADULT study:

- A FitBit smartwatch Charge 3.
- A smartphone where the MyPal app for adult patients and the FitBit app will be installed:
 - running Android version 8 or higher or
 - running iOS version 12.4.1 or higher
- Access to the internet from the smartphone
- A password for encrypting of sensitive data in the app – it will be provided to each clinical site.

2. Preparation to setup

The following steps should be performed before using the MyPal Adults app:

1. creating an account on the MyPal server
2. setup of the FitBit smartwatch
3. downloading and installing the MyPal Adults app

2.1 Creating an account on the MyPal server

(Please contact Giorgos Zacharioudakis gzaxar@ics.forth.gr if you have problems or questions when performing this task).

The study nurse will perform this step to create a clinical profile on the MyPal server for each patient participating in the clinical study for adults.

Please consult the *User Administration Panel Tutorial* for further details.

2.2 Setup of the FitBit smartwatch

(Please contact Michael Schäfer michael.schaefer@ibmt.fraunhofer.de if you have problems or questions when performing this task).

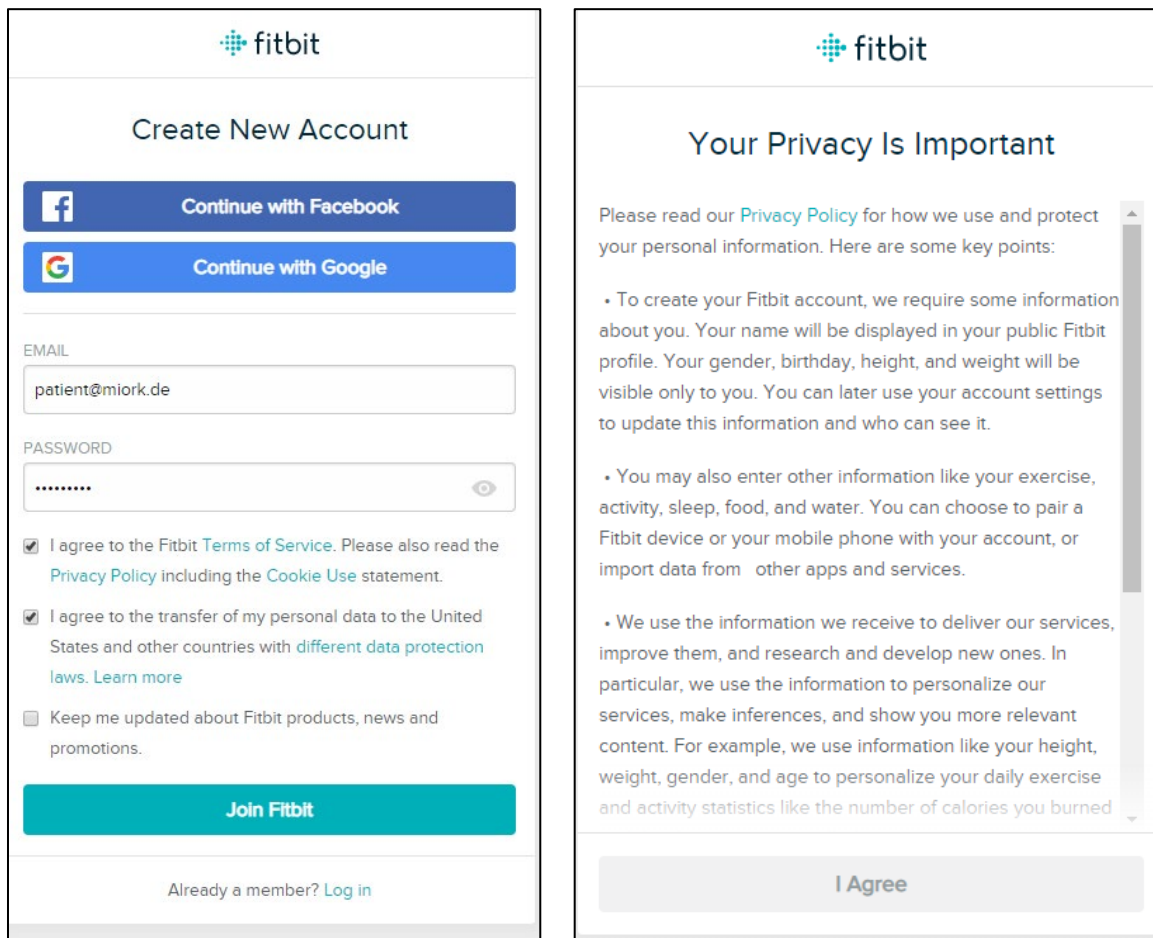
In order to use the smart wristband from FitBit, different steps have to be done before. These are:

- The registration of the user on the Fitbit server (creating an account).
- Installation and configuration of the FitBit app.
- Configuration of the FitBit smartwatch on the MyPal app for adult patients

2.2.1 Step 1: Creating a user account on the FitBit server

Please access the FitBit web page for creating a new user account for the patient using the web link: https://accounts.fitbit.com/signup?lcl=en_EU&targetUrl=https%3A%2F%2Fwww.fitbit.com%2Flogin%2Ftransferpage%3Fredirect%3Dhttps%253A%252F%252Fwww.fitbit.com

Here a valid patients' e-mail should be used. In the following view, the user has to confirm the privacy statement (Figure 1).

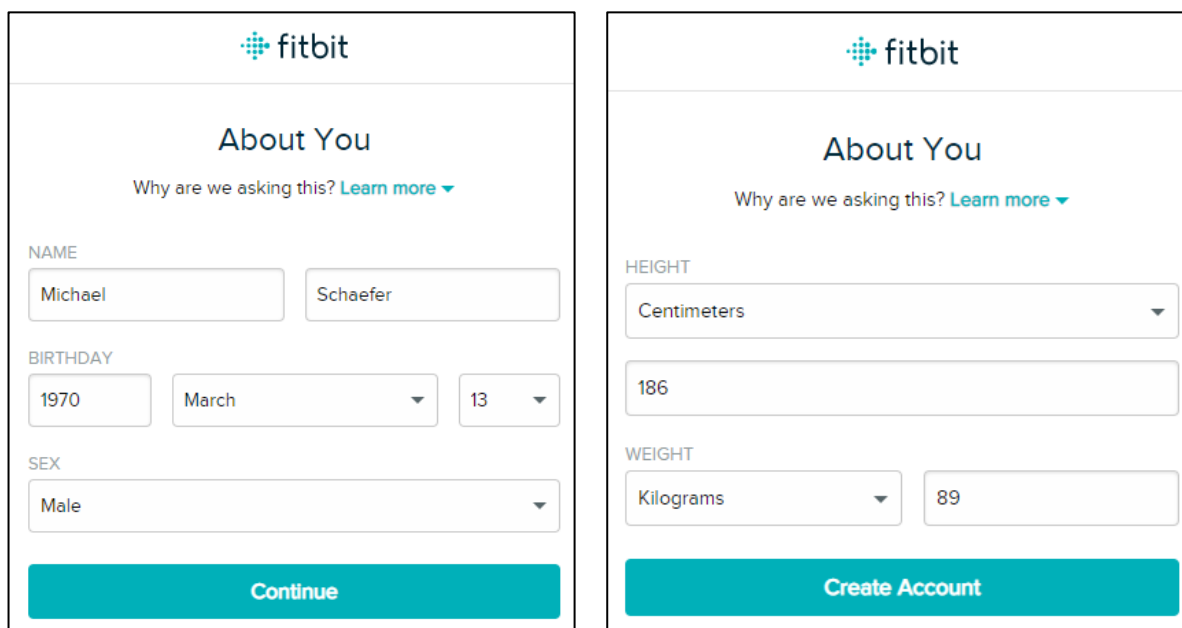


The first screenshot shows the 'Create New Account' screen. It features the Fitbit logo at the top, followed by the title 'Create New Account'. Below the title are two large blue buttons: 'Continue with Facebook' and 'Continue with Google'. Underneath these are input fields for 'EMAIL' (containing 'patient@miork.de') and 'PASSWORD' (with a masked password '.....'). There are three checkboxes for terms and conditions, with the first two checked. A teal 'Join Fitbit' button is at the bottom, and a link 'Already a member? Log in' is below it.

The second screenshot shows the 'Your Privacy Is Important' screen. It features the Fitbit logo at the top, followed by the title 'Your Privacy Is Important'. Below the title is a paragraph of text: 'Please read our [Privacy Policy](#) for how we use and protect your personal information. Here are some key points:'. This is followed by a list of three bullet points. At the bottom is a grey 'I Agree' button.

Figure 1: Entering the account data and confirming the privacy statement

You will be prompted to enter some demographic and anthropometric information concerning the patient (Figure 2).



The first screenshot shows the 'About You' screen. It features the Fitbit logo at the top, followed by the title 'About You' and a link 'Why are we asking this? Learn more'. Below this are input fields for 'NAME' (split into 'Michael' and 'Schaefer'), 'BIRTHDAY' (split into '1970', 'March', and '13'), and 'SEX' (set to 'Male'). A teal 'Continue' button is at the bottom.

The second screenshot shows the 'About You' screen. It features the Fitbit logo at the top, followed by the title 'About You' and a link 'Why are we asking this? Learn more'. Below this are input fields for 'HEIGHT' (set to 'Centimeters' and '186') and 'WEIGHT' (set to 'Kilograms' and '89'). A teal 'Create Account' button is at the bottom.

Figure 2: Details of a FitBit account

2.2.2 Step 2: Installation and configuration of the FitBit app on the patients' smartphone
 Download and install the FitBit app from the Apple App store¹ or from the Google Play store² (Figure 3).

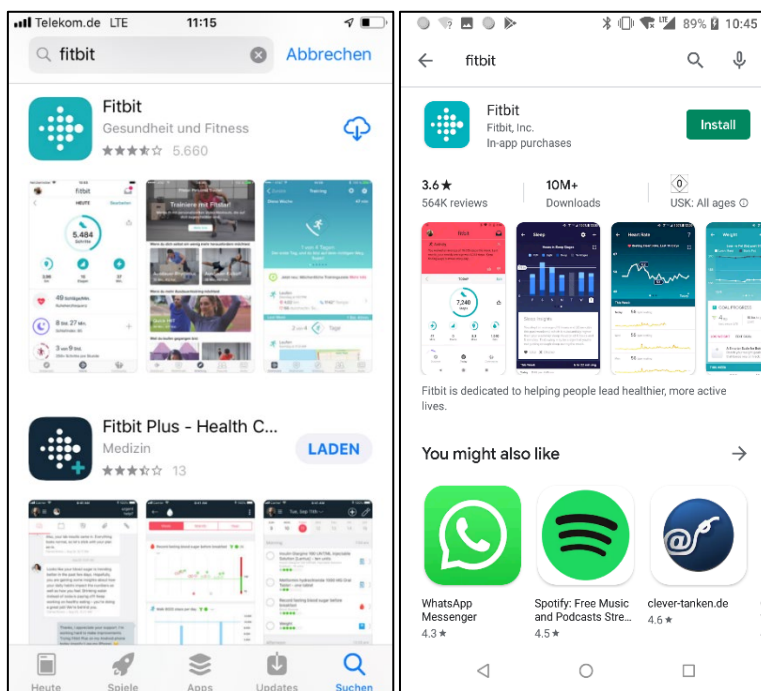


Figure 3: FitBit app in the Apple App store and in the Google Play store

Open the FitBit app, select the 'Log in' option and enter the patient's credentials created in Step 1 (Figure 4).

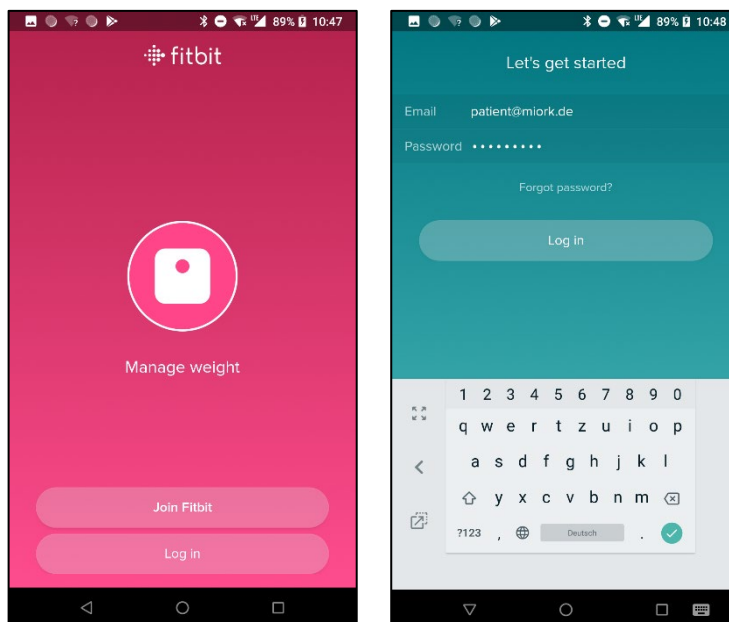


Figure 4: Login in FitBit app and entering credentials

¹ <https://www.apple.com/ios/app-store/>

² <https://play.google.com/>

You will be forwarded to the start page of the FitBit app, where the button 'LET'S GO' should be clicked (Figure 5). In the following view the app expects that the patient confirms his/her e-mail address. The patient should open his e-mail box, find the e-mail received from the FitBit app and click on a corresponding web link in an e-mail body.

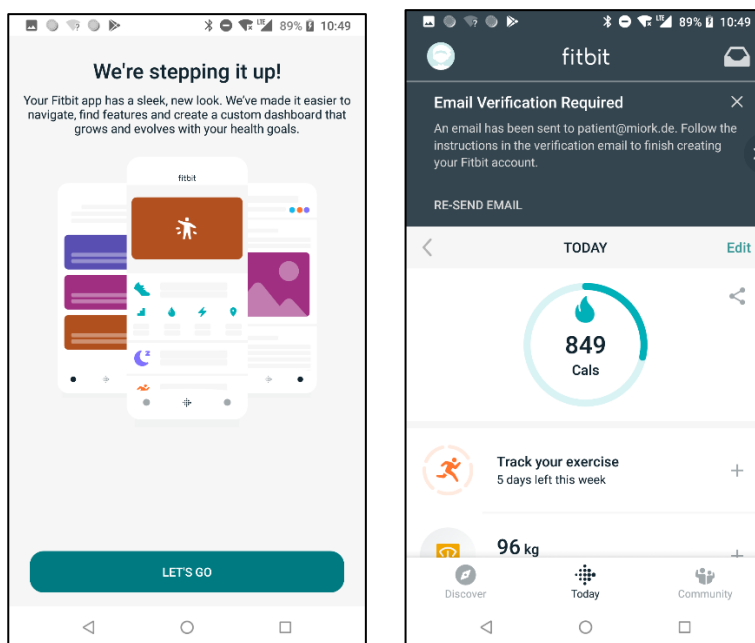


Figure 5: Start page of the FitBit app and e-mail verification

After confirmation of the patients' e-mail address, you will be forwarded to the main page of the FitBit app (Figure 6).

2.2.3 Step 3: Configuration of the FitBit smartwatch in the FitBit app (performed by the study nurse for each patient).

In order to register the patients' smartwatch in the FitBit app, the icon shown in the red circle on the top of the view in the Figure 6 should be selected. On the next page, the plus sign (+) next to the text "Set up a Device" should be selected.

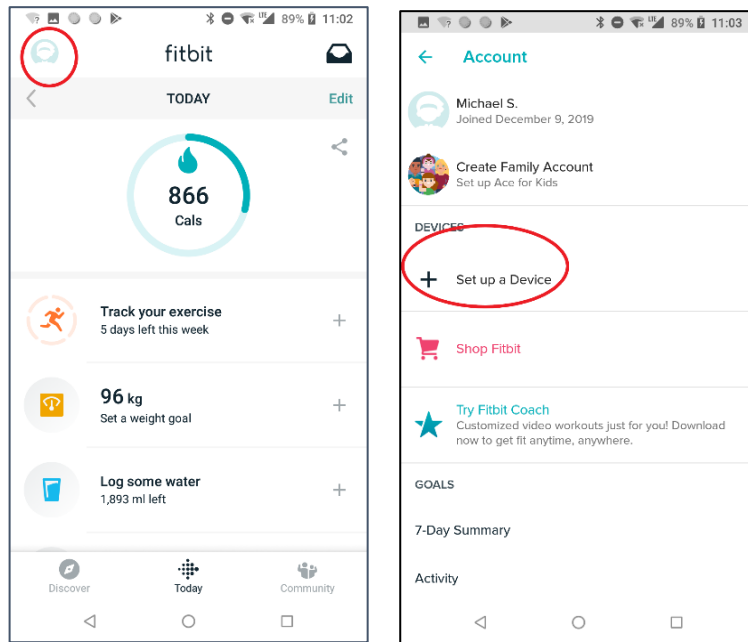


Figure 6: FitBit main page and access to device setup

On the next views (Figure 7) you have to select your Fitbit model.

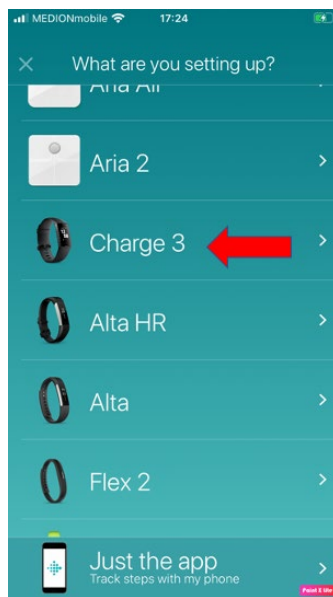


Figure 7: FitBit devices and specific kinds of each device

On the following view you have to select the “Set Up” button and then agree to the terms and policies for using the FitBit smartwatch (Figure 8).

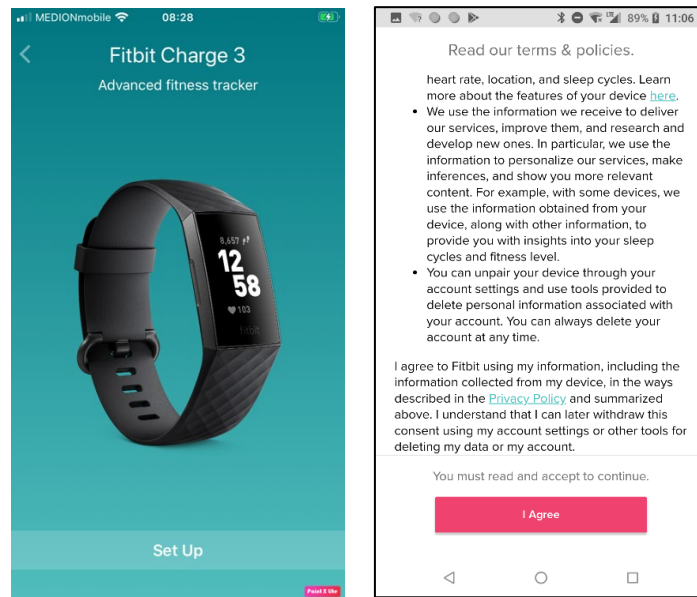


Figure 8: Starting setup and Terms & policies

Now a view where you charge your charge 3 is show in the FitBit app (Figure 10).



Figure 9 Charge your Charge 3

Now a view where you have to establish Bluetooth connection between the patients' Charge 3 and the mobile phone is shown in the FitBit app (Figure 10). The mobile device will then search for the FitBit smart wristband via a Bluetooth scan.

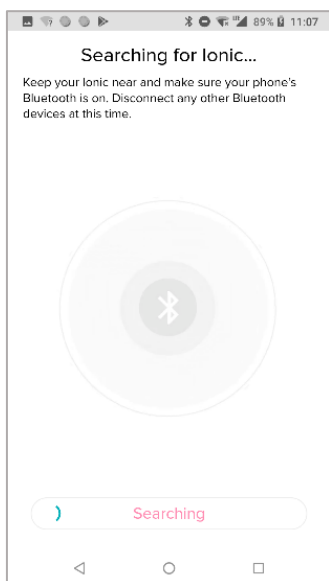


Figure 10 Searching Charge 3

After successfully detecting the patients’ smartwatch, the FitBit app will ask you to enter a four-point pin shown on the smartwatch into the FitBit app (Figure 11) in order to establish the pairing of the smartwatch with the mobile device via Bluetooth.

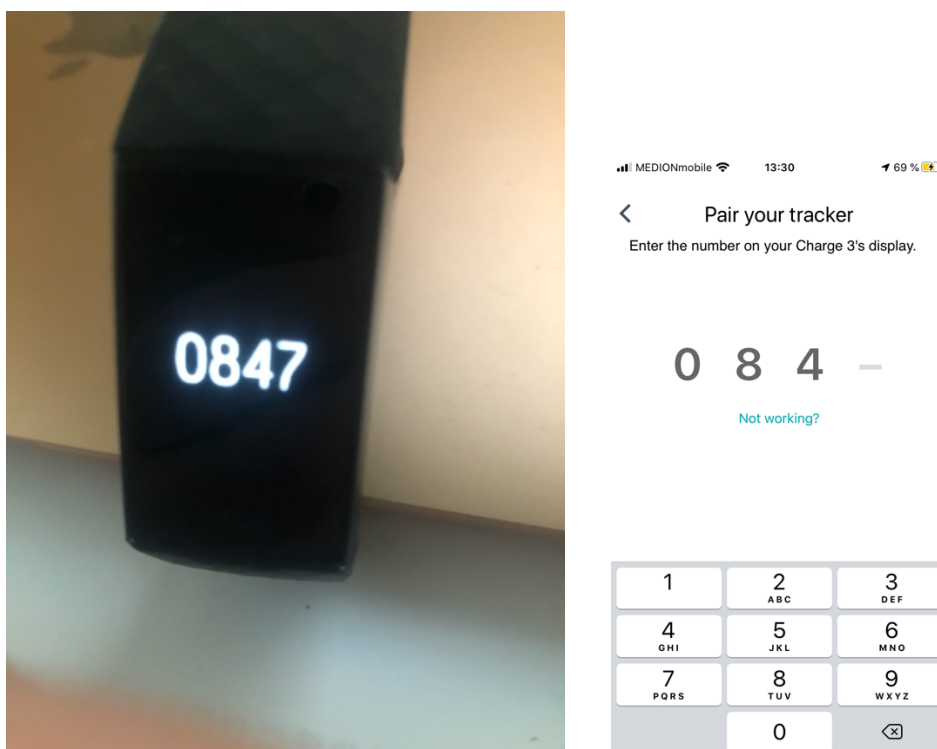


Figure 11: Smartwatch with a pin, which should be entered into the FitBit app

On the following eight views that provide information about the Charge 3 usage, you have to select the “Next” option.

On the next view, you have to press the “Done” button (Figure 12) to finish linking the FitBit app with the patients’ Charge 3 device. The last view can be closed using the “No Thanks” button.

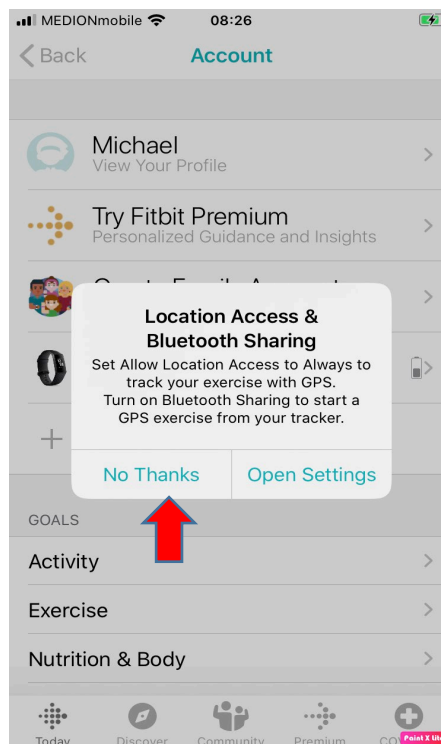


Figure 12: Charge 3 linking finish

The smartwatch configuration is now completed. The app will send activity (steps) and sleep quality data every 15 minutes to the Fitbit server automatically.

Please instruct the patient, that she/he should take care of keeping the watch adequately charged.

The original full set of data, which can be requested from the FitBit Server, contains steps, sleep data, heart rate, weight, location and GPS, FitBit devices and settings, profile, food and water logs, and heart rate. Some of these data can be entered in the FitBit app, if the patient wants to store them on the FitBit server (e.g. FitBit devices and settings, profile, food and water logs) but it is not desired in the MyPal project to manage more data than those necessary for the project goals. It is not necessary at all to use the FitBit app and to enter data, which are different from the data shown in Figure 2.

It is also not desired that the GPS and location data are transmitted to the FitBit server. Because the FitBit device uses GPS and location services from the mobile device, the patient should disable sharing of GPS and location data in his/her device.

2.3 Downloading and installing the app

(Please contact Michael Schäfer michael.schaefer@ibmt.fraunhofer.de or Fatima Schera fatima.schera@ibmt.fraunhofer.de if you have problems or questions when performing this task).

The study nurse will perform this step for each patient participating in the intervention arm of the clinical study for adults. In the current development stage, the MyPal app for adult patients is available for downloading only for the partners (mainly the clinical partners) who are involved in the MyPal platform testing.

2.3.1 iOS version

The Mypal app for iPhone s can be downloaded and installed from the following URL:

<https://bit.ly/2DCjuIC>

or you can scan the following QR-Code (Figure 21) with your camera



Figure 21: QR Code iPhone

By both versions you go to the following web site (Figure 22).

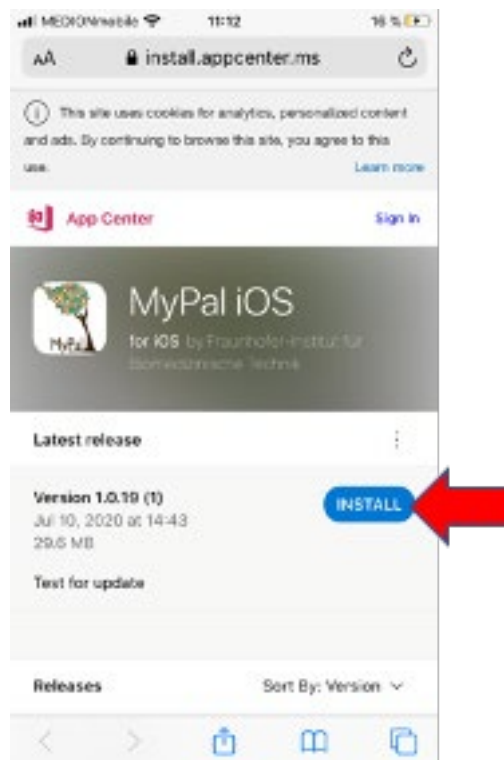


Figure 22: Start install website

With press the “INSTALL” button you start the installation for the app. Now you must permitted that the web browser can install the app (Figure23).

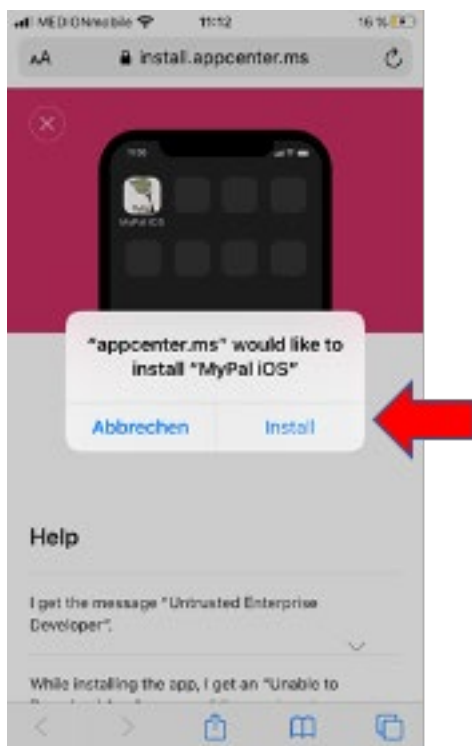


Figure 23: Permit the install of the app

Now you must give “Fraunhofer” rights for running apps on you Smartphone. Please go to the Device Manager in the settings with Settings -> General -> Device Management

And press the „Fraunhofer-Gesellschaft zur För...”-Entry. (Figure24)



Figure 24: Device Management

Then please press „Trust “Fraunhofer-Gesellschaft zur Förder...””. (Figure 25)



Figure 25: Trust "Fraunhofer-Gesellschaft zur Förder..."

At last you must change entry in the photo handling for use photos by symptoms. Please go to the settings and open Settings->Camera->Formats and choose “Most Compatible” (Figure 26)

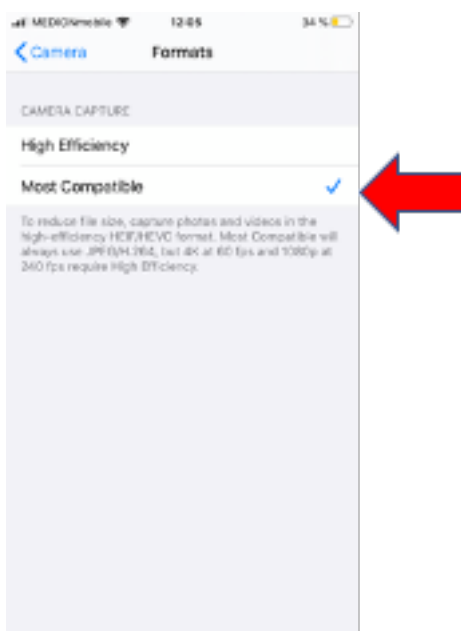


Figure 26: Formats for use photos by symptoms

2.3.2 Android version

The MyPal app for Android smartphones can be downloaded and installed from the following URL:

<https://bit.ly/2BLG5S3> or you can scan the QR-Code when you have installed a QR-Scanner (for example “QR & Bar Code Scanner” from the Playstore)



Figure 27: QR Code Android

After clicking on the web link for downloading the app, you will be warned about the dangerous action (**Error! Reference source not found.8**). You have to press ‘OK’ and the app will be downloaded.

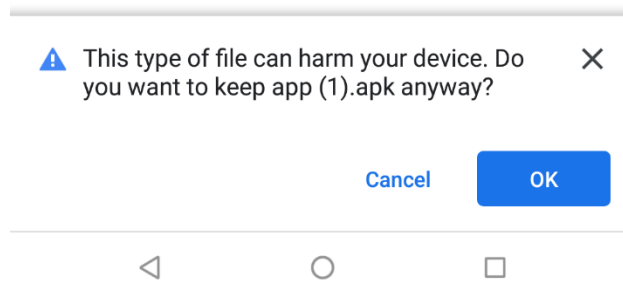


Figure 28: Warning about possible danger of the downloaded app

On the status bar a notification icon will be displayed to indicate that the download is completed (Figure 29).



Figure 29: A notification icon about a completed download

Please open this notification and click on it (Figure 30).

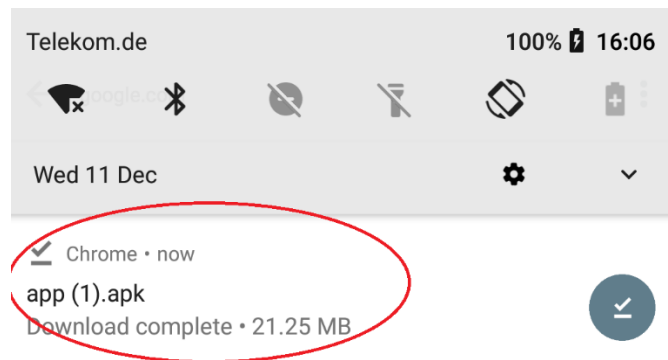


Figure 30: A notification body about a completed download

You will be asked if you want to install the app (Figure 31). Please select the "INSTALL" option.

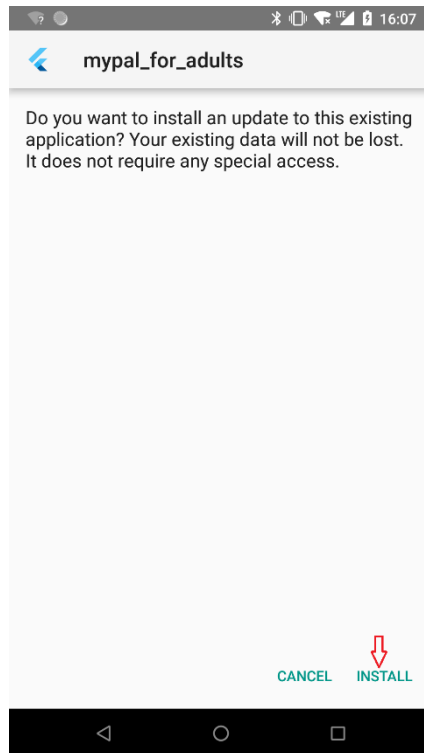


Figure 31: Prompt to install the app

You will be informed, that the app has been installed (Figure 32).

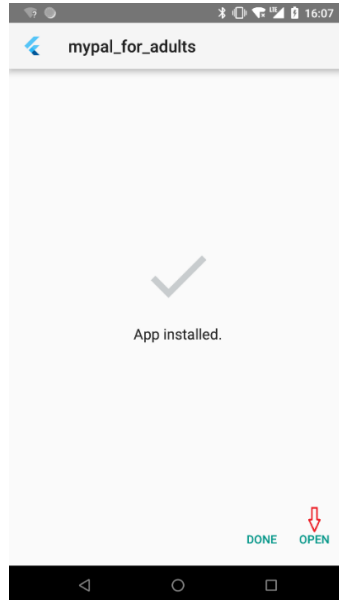


Figure 32: A message about the installed app

2.3.3 Automatical update of the MyPal Adult app

For Update the MyPal app an automatically update function is implemented. If a new version has been deployed, an update dialog is automatically displayed. To start the update the button "Update" must be pressed (Figure 33).

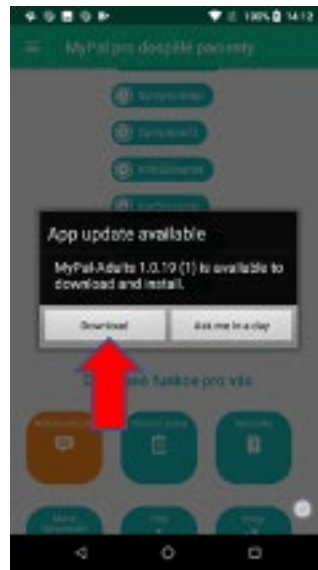


Figure 33: Update dialog

Now the update is loaded and after some time a screen appears to install the update. Press there on "Install" (Figure 34).

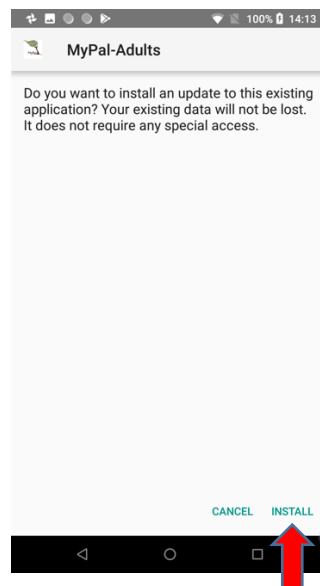


Figure 34: Install dialog

After installing the update, a new dialog box will appear indicating that the app has been installed. Press "Open" here to restart the app (Figure 35).

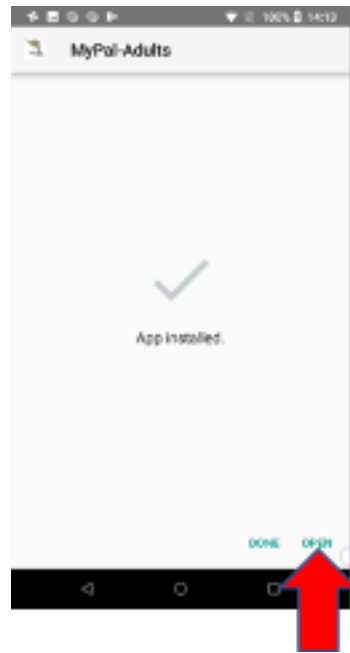


Figure 35: App installed