# A guide on how to install and use the IBDsmart app

For participant H0142

## Introduction

The IBDsmart app has been created for the purpose of allowing Crohn's disease and ulcerative colitis patients to better manage their own disease through keeping a live record of their own symptoms and reporting flares to their medical team. The fact that this app is on your own smartphone (iPhone or Samsung) means it is very easy for you to keep a track of your disease. This app only takes a maximum of a few minutes each week to use but the information it provides is expected to improve the medical care you receive. A previous study of an earlier version of the app reported that IBDsmart was well accepted by IBD patients and also received a high usability reporting.[1] This is a more up-to-date version with a Faecal Calprotectin app (called "IBDoc®") added as well and so we expect it to be even better this time!

This handbook is a simple instruction book for how to complete certain tasks using IBDsmart. These tasks include:


- **Downloading and Installing IBDsmart (p. 3)**
- **Getting to IBDsmart and logging in (p. 6)**
- **Recording symptoms (p. 8)**
- **Reporting flares (p. 11)**
- **Using the "help" function within the app (p. 12)**
- **Linking to the IBDoc® app and reporting faecal calprotectin scores (p. 14)**
- **What to do if you cannot get into IBDoc® (p. 15)**
- **Looking at the "Patient Info" page (p. 17)**
- **Important things to remember (p. 18)**


Please read this guide carefully when learning to use this app and feel free to contact the study administrator if you run into any problems that cannot be solved using the instructions in this guide. The study administrator is Dr. Andrew McCombie and his email address is ibdsmart@otago.ac.nz. His phone number is 0272626111.


1. **Regenbrecht, H., Langlotz, T., Ho, C., George, M., Gray, A., Walmsley, R., & Schultz, M. (2014). Field Test of a Questionnaire-based Mobile Health Reporting System, Accepted for ACM OzCHI 2014, Sydney, Australia.**

## Downloading and installing IBDsmart

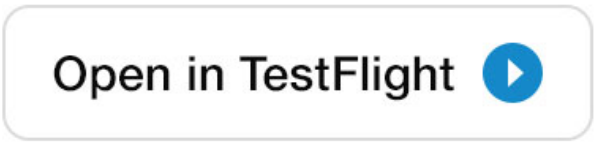
To download IBDsmart, there is a different process for iPhone versus Samsung. These are outlined below:

*iPhone*

From your iPhone, you should go the app store and search for “TestFlight”. The logo for “TestFlight” looks as follows:

You then wait for an email which looks something like this:

It may take a day or two for the email to arrive. Once it arrives, click on the following button within the email:

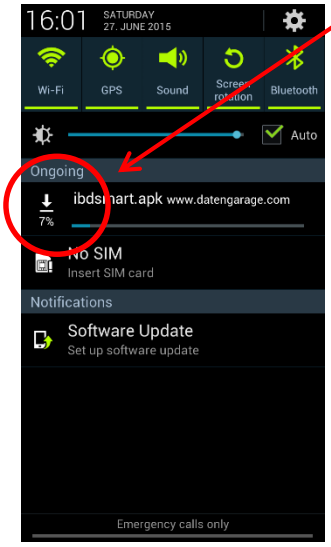


*Samsung*

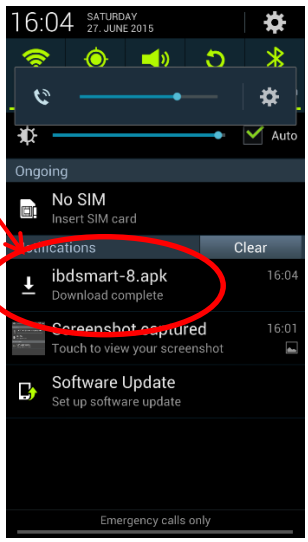
To install IBDsmart on Samsung, you should go to this link below from your Samsung Phone

*http://www.datengarage.com/ibdsmart/ibdsmart.apk*

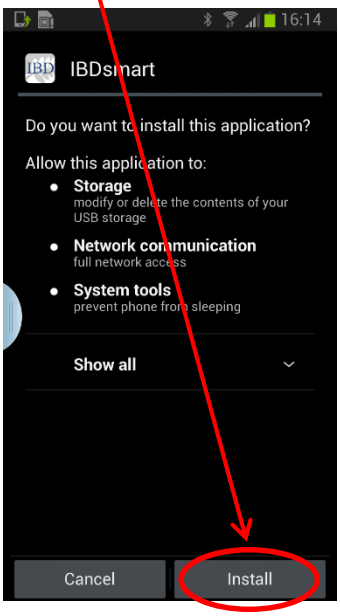
You then drag down from the top of the screen to see the status (as a %age) of the download. It should take about two minutes to download.



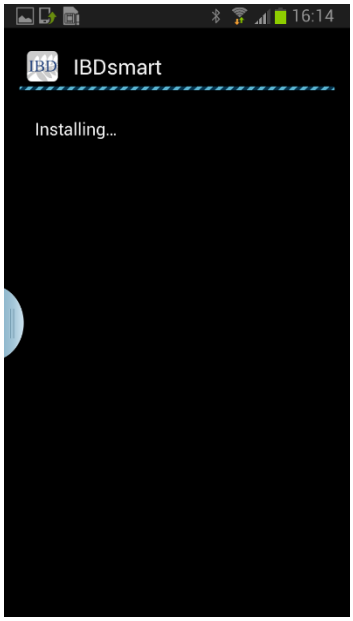

Once it is downloaded, the dragged down screen will look something like this. You should click on the downloaded item.



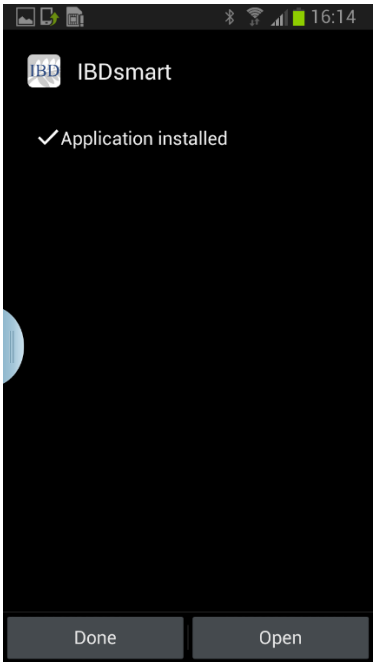
Once you have clicked on the downloaded item in the dragged down screen and you will see a screen as below. You should click “Install”…




You will then see a screen like this…



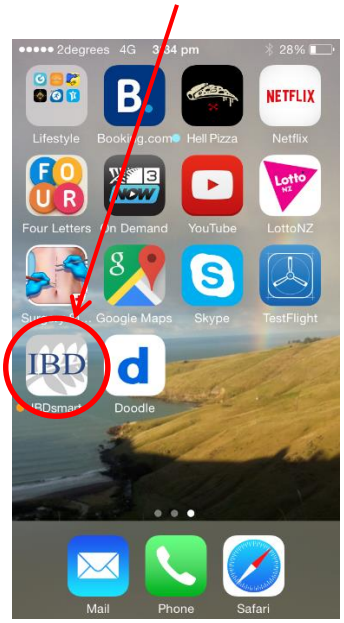
Once it is installed, you will see a screen like this. You can press “Done” or “Open” depending on whether you want to open the app straight away.




## Getting to and logging in to IBDsmart

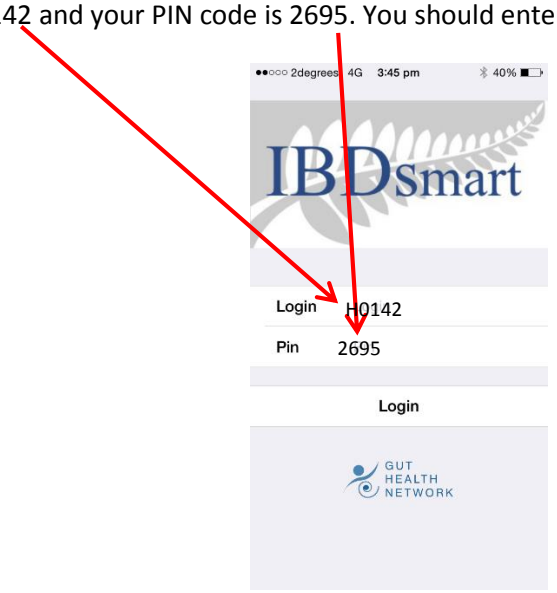
Once IBD smart is downloaded, you need to get to it and log in.

To get to IBDsmart, you should click on the icon below…

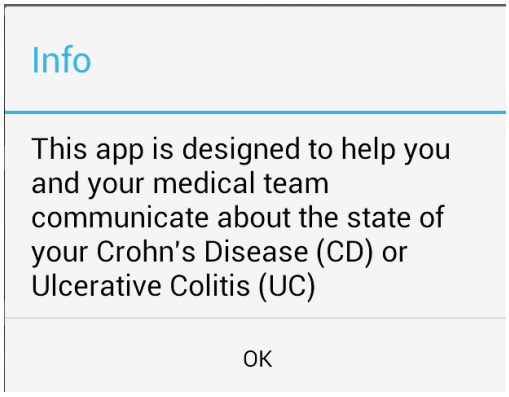


To log in, you have a Login and PIN code.

Your Login is H0142 and your PIN code is 2695. You should enter these onto the screen below.




**Note:** When you log in for the first time, you should get a message saying…

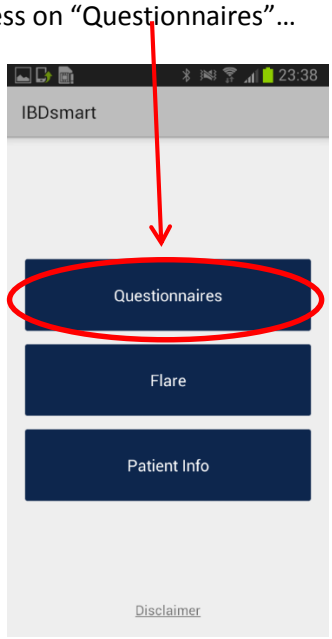


In addition, if you click on “Disclaimer” at the bottom of the page, you will get this message…

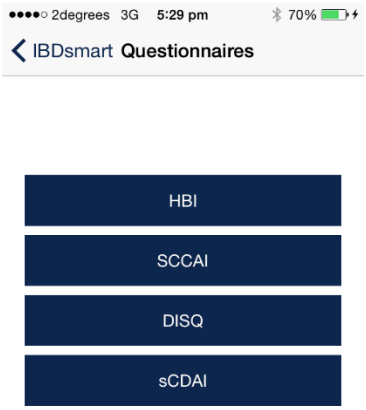
## Recording symptoms

The first screen after logging in you will see is as follows…

To record symptoms, you should press on “Questionnaires”…

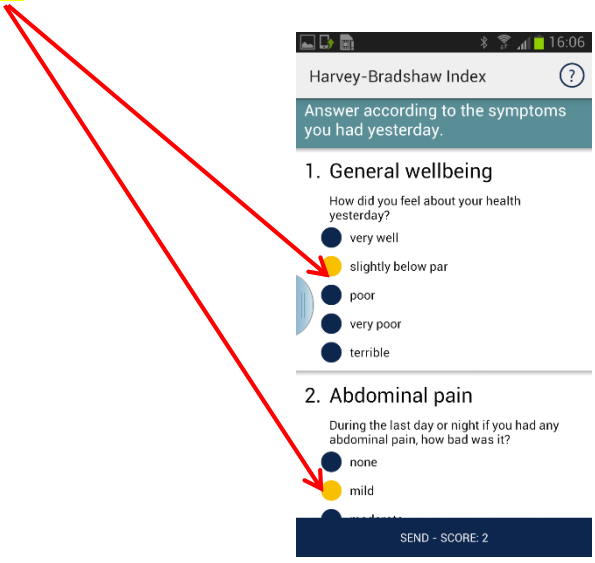



You then choose which one of the questionnaires to fill out by clicking on it. Please note that the picture below is not exactly what you will see because you have ulcerative colitis and so will only see SCCAI and DISQ.

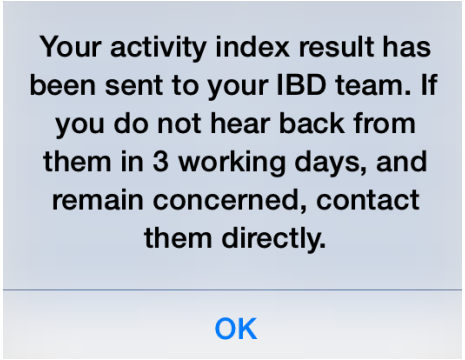


Once you click on the questionnaire, you will see something like this…

You should answer the questions accordingly. If you have answered a question, the circle will become yellow shaded…



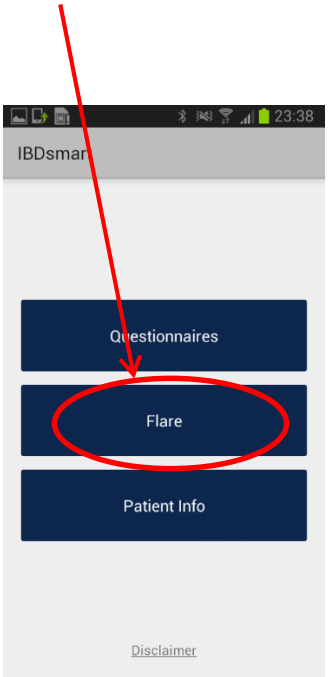
You will not be able to send the questionnaire until all questions are answered. Once you have completed all questions, you will get this message if you are connected to the internet…




If you are not connected to the internet, you may get another message saying that your results will be sent to your IBD team once you are connected to the internet. It is also possible that you cannot log in at all without an internet connection; if this is the case, you should connect to the internet and then complete the symptom questionnaire.

**Reporting flares**

To report a flare, you should click on "Flare".



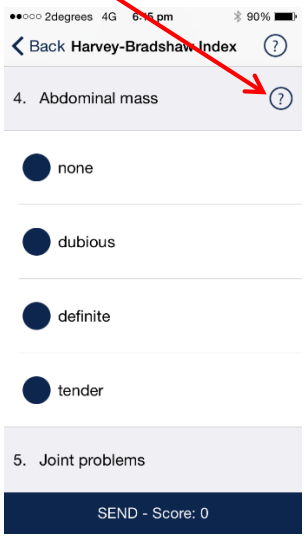

This will take you straight to a 1-day questionnaire and, once completed, will alert your IBD care team to your health status.

## Using the "Help" function

There is a very useful "Help" function within IBDsmart. There is a "?" button throughout the app which looks as follows…

There are three broad things that "?" helps you with. Firstly, if you click the "?" at the top of the questionnaire, you will see a pdf of the background and explanation for that questionnaire.

Also, for many of the questions, there is a "?" which will give you a more a more in depth explanation of the question. For example, at question 4 of the HBI (which is only available to Crohn's disease patients), if you click on the "?" you will get a video explanation of how to do an abdominal self-examination.



Another example of an explanation which is brought up is for the 7th question on SCCAI and 6th question on the HBI, wherein eye problems are defined with a picture and text explanation.

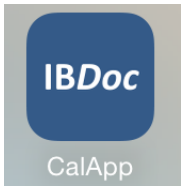
Therefore, if you are confused by a question, please use this button…

## Linking to IBDoc® and reporting Faecal Calprotectin scores

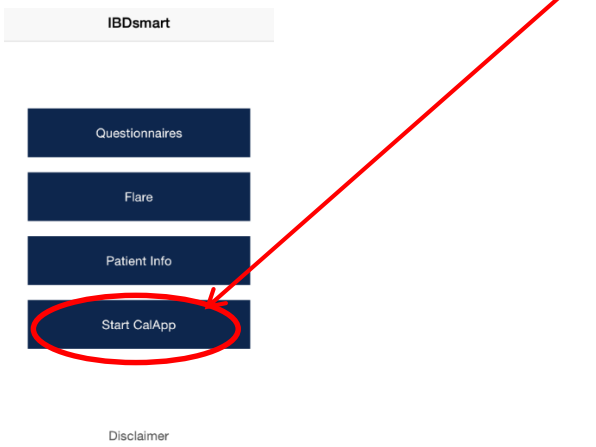
*Downloading IBDoc®*

You will need to link your IBDsmart with the other app, namely "IBDoc®." Please note the term "IBDoc®" can be used interchangeably with "CalApp®." IBDoc® provides Faecal Calprotectin scores which tell your IBD care team how much inflammation is in your intestines at the time of testing.

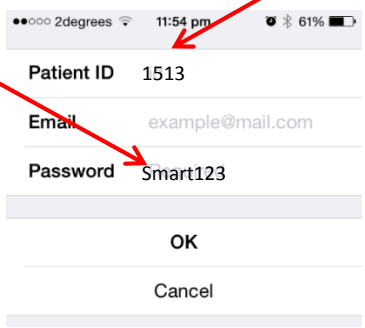
The instructions for installing IBDoc® (aka CalApp®) are provided on page 8 of the "IBDoc® Instructions for Use for Patients and Lay Users" brochure. Of note is the IBDoc® icon looks as follows once it is on your phone…




Once you have downloaded CalApp® you will be able to see a fourth button on the home screen.

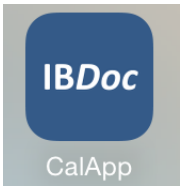



Once you click on this button, you will see the screen below. Your Patient ID **1513** is and password is **Smart123.** Obviously, your email is your own email address.

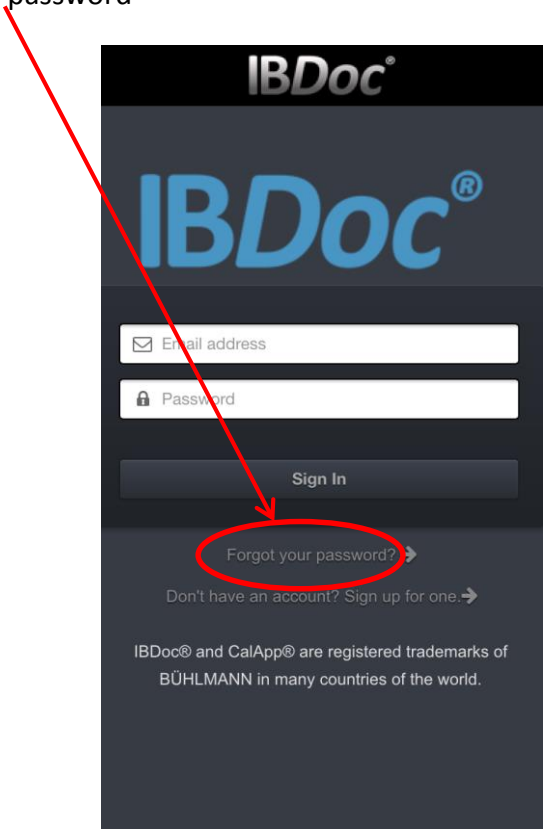


**If you cannot get to IBDoc®**

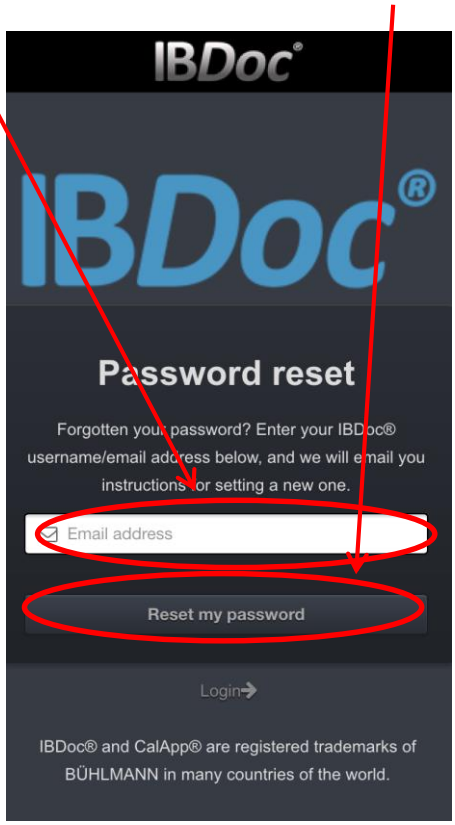
If you are unsure if you have been added to the IBDoc portal, you should close out of IBDsmart and go to CalApp directly



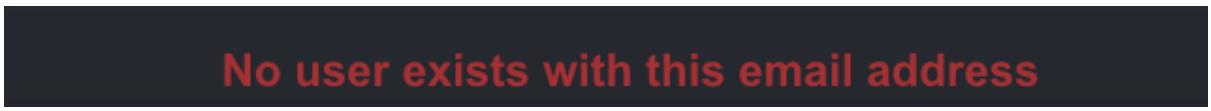

Then hit “Forgot your password”



Then type in your email address accordingly and hit “Reset my password”.




If you have been registered properly, you should NOT get a message saying…



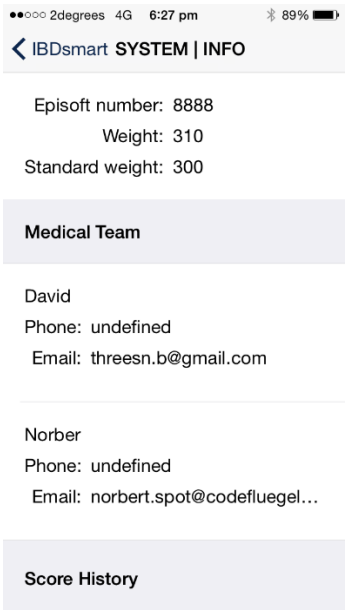

If you think you have not been registered properly, please call Dr. Andrew McCombie on 0272626111.

## Using the “Patient Info” page

The patient info page is also available

Disclaimer

This page should contain your username, your weight, the names and emails of your medical team as well as your score history for the questionnaires…



**Important things to remember**

For IBDsmart:

Username: H0142

PIN: 2695

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For IBDoc:

Patient ID: 1513

Email (*your email*):_____

Password: Smart123

# A guide on how to install and use the IBDsmart app

For participant H0138

## Introduction

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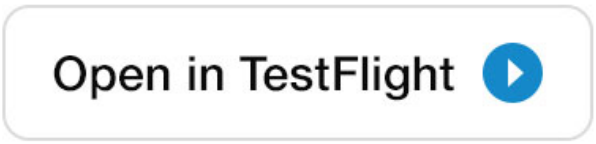

*Samsung*

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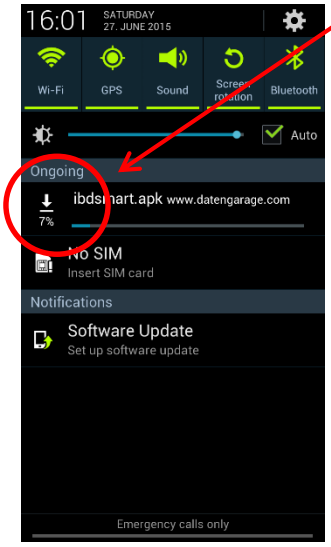
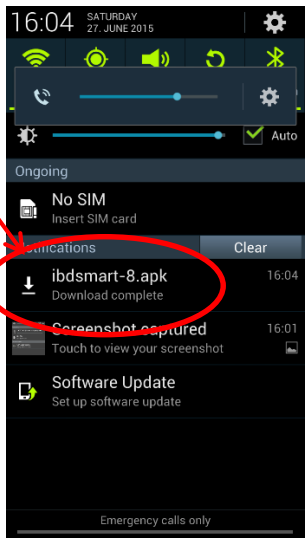
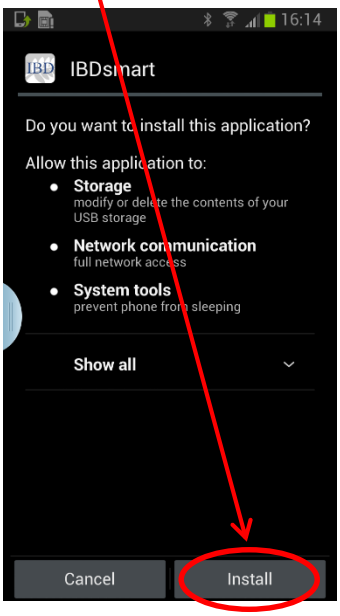


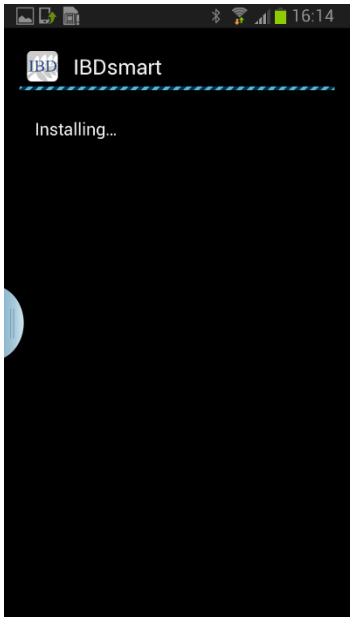

Once it is downloaded, the dragged down screen will look something like this. You should click on the downloaded item.



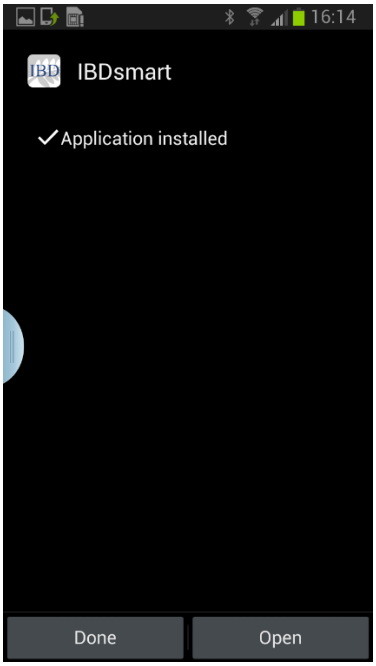
Once you have clicked on the downloaded item in the dragged down screen and you will see a screen as below. You should click “Install”…




You will then see a screen like this…



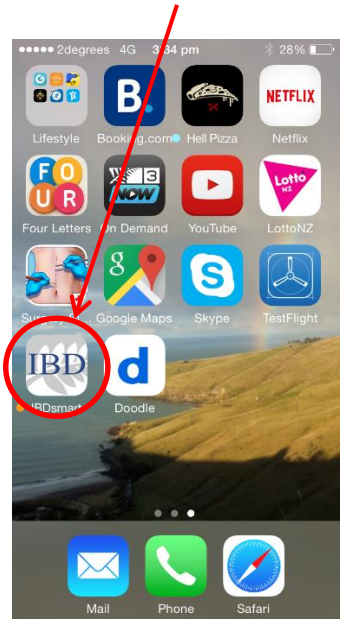
Once it is installed, you will see a screen like this. You can press “Done” or “Open” depending on whether you want to open the app straight away.




## Getting to and logging in to IBDsmart

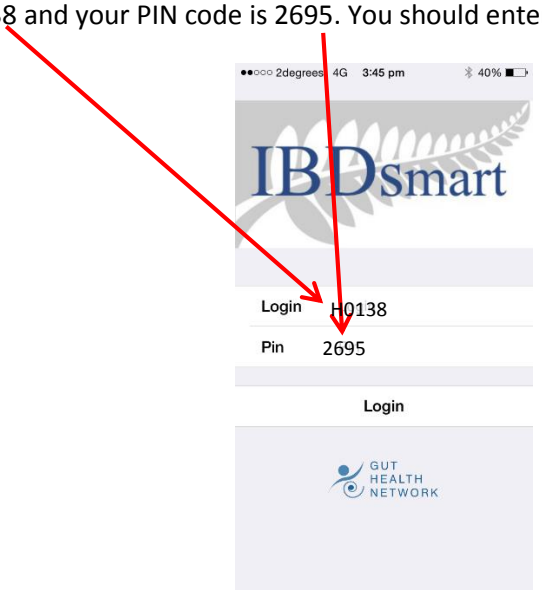
Once IBD smart is downloaded, you need to get to it and log in.

To get to IBDsmart, you should click on the icon below…

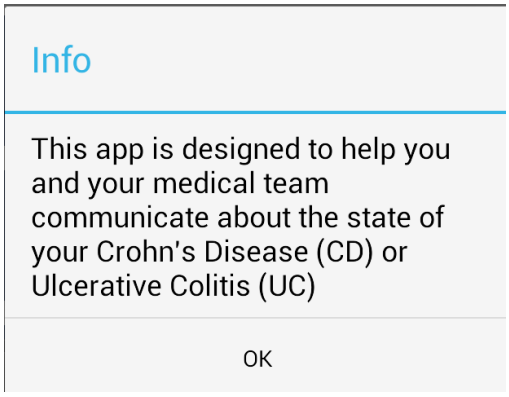


To log in, you have a Login and PIN code.

Your Login is H0138 and your PIN code is 2695. You should enter these onto the screen below.




**Note:** When you log in for the first time, you should get a message saying…

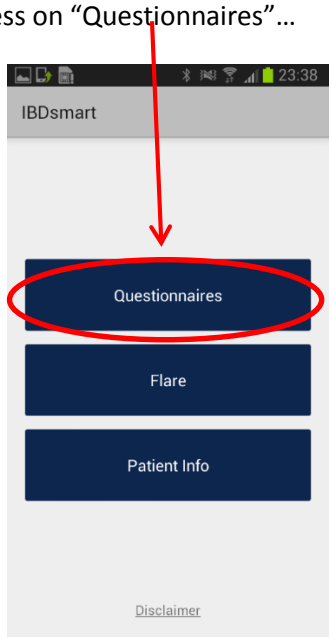


In addition, if you click on “Disclaimer” at the bottom of the page, you will get this message…

## Recording symptoms

The first screen after logging in you will see is as follows…

To record symptoms, you should press on “Questionnaires”…

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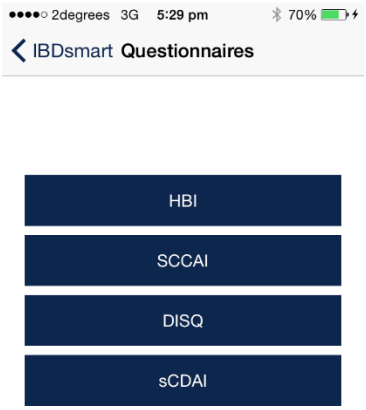
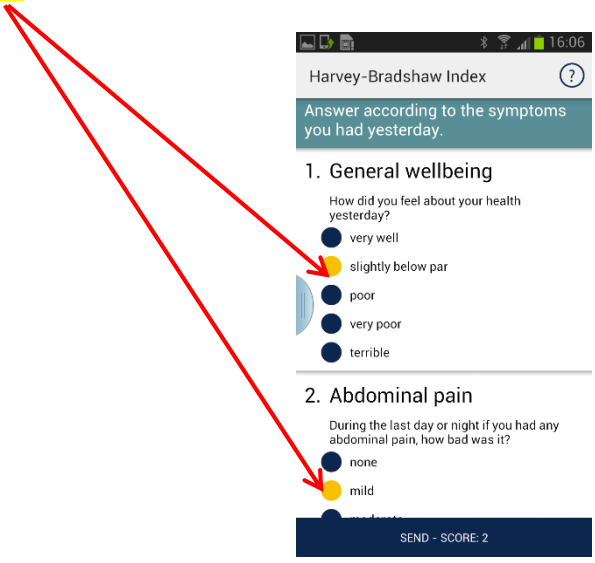
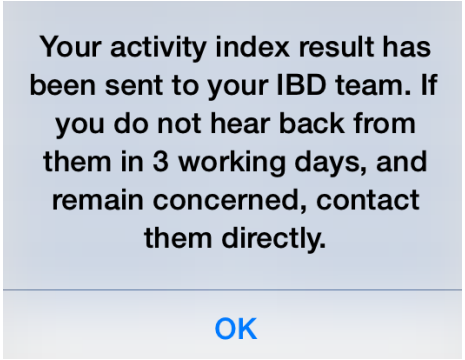


Once you click on the questionnaire, you will see something like this…

You should answer the questions accordingly. If you have answered a question, the circle will become yellow shaded…



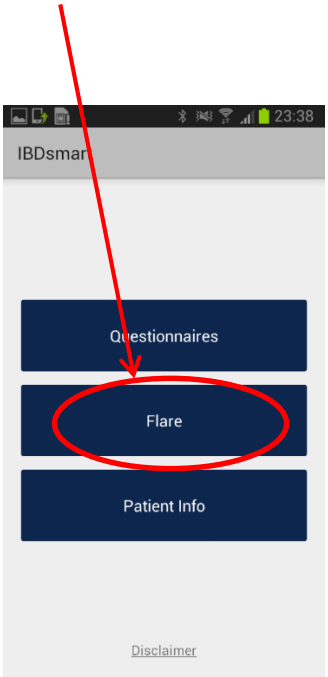
You will not be able to send the questionnaire until all questions are answered. Once you have completed all questions, you will get this message if you are connected to the internet…




If you are not connected to the internet, you may get another message saying that your results will be sent to your IBD team once you are connected to the internet. It is also possible that you cannot log in at all without an internet connection; if this is the case, you should connect to the internet and then complete the symptom questionnaire.

**Reporting flares**

To report a flare, you should click on "Flare".



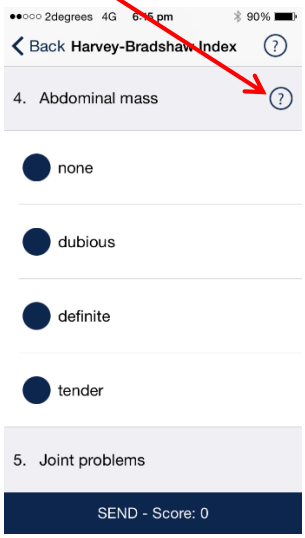

This will take you straight to a 1-day questionnaire and, once completed, will alert your IBD care team to your health status.

## Using the "Help" function

There is a very useful "Help" function within IBDsmart. There is a "?" button throughout the app which looks as follows…

There are three broad things that "?" helps you with. Firstly, if you click the "?" at the top of the questionnaire, you will see a pdf of the background and explanation for that questionnaire.

Also, for many of the questions, there is a "?" which will give you a more a more in depth explanation of the question. For example, at question 4 of the HBI (which is only available to Crohn's disease patients), if you click on the "?" you will get a video explanation of how to do an abdominal self-examination.



Another example of an explanation which is brought up is for the 7th question on SCCAI and 6th question on the HBI, wherein eye problems are defined with a picture and text explanation.

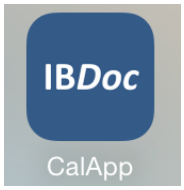
Therefore, if you are confused by a question, please use this button…

## Linking to IBDoc® and reporting Faecal Calprotectin scores

*Downloading IBDoc®*

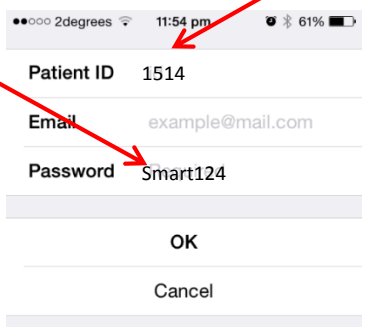
You will need to link your IBDsmart with the other app, namely "IBDoc®." Please note the term "IBDoc®" can be used interchangeably with "CalApp®." IBDoc® provides Faecal Calprotectin scores which tell your IBD care team how much inflammation is in your intestines at the time of testing.

The instructions for installing IBDoc® (aka CalApp®) are provided on page 8 of the "IBDoc® Instructions for Use for Patients and Lay Users" brochure. Of note is the IBDoc® icon looks as follows once it is on your phone…



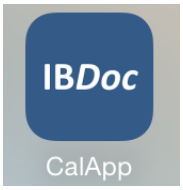

Once you have downloaded CalApp® you will be able to see a fourth button on the home screen.

Once you click on this button, you will see the screen below. Your Patient ID **1514** is and password is **Smart124.** Obviously, your email is your own email address.

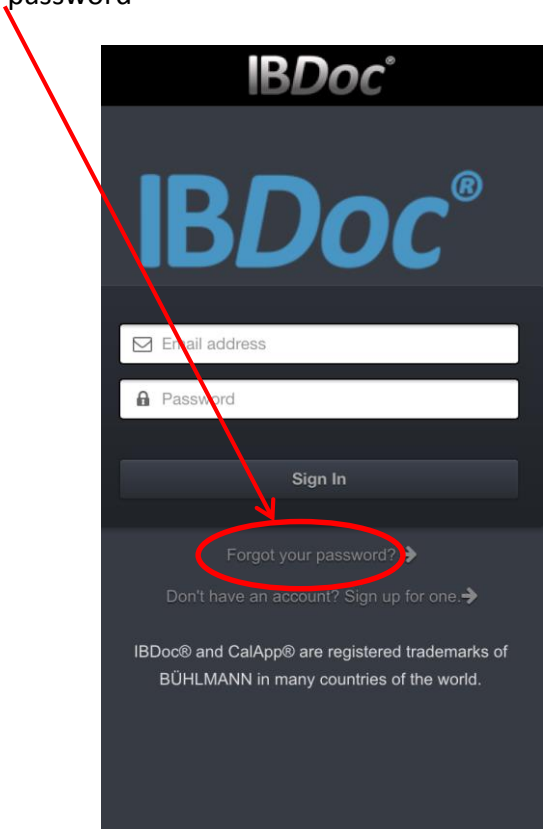


**If you cannot get to IBDoc®**

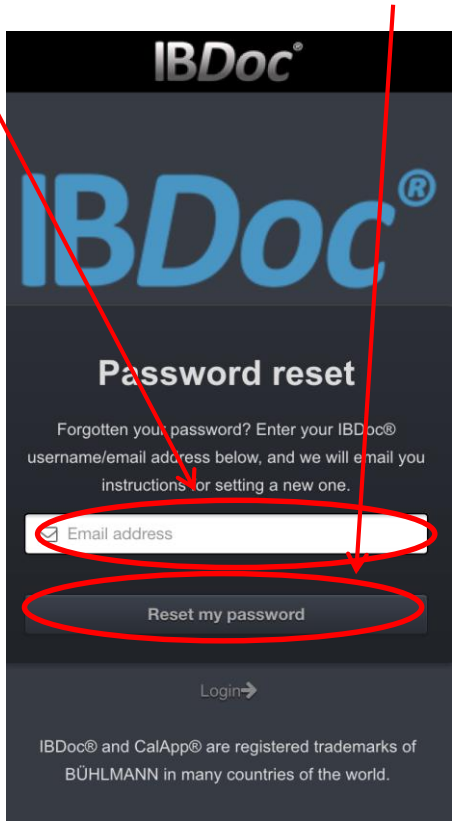
If you are unsure if you have been added to the IBDoc portal, you should close out of IBDsmart and go to CalApp directly



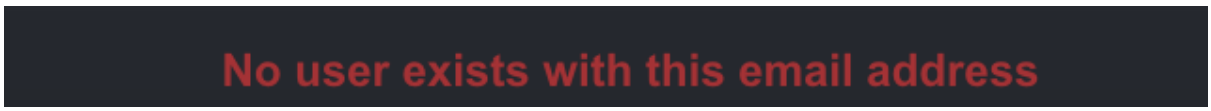

Then hit “Forgot your password”



Then type in your email address accordingly and hit “Reset my password”.




If you have been registered properly, you should NOT get a message saying…



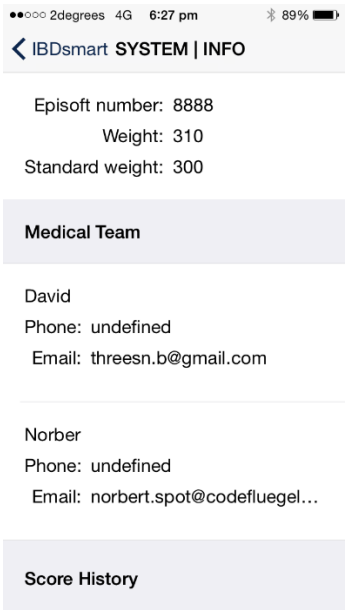

If you think you have not been registered properly, please call Dr. Andrew McCombie on 0272626111.

## Using the “Patient Info” page

The patient info page is also available

Disclaimer

This page should contain your username, your weight, the names and emails of your medical team as well as your score history for the questionnaires…



**Important things to remember**

For IBDsmart:

Username: H0138

PIN: 2695

---

For IBDoc:

Patient ID: 1514

Email (*your email*):_____

Password: Smart124

# A guide on how to install and use the IBDsmart app

For participant H0129

## Introduction

The IBDsmart app has been created for the purpose of allowing Crohn's disease and ulcerative colitis patients to better manage their own disease through keeping a live record of their own symptoms and reporting flares to their medical team. The fact that this app is on your own smartphone (iPhone or Samsung) means it is very easy for you to keep a track of your disease. This app only takes a maximum of a few minutes each week to use but the information it provides is expected to improve the medical care you receive. A previous study of an earlier version of the app reported that IBDsmart was well accepted by IBD patients and also received a high usability reporting.[1] This is a more up-to-date version with a Faecal Calprotectin app (called "IBDoc®") added as well and so we expect it to be even better this time!

This handbook is a simple instruction book for how to complete certain tasks using IBDsmart. These tasks include:


- **Downloading and Installing IBDsmart (p. 3)**
- **Getting to IBDsmart and logging in (p. 6)**
- **Recording symptoms (p. 8)**
- **Reporting flares (p. 11)**
- **Using the "help" function within the app (p. 12)**
- **Linking to the IBDoc® app and reporting faecal calprotectin scores (p. 14)**
- **What to do if you cannot get into IBDoc® (p. 15)**
- **Looking at the "Patient Info" page (p. 17)**
- **Important things to remember (p. 18)**


Please read this guide carefully when learning to use this app and feel free to contact the study administrator if you run into any problems that cannot be solved using the instructions in this guide. The study administrator is Dr. Andrew McCombie and his email address is ibdsmart@otago.ac.nz. His phone number is 0272626111.


1. **Regenbrecht, H., Langlotz, T., Ho, C., George, M., Gray, A., Walmsley, R., & Schultz, M. (2014). Field Test of a Questionnaire-based Mobile Health Reporting System, Accepted for ACM OzCHI 2014, Sydney, Australia.**

## Downloading and installing IBDsmart

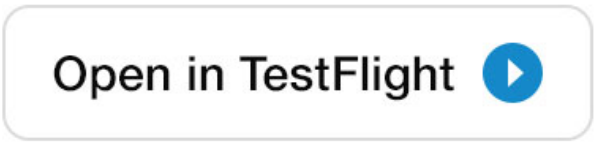
To download IBDsmart, there is a different process for iPhone versus Samsung. These are outlined below:

*iPhone*

From your iPhone, you should go the app store and search for “TestFlight”. The logo for “TestFlight” looks as follows:

You then wait for an email which looks something like this:

It may take a day or two for the email to arrive. Once it arrives, click on the following button within the email:

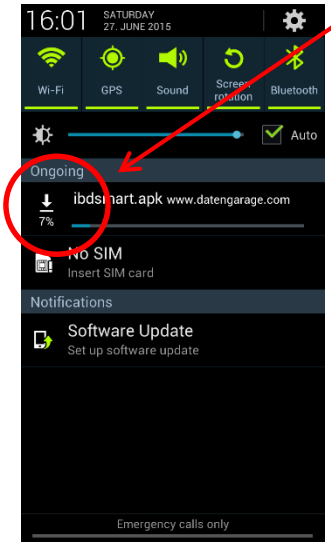


*Samsung*

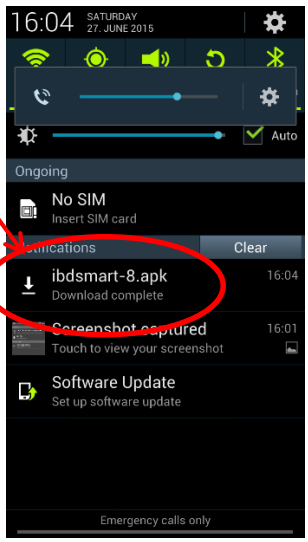
To install IBDsmart on Samsung, you should go to this link below from your Samsung Phone

*http://www.datengarage.com/ibdsmart/ibdsmart.apk*

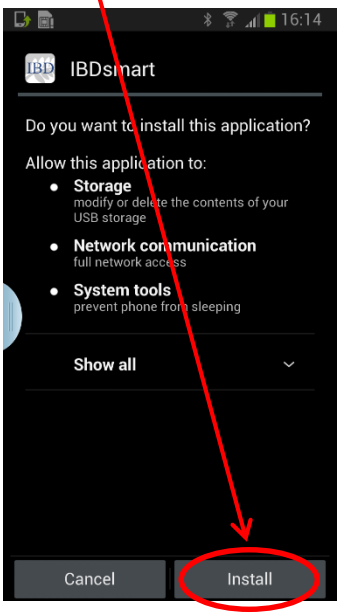
You then drag down from the top of the screen to see the status (as a %age) of the download. It should take about two minutes to download.



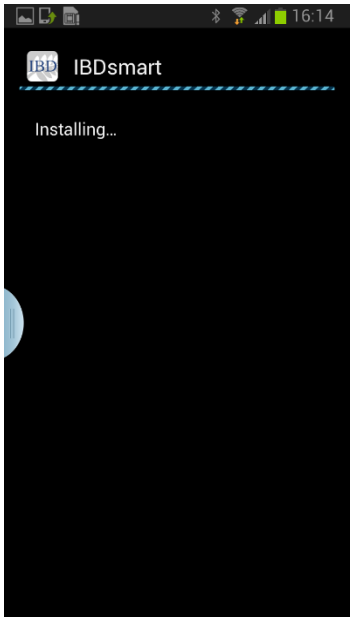

Once it is downloaded, the dragged down screen will look something like this. You should click on the downloaded item.



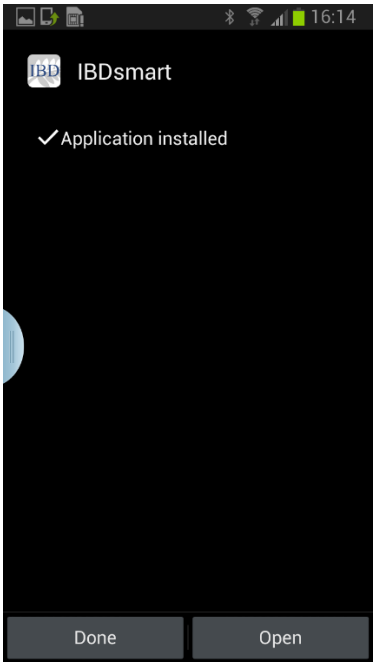
Once you have clicked on the downloaded item in the dragged down screen and you will see a screen as below. You should click “Install”…




You will then see a screen like this…



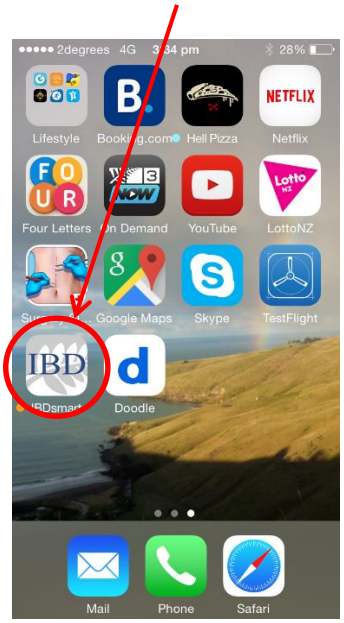
Once it is installed, you will see a screen like this. You can press “Done” or “Open” depending on whether you want to open the app straight away.




## Getting to and logging in to IBDsmart

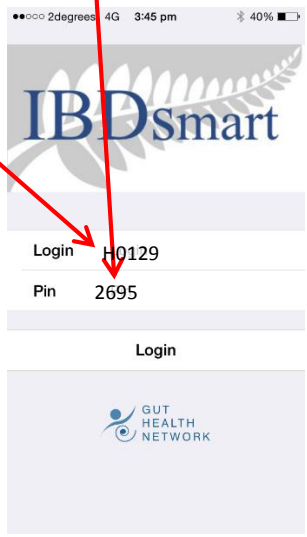
Once IBD smart is downloaded, you need to get to it and log in.

To get to IBDsmart, you should click on the icon below…

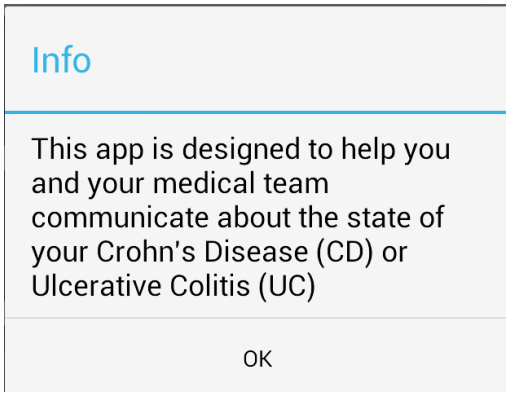


To log in, you have a Login and PIN code.

Your Login is H0129 and your PIN code is 2695. You should enter these onto the screen below.




**Note:** When you log in for the first time, you should get a message saying…

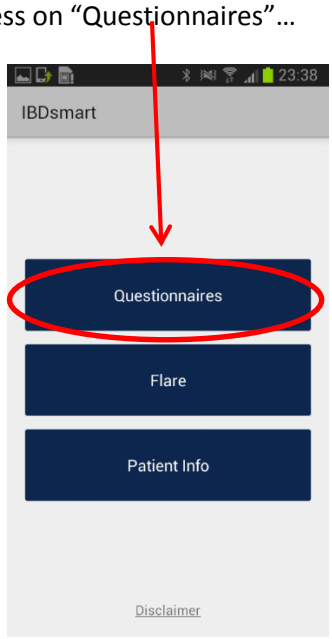


In addition, if you click on “Disclaimer” at the bottom of the page, you will get this message…

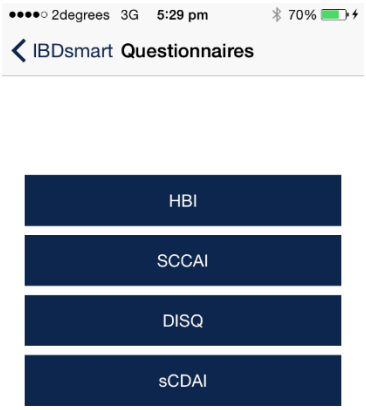
## Recording symptoms

The first screen after logging in you will see is as follows…

To record symptoms, you should press on “Questionnaires”…

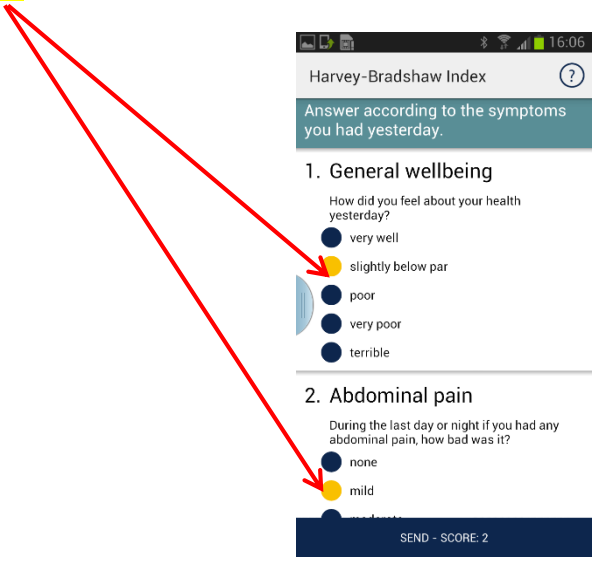



You then choose which one of the questionnaires to fill out by clicking on it. Please note that the picture below is not exactly what you will see because you have ulcerative colitis and so will only see SCCAI and DISQ.

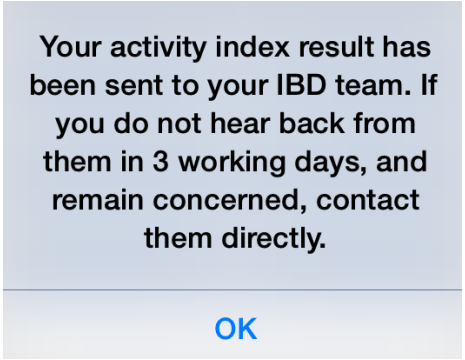


Once you click on the questionnaire, you will see something like this…

You should answer the questions accordingly. If you have answered a question, the circle will become yellow shaded…



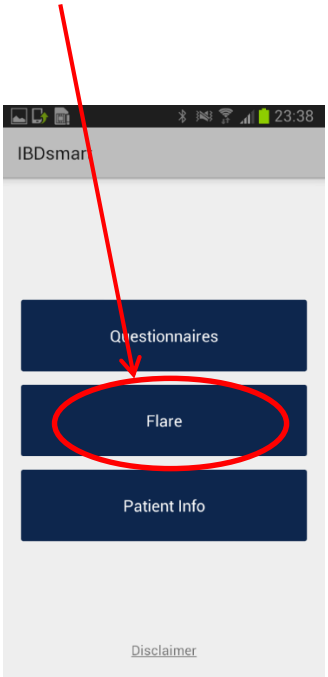
You will not be able to send the questionnaire until all questions are answered. Once you have completed all questions, you will get this message if you are connected to the internet…




If you are not connected to the internet, you may get another message saying that your results will be sent to your IBD team once you are connected to the internet. It is also possible that you cannot log in at all without an internet connection; if this is the case, you should connect to the internet and then complete the symptom questionnaire.

**Reporting flares**

To report a flare, you should click on "Flare".




This will take you straight to a 1-day questionnaire and, once completed, will alert your IBD care team to your health status.

## Using the "Help" function

There is a very useful "Help" function within IBDsmart. There is a "?" button throughout the app which looks as follows…

There are three broad things that "?" helps you with. Firstly, if you click the "?" at the top of the questionnaire, you will see a pdf of the background and explanation for that questionnaire.

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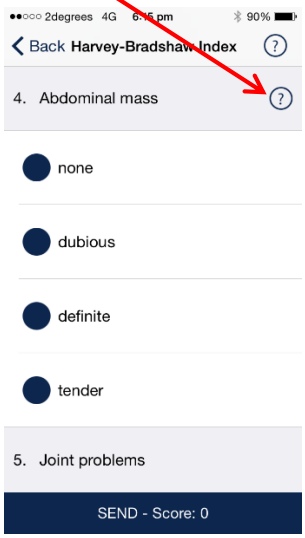

Another example of an explanation which is brought up is for the 7th question on SCCAI and 6th question on the HBI, wherein eye problems are defined with a picture and text explanation.

Therefore, if you are confused by a question, please use this button…

## Linking to IBDoc® and reporting Faecal Calprotectin scores

*Downloading IBDoc®*

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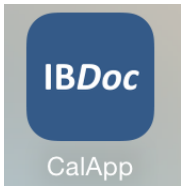
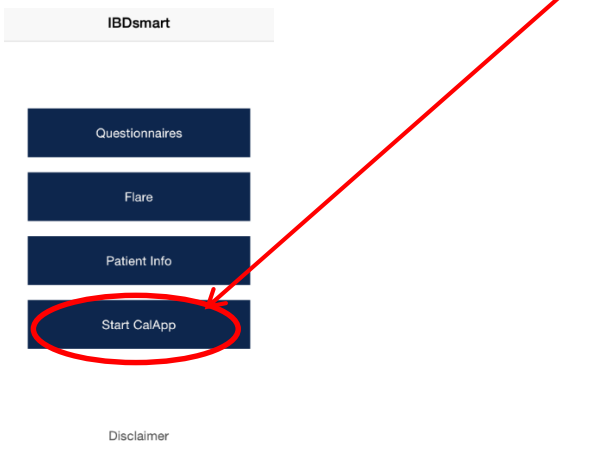
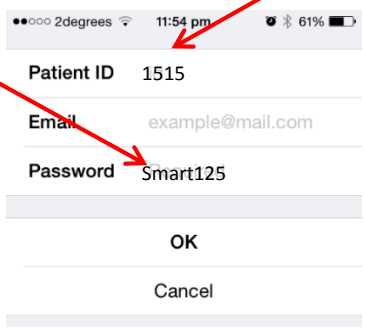



Once you have downloaded CalApp® you will be able to see a fourth button on the home screen.




Once you click on this button, you will see the screen below. Your Patient ID **1515** is and password is **Smart125.** Obviously, your email is your own email address.



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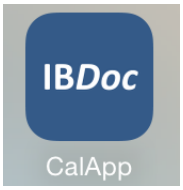
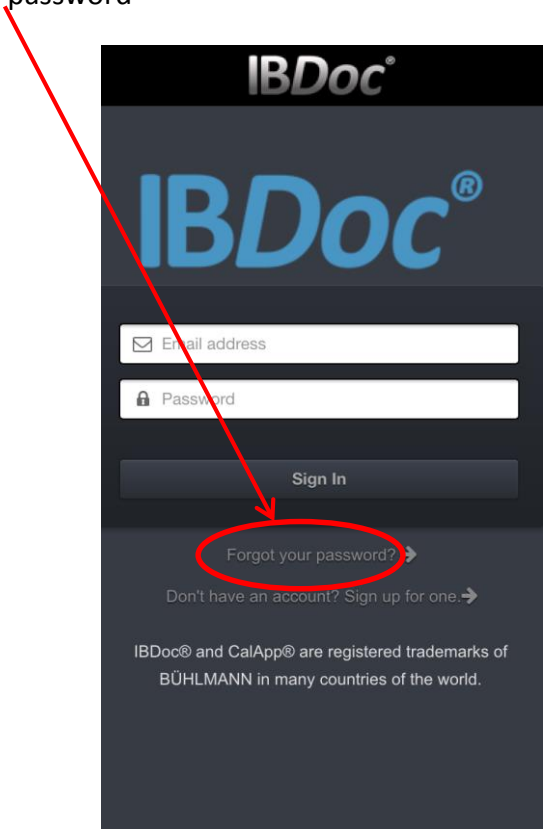
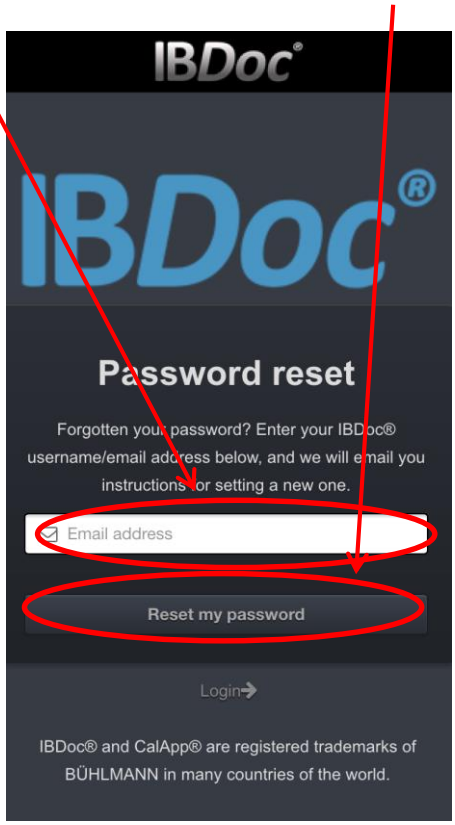



Then hit “Forgot your password”



Then type in your email address accordingly and hit “Reset my password”.

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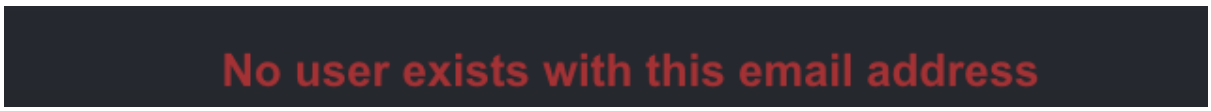


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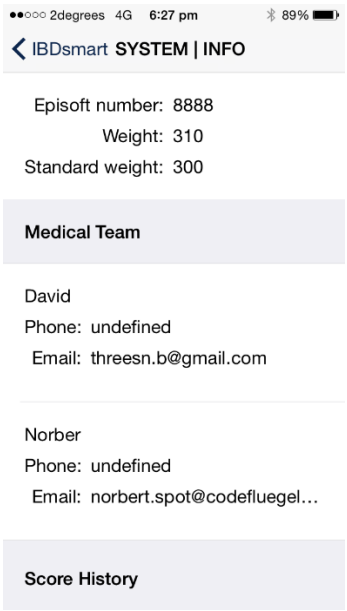

**Important things to remember**

For IBDsmart:

Username: H0129

PIN: 2695

---

For IBDoc:

Patient ID: 1515

Email (*your email*):_____

Password: Smart125

# A guide on how to install and use the IBDsmart app

For participant H0123

## Introduction

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1. **Regenbrecht, H., Langlotz, T., Ho, C., George, M., Gray, A., Walmsley, R., & Schultz, M. (2014). Field Test of a Questionnaire-based Mobile Health Reporting System, Accepted for ACM OzCHI 2014, Sydney, Australia.**

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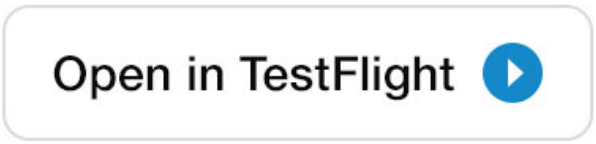
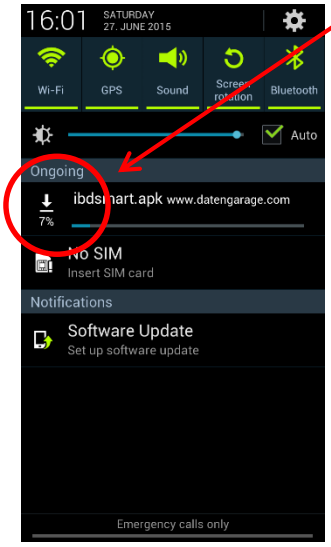


*Samsung*

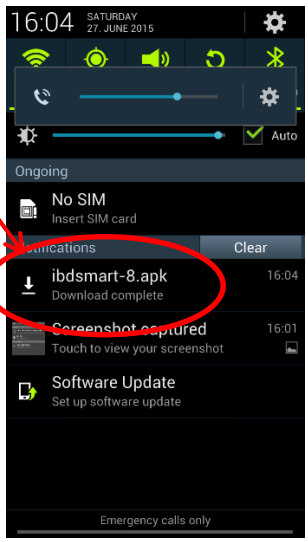
To install IBDsmart on Samsung, you should go to this link below from your Samsung Phone

*http://www.datengarage.com/ibdsmart/ibdsmart.apk*

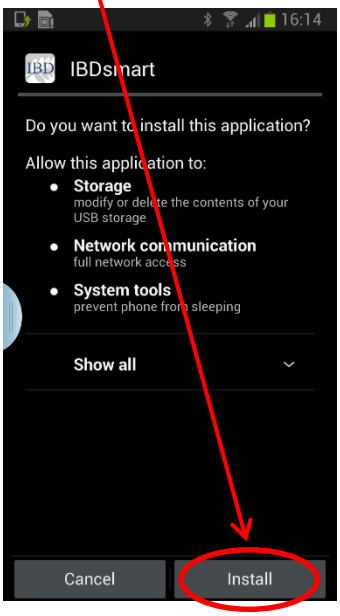
You then drag down from the top of the screen to see the status (as a %age) of the download. It should take about two minutes to download.



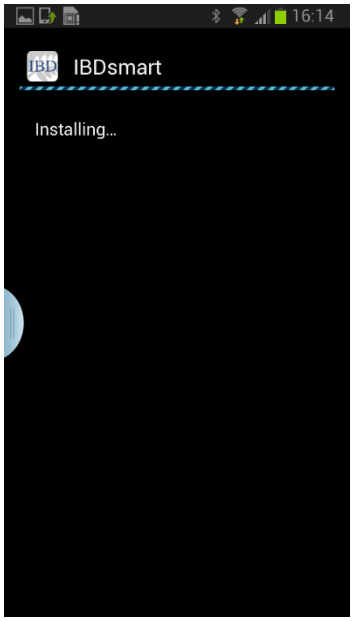

Once it is downloaded, the dragged down screen will look something like this. You should click on the downloaded item.



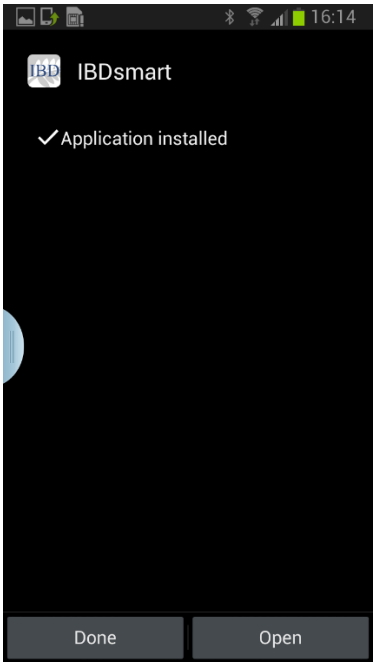
Once you have clicked on the downloaded item in the dragged down screen and you will see a screen as below. You should click “Install”…




You will then see a screen like this…



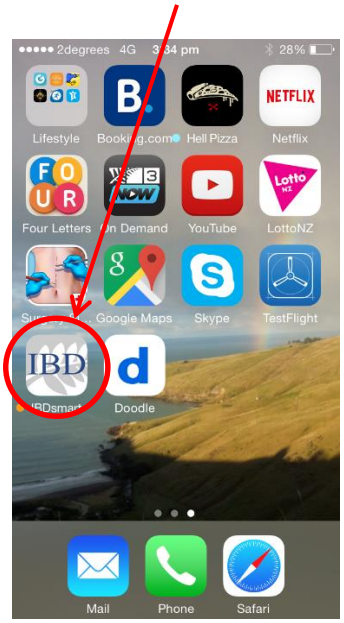
Once it is installed, you will see a screen like this. You can press “Done” or “Open” depending on whether you want to open the app straight away.




## Getting to and logging in to IBDsmart

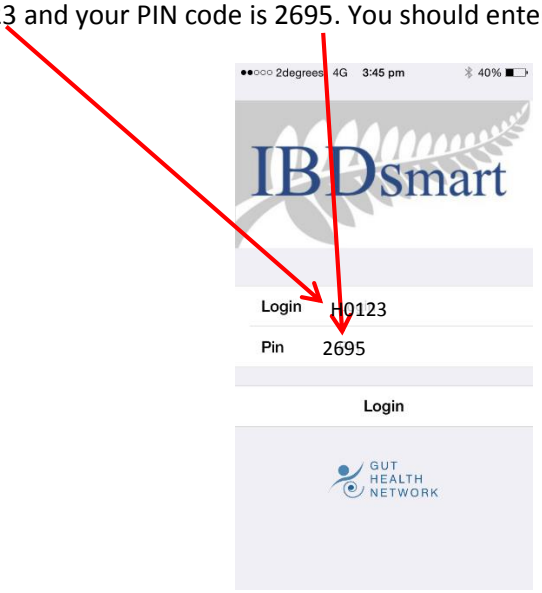
Once IBD smart is downloaded, you need to get to it and log in.

To get to IBDsmart, you should click on the icon below…

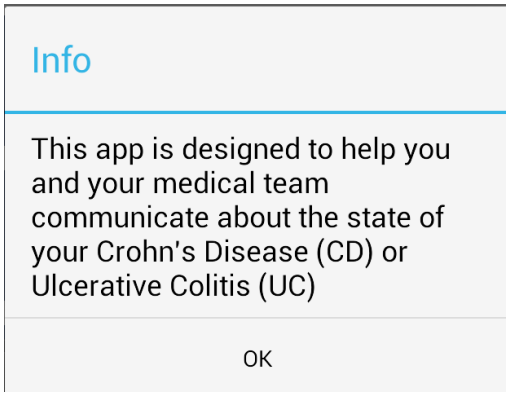


To log in, you have a Login and PIN code.

Your Login is H0123 and your PIN code is 2695. You should enter these onto the screen below.




**Note:** When you log in for the first time, you should get a message saying…

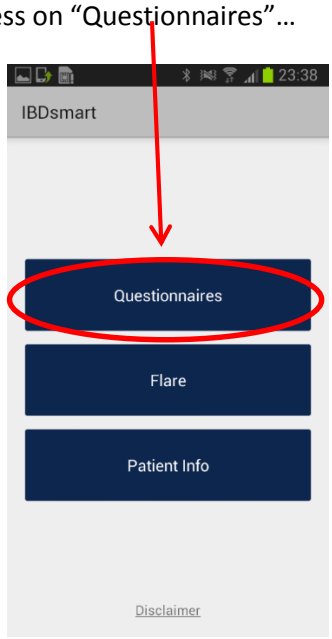


In addition, if you click on “Disclaimer” at the bottom of the page, you will get this message…

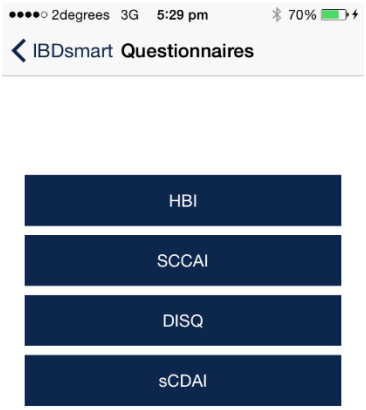
## Recording symptoms

The first screen after logging in you will see is as follows…

To record symptoms, you should press on “Questionnaires”…

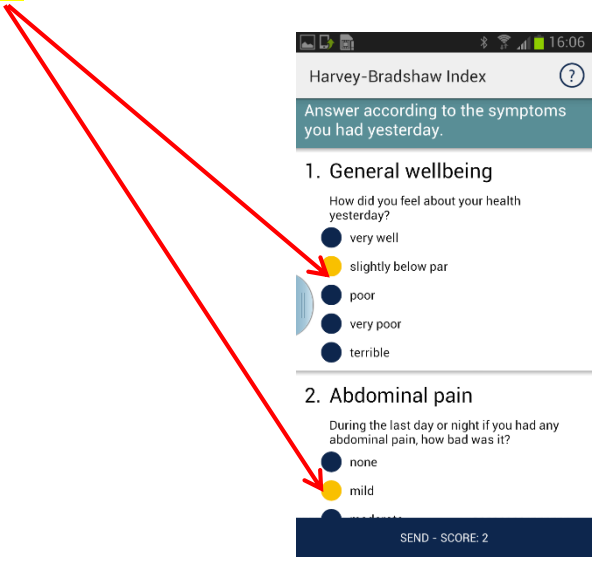



You then choose which one of the questionnaires to fill out by clicking on it. Please note that the picture below is not exactly what you will see because you have ulcerative colitis and so will only see SCCAI and DISQ.

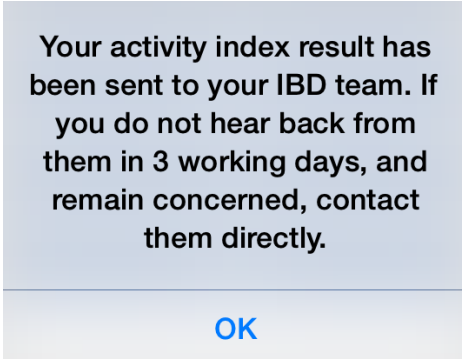


Once you click on the questionnaire, you will see something like this…

You should answer the questions accordingly. If you have answered a question, the circle will become yellow shaded…



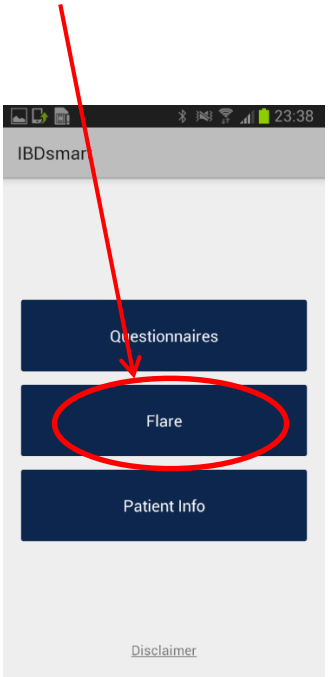
You will not be able to send the questionnaire until all questions are answered. Once you have completed all questions, you will get this message if you are connected to the internet…




If you are not connected to the internet, you may get another message saying that your results will be sent to your IBD team once you are connected to the internet. It is also possible that you cannot log in at all without an internet connection; if this is the case, you should connect to the internet and then complete the symptom questionnaire.

**Reporting flares**

To report a flare, you should click on "Flare".



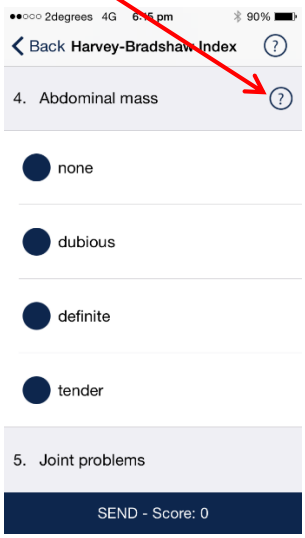

This will take you straight to a 1-day questionnaire and, once completed, will alert your IBD care team to your health status.

## Using the "Help" function

There is a very useful "Help" function within IBDsmart. There is a "?" button throughout the app which looks as follows…

There are three broad things that "?" helps you with. Firstly, if you click the "?" at the top of the questionnaire, you will see a pdf of the background and explanation for that questionnaire.

Also, for many of the questions, there is a "?" which will give you a more a more in depth explanation of the question. For example, at question 4 of the HBI (which is only available to Crohn's disease patients), if you click on the "?" you will get a video explanation of how to do an abdominal self-examination.



Another example of an explanation which is brought up is for the 7th question on SCCAI and 6th question on the HBI, wherein eye problems are defined with a picture and text explanation.

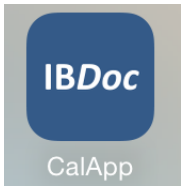
Therefore, if you are confused by a question, please use this button…

## Linking to IBDoc® and reporting Faecal Calprotectin scores

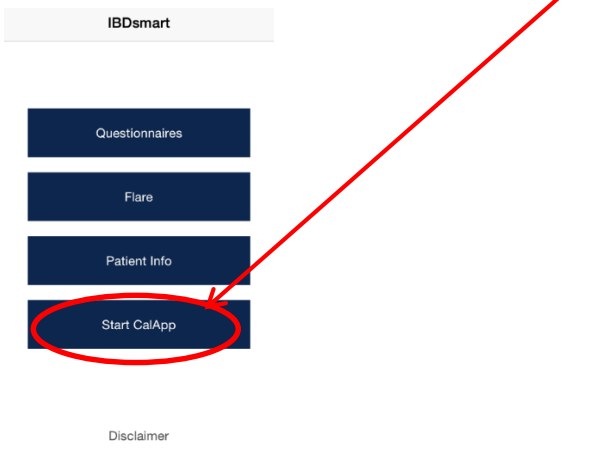
*Downloading IBDoc®*

You will need to link your IBDsmart with the other app, namely "IBDoc®." Please note the term "IBDoc®" can be used interchangeably with "CalApp®." IBDoc® provides Faecal Calprotectin scores which tell your IBD care team how much inflammation is in your intestines at the time of testing.

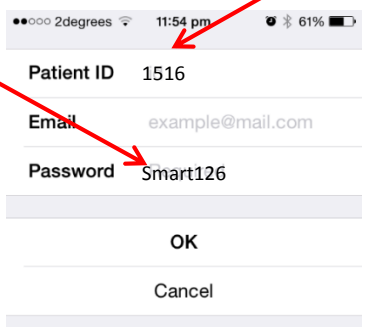
The instructions for installing IBDoc® (aka CalApp®) are provided on page 8 of the "IBDoc® Instructions for Use for Patients and Lay Users" brochure. Of note is the IBDoc® icon looks as follows once it is on your phone…




Once you have downloaded CalApp® you will be able to see a fourth button on the home screen.

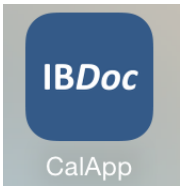



Once you click on this button, you will see the screen below. Your Patient ID **1516** is and password is **Smart126.** Obviously, your email is your own email address.

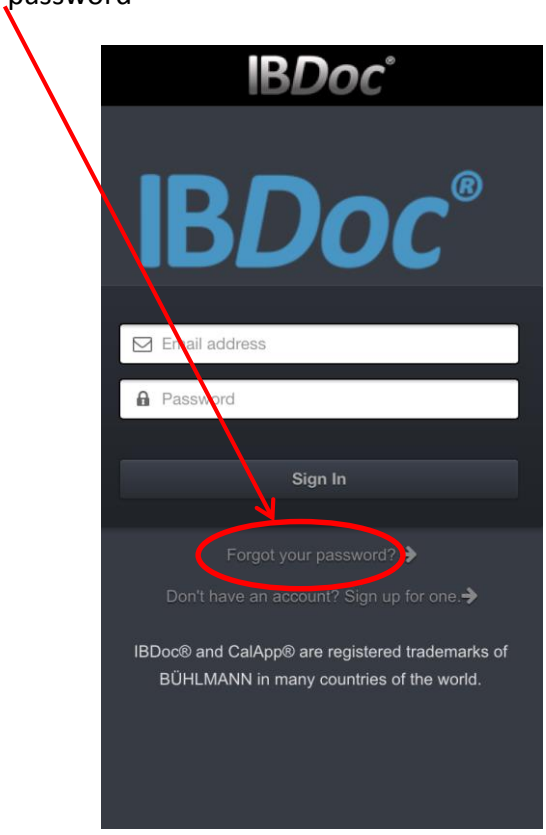


**If you cannot get to IBDoc®**

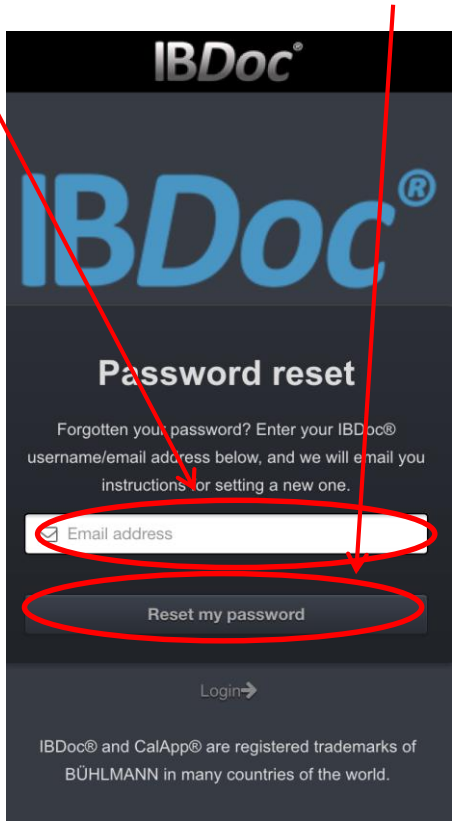
If you are unsure if you have been added to the IBDoc portal, you should close out of IBDsmart and go to CalApp directly



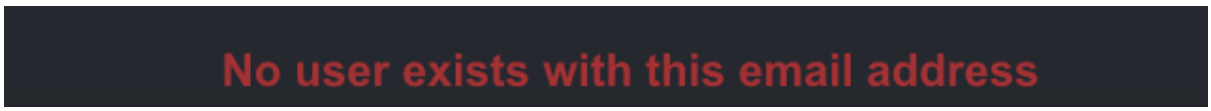

Then hit “Forgot your password”



Then type in your email address accordingly and hit “Reset my password”.




If you have been registered properly, you should NOT get a message saying…



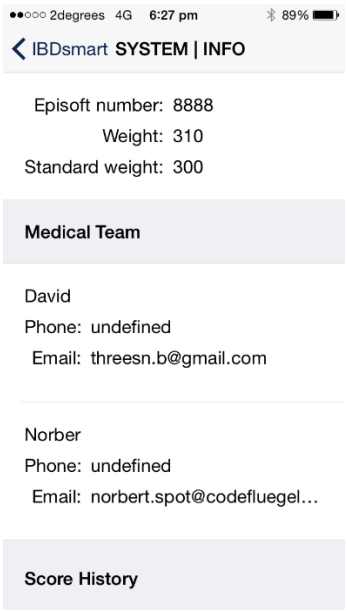

If you think you have not been registered properly, please call Dr. Andrew McCombie on 0272626111.

## Using the “Patient Info” page

The patient info page is also available

Disclaimer

This page should contain your username, your weight, the names and emails of your medical team as well as your score history for the questionnaires…



**Important things to remember**

For IBDsmart:

Username: H0123

PIN: 2695

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For IBDoc:

Patient ID: 1516

Email (*your email*):_____

Password: Smart126

# A guide on how to install and use the IBDsmart app

For participant H0118

## Introduction

The IBDsmart app has been created for the purpose of allowing Crohn's disease and ulcerative colitis patients to better manage their own disease through keeping a live record of their own symptoms and reporting flares to their medical team. The fact that this app is on your own smartphone (iPhone or Samsung) means it is very easy for you to keep a track of your disease. This app only takes a maximum of a few minutes each week to use but the information it provides is expected to improve the medical care you receive. A previous study of an earlier version of the app reported that IBDsmart was well accepted by IBD patients and also received a high usability reporting.[1] This is a more up-to-date version with a Faecal Calprotectin app (called "IBDoc®") added as well and so we expect it to be even better this time!

This handbook is a simple instruction book for how to complete certain tasks using IBDsmart. These tasks include:


- **Downloading and Installing IBDsmart (p. 3)**
- **Getting to IBDsmart and logging in (p. 6)**
- **Recording symptoms (p. 8)**
- **Reporting flares (p. 11)**
- **Using the "help" function within the app (p. 12)**
- **Linking to the IBDoc® app and reporting faecal calprotectin scores (p. 14)**
- **What to do if you cannot get into IBDoc® (p. 15)**
- **Looking at the "Patient Info" page (p. 17)**
- **Important things to remember (p. 18)**


Please read this guide carefully when learning to use this app and feel free to contact the study administrator if you run into any problems that cannot be solved using the instructions in this guide. The study administrator is Dr. Andrew McCombie and his email address is ibdsmart@otago.ac.nz. His phone number is 0272626111.


1. **Regenbrecht, H., Langlotz, T., Ho, C., George, M., Gray, A., Walmsley, R., & Schultz, M. (2014). Field Test of a Questionnaire-based Mobile Health Reporting System, Accepted for ACM OzCHI 2014, Sydney, Australia.**

## Downloading and installing IBDsmart

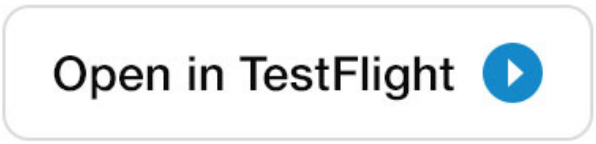
To download IBDsmart, there is a different process for iPhone versus Samsung. These are outlined below:

*iPhone*

From your iPhone, you should go the app store and search for “TestFlight”. The logo for “TestFlight” looks as follows:

You then wait for an email which looks something like this:

It may take a day or two for the email to arrive. Once it arrives, click on the following button within the email:

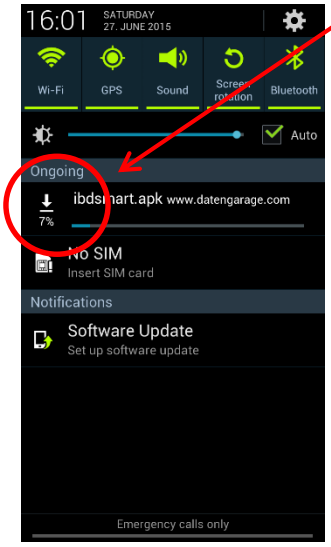


*Samsung*

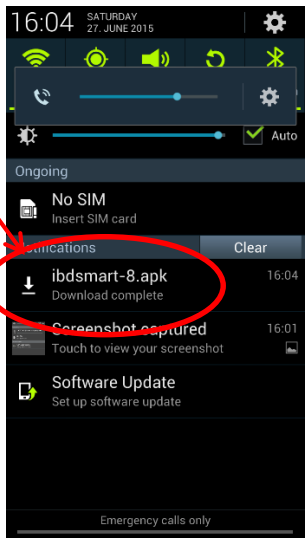
To install IBDsmart on Samsung, you should go to this link below from your Samsung Phone

*http://www.datengarage.com/ibdsmart/ibdsmart.apk*

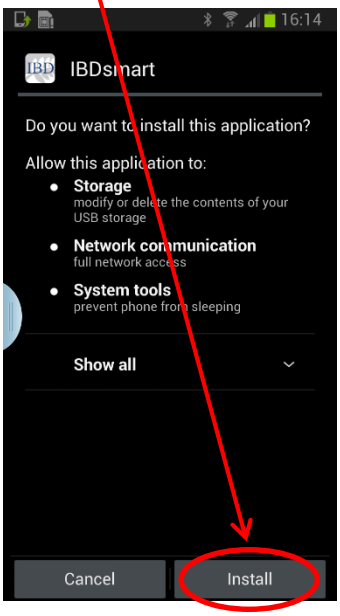
You then drag down from the top of the screen to see the status (as a %age) of the download. It should take about two minutes to download.



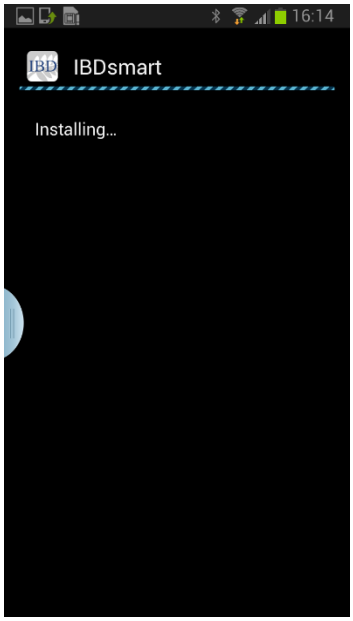

Once it is downloaded, the dragged down screen will look something like this. You should click on the downloaded item.



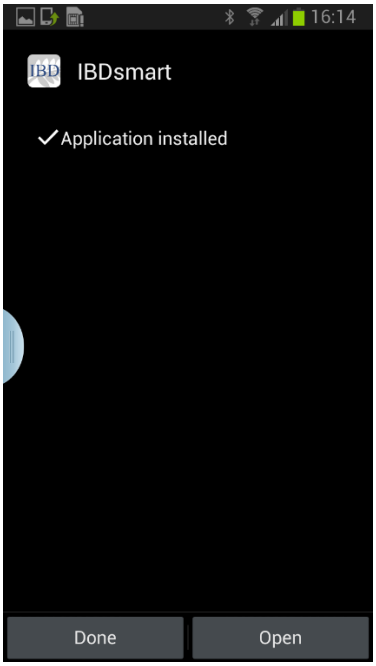
Once you have clicked on the downloaded item in the dragged down screen and you will see a screen as below. You should click “Install”…




You will then see a screen like this…



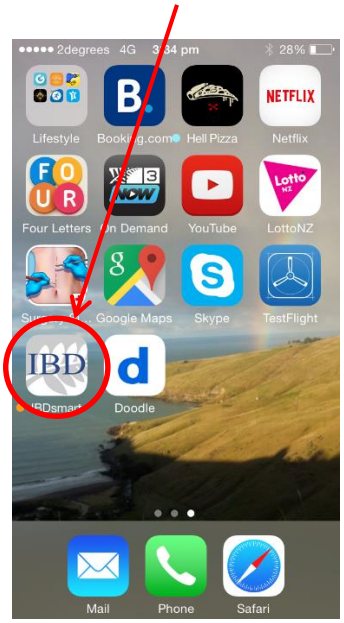
Once it is installed, you will see a screen like this. You can press “Done” or “Open” depending on whether you want to open the app straight away.




## Getting to and logging in to IBDsmart

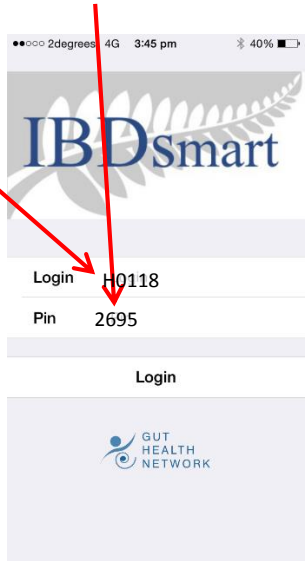
Once IBD smart is downloaded, you need to get to it and log in.

To get to IBDsmart, you should click on the icon below…

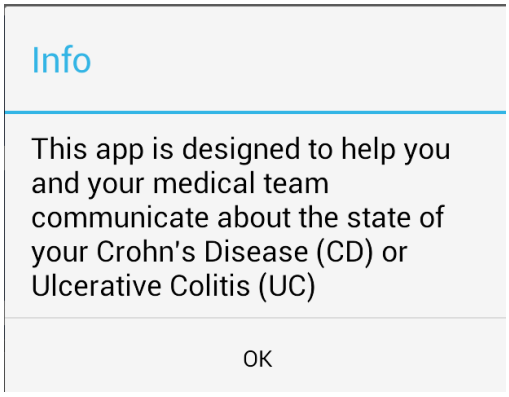


To log in, you have a Login and PIN code.

Your Login is H0118 and your PIN code is 2695. You should enter these onto the screen below.




**Note:** When you log in for the first time, you should get a message saying…

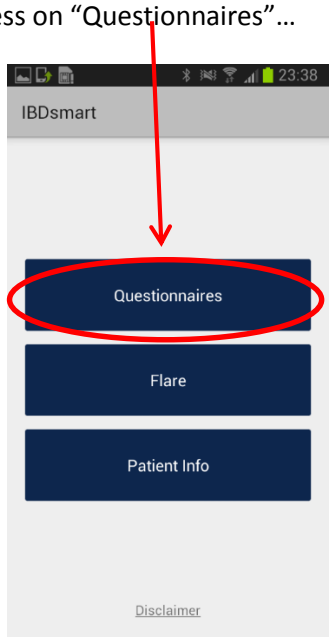


In addition, if you click on “Disclaimer” at the bottom of the page, you will get this message…

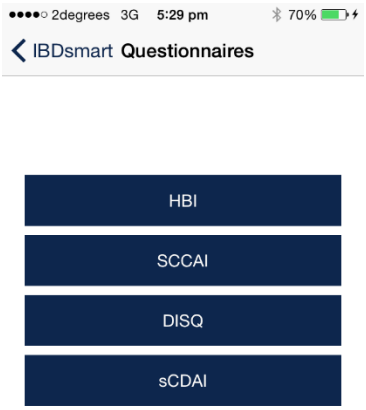
## Recording symptoms

The first screen after logging in you will see is as follows…

To record symptoms, you should press on “Questionnaires”…

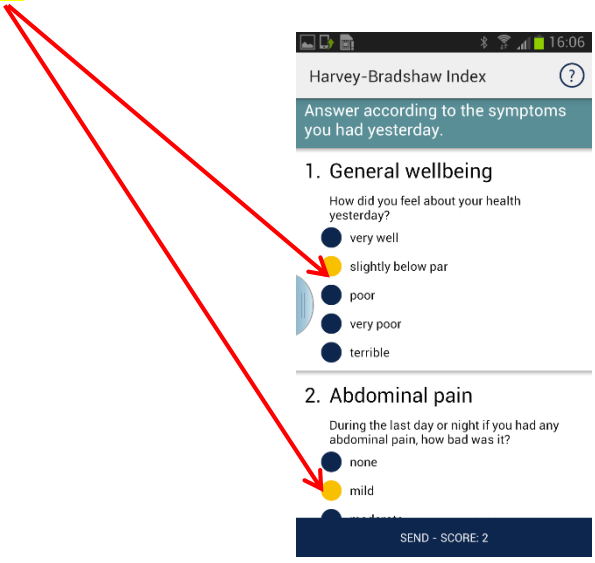



You then choose which one of the questionnaires to fill out by clicking on it. Please note that the picture below is not exactly what you will see because you have ulcerative colitis and so will only see SCCAI and DISQ.

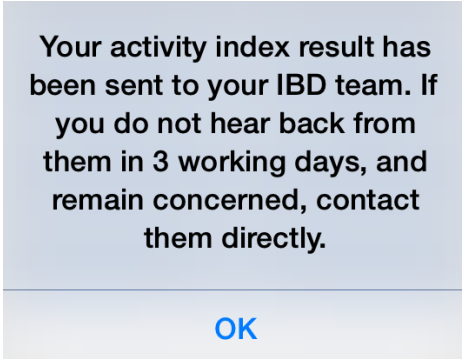


Once you click on the questionnaire, you will see something like this…

You should answer the questions accordingly. If you have answered a question, the circle will become yellow shaded…



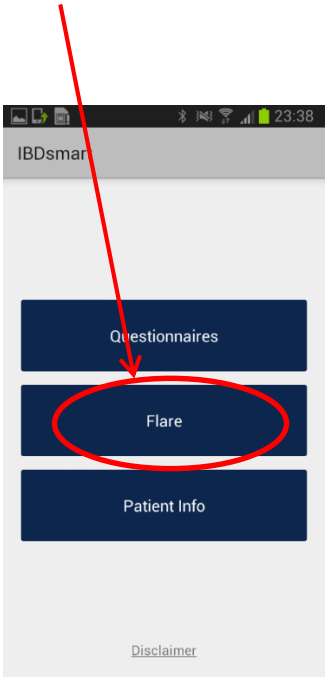
You will not be able to send the questionnaire until all questions are answered. Once you have completed all questions, you will get this message if you are connected to the internet…




If you are not connected to the internet, you may get another message saying that your results will be sent to your IBD team once you are connected to the internet. It is also possible that you cannot log in at all without an internet connection; if this is the case, you should connect to the internet and then complete the symptom questionnaire.

**Reporting flares**

To report a flare, you should click on "Flare".




This will take you straight to a 1-day questionnaire and, once completed, will alert your IBD care team to your health status.

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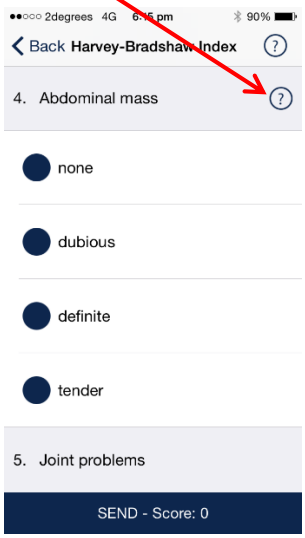

Another example of an explanation which is brought up is for the 7th question on SCCAI and 6th question on the HBI, wherein eye problems are defined with a picture and text explanation.

Therefore, if you are confused by a question, please use this button…

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*Downloading IBDoc®*

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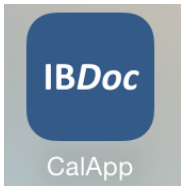
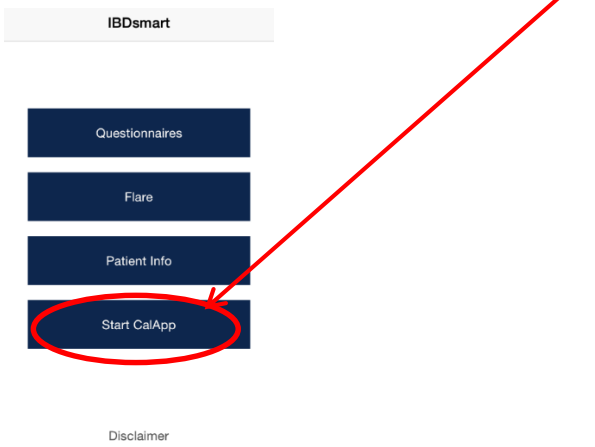
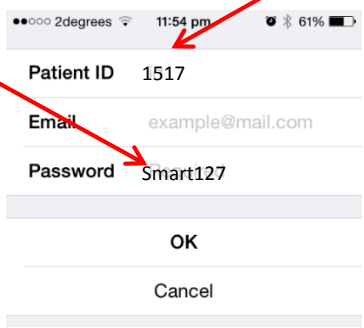



Once you have downloaded CalApp® you will be able to see a fourth button on the home screen.

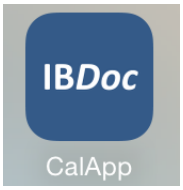



Once you click on this button, you will see the screen below. Your Patient ID **1517** is and password is **Smart127.** Obviously, your email is your own email address.

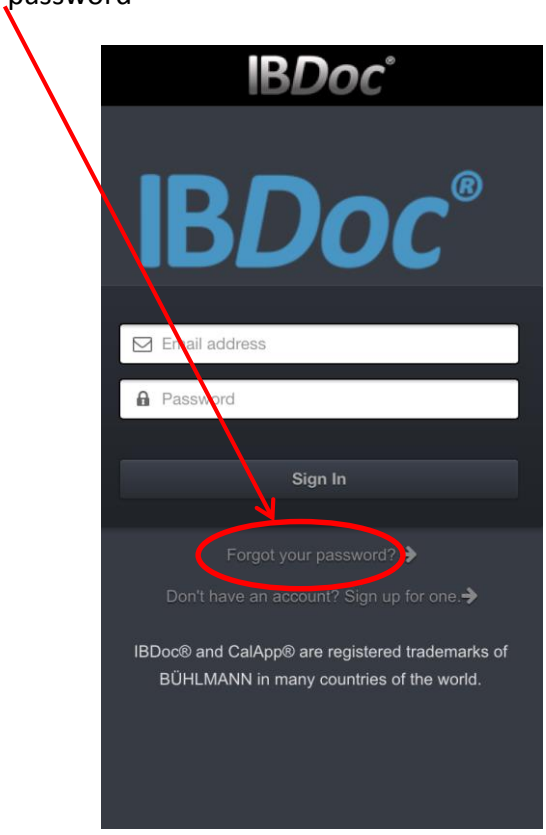


**If you cannot get to IBDoc®**

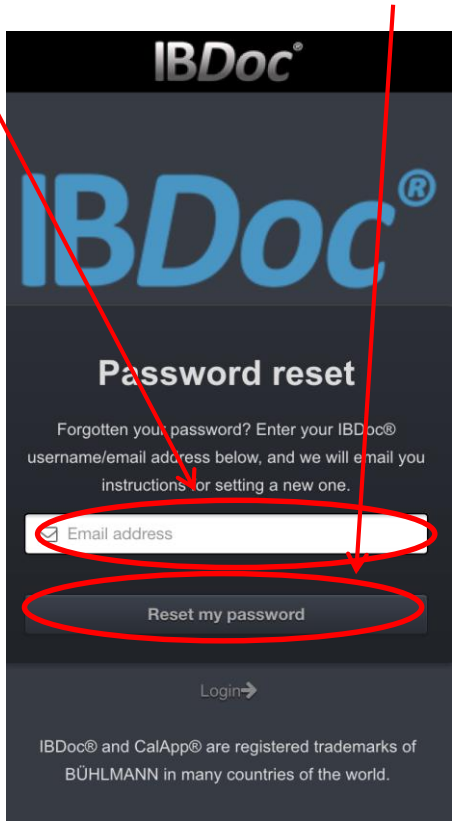
If you are unsure if you have been added to the IBDoc portal, you should close out of IBDsmart and go to CalApp directly



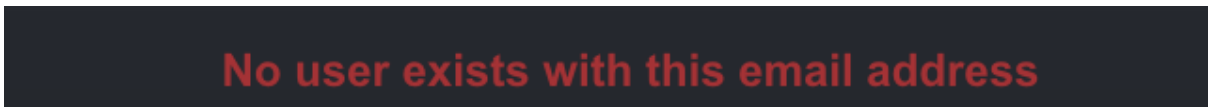

Then hit “Forgot your password”



Then type in your email address accordingly and hit “Reset my password”.




If you have been registered properly, you should NOT get a message saying…



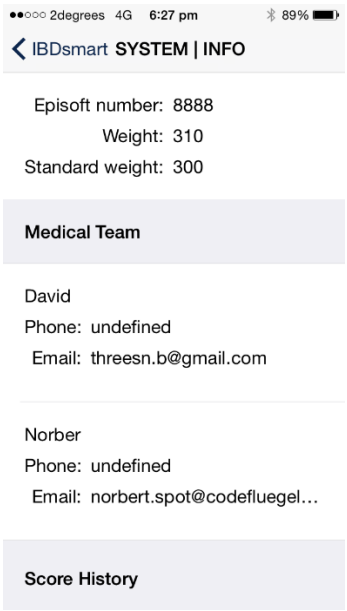

If you think you have not been registered properly, please call Dr. Andrew McCombie on 0272626111.

## Using the “Patient Info” page

The patient info page is also available

Disclaimer

This page should contain your username, your weight, the names and emails of your medical team as well as your score history for the questionnaires…



**Important things to remember**

For IBDsmart:

Username: H0118

PIN: 2695

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For IBDoc:

Patient ID: 1517

Email (*your email*):_____

Password: Smart127

# A guide on how to install and use the IBDsmart app

For participant H0137

## Introduction

The IBDsmart app has been created for the purpose of allowing Crohn's disease and ulcerative colitis patients to better manage their own disease through keeping a live record of their own symptoms and reporting flares to their medical team. The fact that this app is on your own smartphone (iPhone or Samsung) means it is very easy for you to keep a track of your disease. This app only takes a maximum of a few minutes each week to use but the information it provides is expected to improve the medical care you receive. A previous study of an earlier version of the app reported that IBDsmart was well accepted by IBD patients and also received a high usability reporting.[1] This is a more up-to-date version with a Faecal Calprotectin app (called "IBDoc®") added as well and so we expect it to be even better this time!

This handbook is a simple instruction book for how to complete certain tasks using IBDsmart. These tasks include:


- **Downloading and Installing IBDsmart (p. 3)**
- **Getting to IBDsmart and logging in (p. 6)**
- **Recording symptoms (p. 8)**
- **Reporting flares (p. 11)**
- **Using the "help" function within the app (p. 12)**
- **Linking to the IBDoc® app and reporting faecal calprotectin scores (p. 14)**
- **What to do if you cannot get into IBDoc® (p. 15)**
- **Looking at the "Patient Info" page (p. 17)**
- **Important things to remember (p. 18)**


Please read this guide carefully when learning to use this app and feel free to contact the study administrator if you run into any problems that cannot be solved using the instructions in this guide. The study administrator is Dr. Andrew McCombie and his email address is ibdsmart@otago.ac.nz. His phone number is 0272626111.


1. **Regenbrecht, H., Langlotz, T., Ho, C., George, M., Gray, A., Walmsley, R., & Schultz, M. (2014). Field Test of a Questionnaire-based Mobile Health Reporting System, Accepted for ACM OzCHI 2014, Sydney, Australia.**

## Downloading and installing IBDsmart

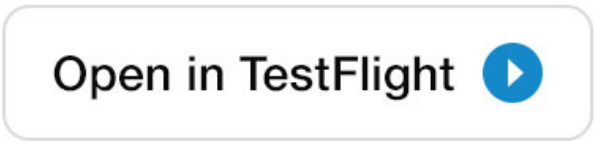
To download IBDsmart, there is a different process for iPhone versus Samsung. These are outlined below:

*iPhone*

From your iPhone, you should go the app store and search for “TestFlight”. The logo for “TestFlight” looks as follows:

You then wait for an email which looks something like this:

It may take a day or two for the email to arrive. Once it arrives, click on the following button within the email:

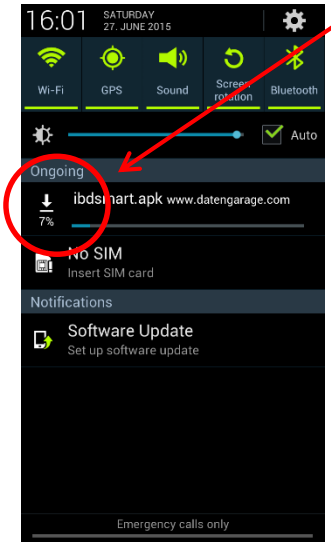


*Samsung*

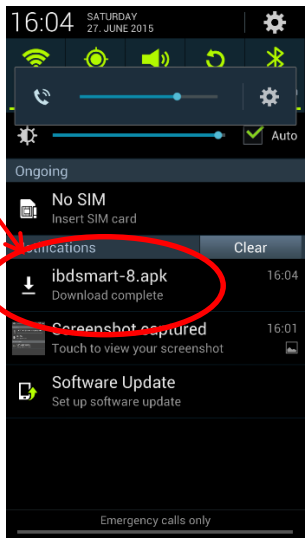
To install IBDsmart on Samsung, you should go to this link below from your Samsung Phone

*http://www.datengarage.com/ibdsmart/ibdsmart.apk*

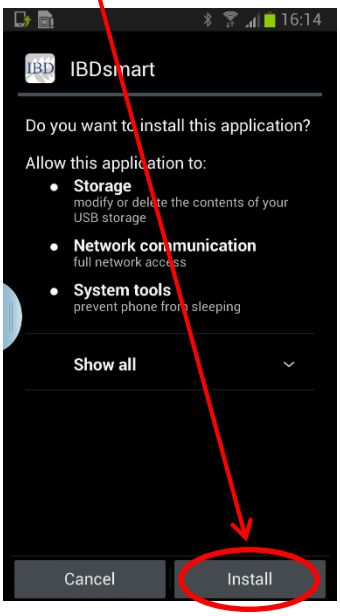
You then drag down from the top of the screen to see the status (as a %age) of the download. It should take about two minutes to download.



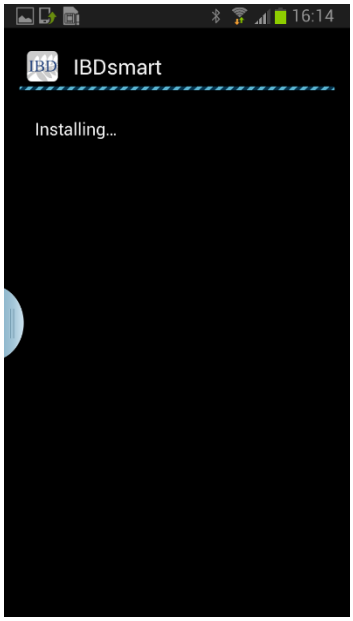

Once it is downloaded, the dragged down screen will look something like this. You should click on the downloaded item.



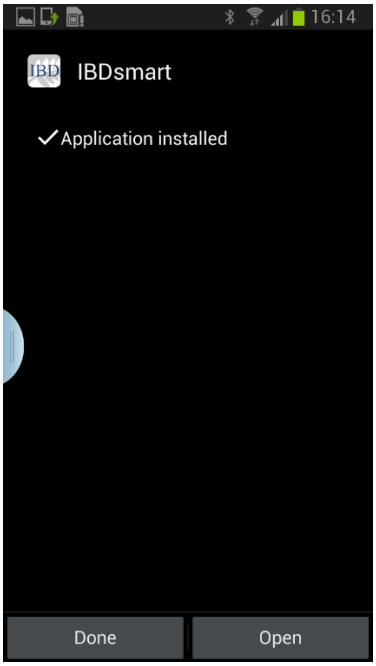
Once you have clicked on the downloaded item in the dragged down screen and you will see a screen as below. You should click “Install”…




You will then see a screen like this…



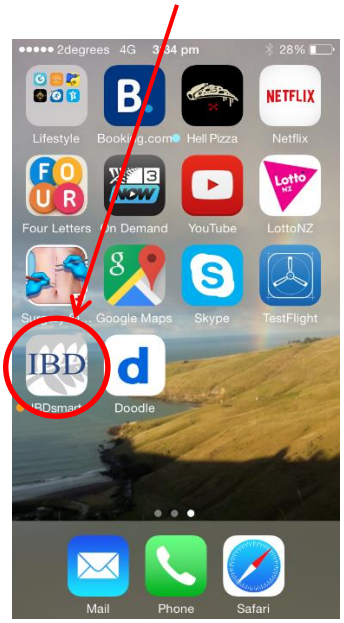
Once it is installed, you will see a screen like this. You can press “Done” or “Open” depending on whether you want to open the app straight away.




## Getting to and logging in to IBDsmart

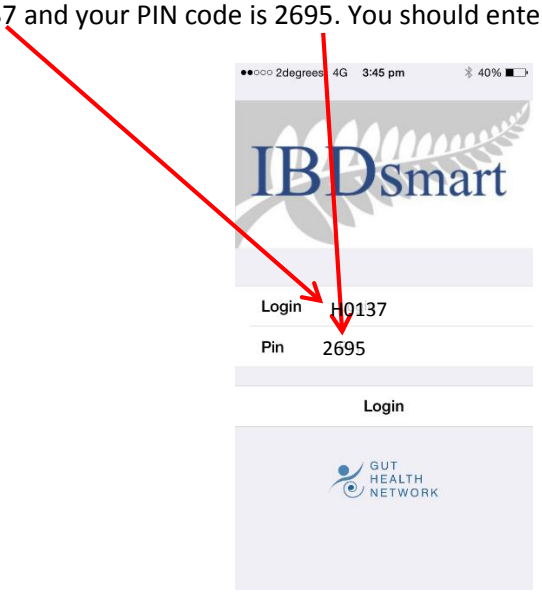
Once IBD smart is downloaded, you need to get to it and log in.

To get to IBDsmart, you should click on the icon below…

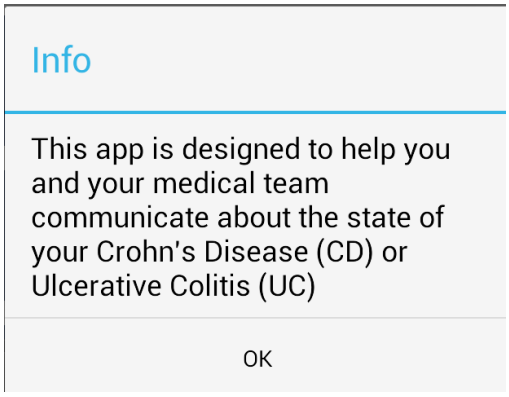


To log in, you have a Login and PIN code.

Your Login is H0137 and your PIN code is 2695. You should enter these onto the screen below.




**Note:** When you log in for the first time, you should get a message saying…

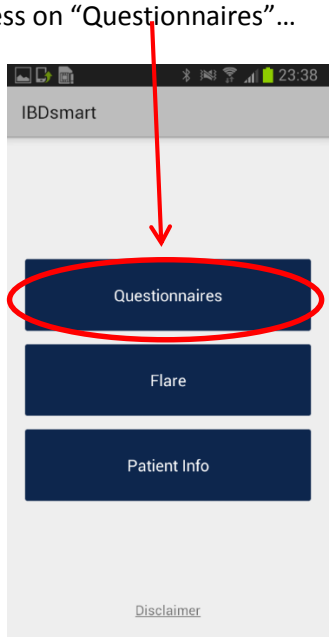


In addition, if you click on “Disclaimer” at the bottom of the page, you will get this message…

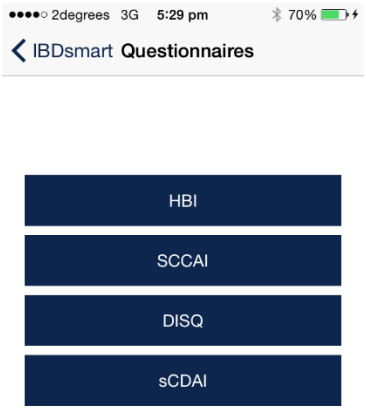
## Recording symptoms

The first screen after logging in you will see is as follows…

To record symptoms, you should press on “Questionnaires”…

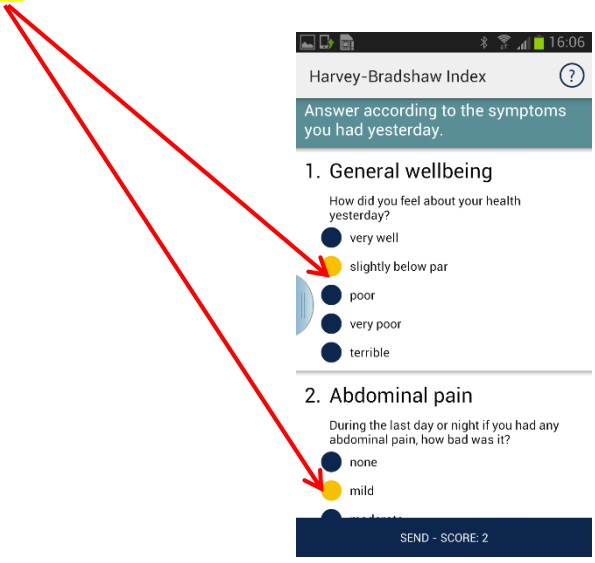



You then choose which one of the questionnaires to fill out by clicking on it. Please note that the picture below is not exactly what you will see because you have ulcerative colitis and so will only see SCCAI and DISQ.

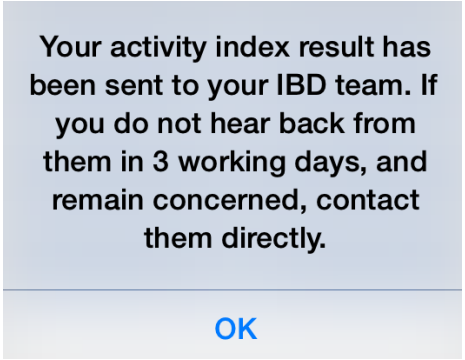


Once you click on the questionnaire, you will see something like this…

You should answer the questions accordingly. If you have answered a question, the circle will become yellow shaded…



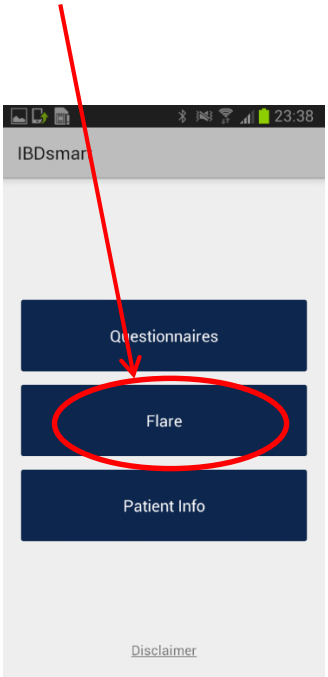
You will not be able to send the questionnaire until all questions are answered. Once you have completed all questions, you will get this message if you are connected to the internet…




If you are not connected to the internet, you may get another message saying that your results will be sent to your IBD team once you are connected to the internet. It is also possible that you cannot log in at all without an internet connection; if this is the case, you should connect to the internet and then complete the symptom questionnaire.

**Reporting flares**

To report a flare, you should click on "Flare".



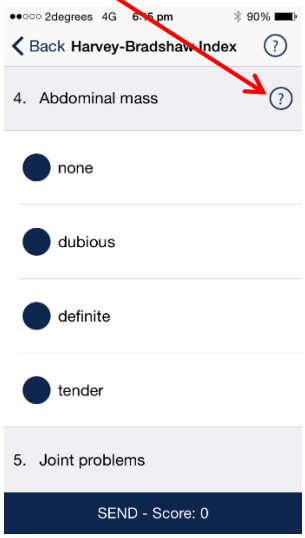

This will take you straight to a 1-day questionnaire and, once completed, will alert your IBD care team to your health status.

## Using the "Help" function

There is a very useful "Help" function within IBDsmart. There is a "?" button throughout the app which looks as follows…

There are three broad things that "?" helps you with. Firstly, if you click the "?" at the top of the questionnaire, you will see a pdf of the background and explanation for that questionnaire.

Also, for many of the questions, there is a "?" which will give you a more a more in depth explanation of the question. For example, at question 4 of the HBI (which is only available to Crohn's disease patients), if you click on the "?" you will get a video explanation of how to do an abdominal self-examination.



Another example of an explanation which is brought up is for the 7th question on SCCAI and 6th question on the HBI, wherein eye problems are defined with a picture and text explanation.

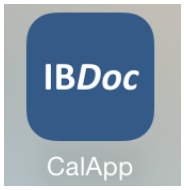
Therefore, if you are confused by a question, please use this button…

## Linking to IBDoc® and reporting Faecal Calprotectin scores

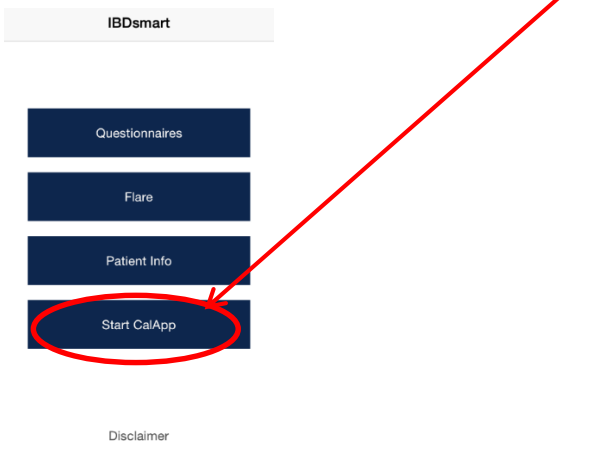
*Downloading IBDoc®*

You will need to link your IBDsmart with the other app, namely "IBDoc®." Please note the term "IBDoc®" can be used interchangeably with "CalApp®." IBDoc® provides Faecal Calprotectin scores which tell your IBD care team how much inflammation is in your intestines at the time of testing.

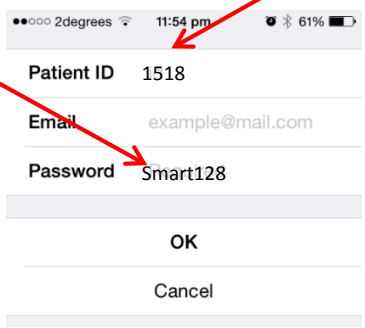
The instructions for installing IBDoc® (aka CalApp®) are provided on page 8 of the "IBDoc® Instructions for Use for Patients and Lay Users" brochure. Of note is the IBDoc® icon looks as follows once it is on your phone…




Once you have downloaded CalApp® you will be able to see a fourth button on the home screen.

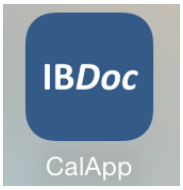



Once you click on this button, you will see the screen below. Your Patient ID **1518** is and password is **Smart128.** Obviously, your email is your own email address.

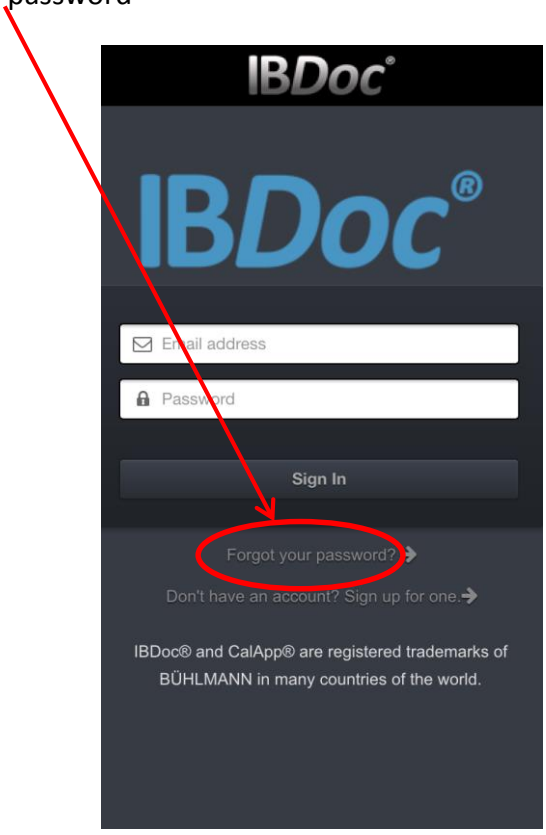


**If you cannot get to IBDoc®**

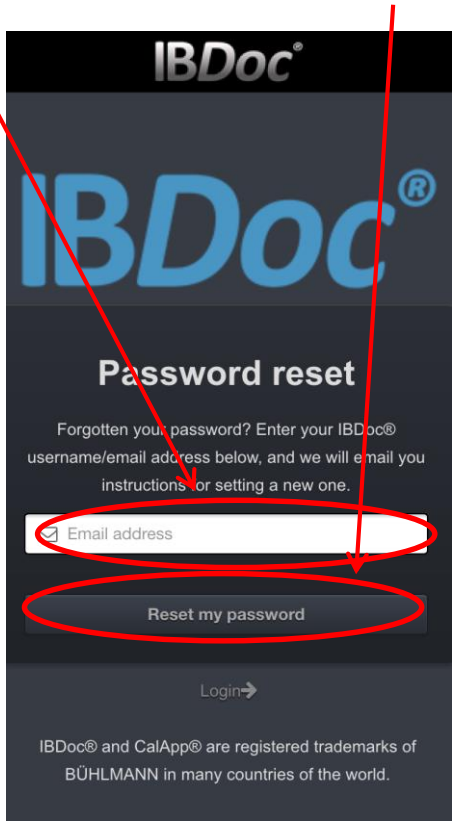
If you are unsure if you have been added to the IBDoc portal, you should close out of IBDsmart and go to CalApp directly



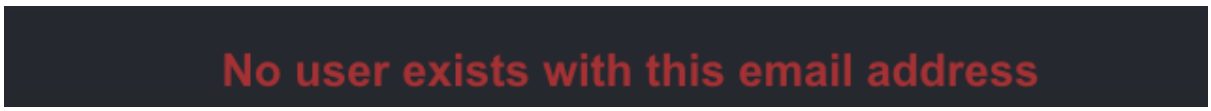

Then hit “Forgot your password”



Then type in your email address accordingly and hit “Reset my password”.




If you have been registered properly, you should NOT get a message saying…



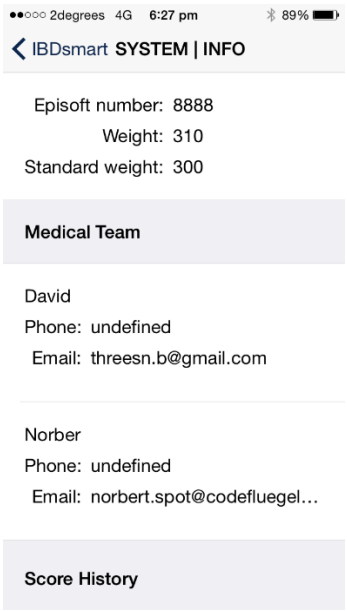

If you think you have not been registered properly, please call Dr. Andrew McCombie on 0272626111.

## Using the “Patient Info” page

The patient info page is also available

Disclaimer

This page should contain your username, your weight, the names and emails of your medical team as well as your score history for the questionnaires…



**Important things to remember**

For IBDsmart:

Username: H0137

PIN: 2695

---

For IBDoc:

Patient ID: 1518

Email (*your email*):_____

Password: Smart128

# A guide on how to install and use the IBDsmart app

For participant H0144

## Introduction

The IBDsmart app has been created for the purpose of allowing Crohn's disease and ulcerative colitis patients to better manage their own disease through keeping a live record of their own symptoms and reporting flares to their medical team. The fact that this app is on your own smartphone (iPhone or Samsung) means it is very easy for you to keep a track of your disease. This app only takes a maximum of a few minutes each week to use but the information it provides is expected to improve the medical care you receive. A previous study of an earlier version of the app reported that IBDsmart was well accepted by IBD patients and also received a high usability reporting.[1] This is a more up-to-date version with a Faecal Calprotectin app (called "IBDoc®") added as well and so we expect it to be even better this time!

This handbook is a simple instruction book for how to complete certain tasks using IBDsmart. These tasks include: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- **Getting to IBDsmart and logging in (p. 6)**
- **Recording symptoms (p. 8)**
- **Reporting flares (p. 11)**
- **Using the "help" function within the app (p. 12)**
- **Linking to the IBDoc® app and reporting faecal calprotectin scores (p. 14)**
- **What to do if you cannot get into IBDoc® (p. 15)**
- **Looking at the "Patient Info" page (p. 17)**
- **Important things to remember (p. 18)**


Please read this guide carefully when learning to use this app and feel free to contact the study administrator if you run into any problems that cannot be solved using the instructions in this guide. The study administrator is Dr. Andrew McCombie and his email address is ibdsmart@otago.ac.nz. His phone number is 0272626111.


1. **Regenbrecht, H., Langlotz, T., Ho, C., George, M., Gray, A., Walmsley, R., & Schultz, M. (2014). Field Test of a Questionnaire-based Mobile Health Reporting System, Accepted for ACM OzCHI 2014, Sydney, Australia.**

## Downloading and installing IBDsmart

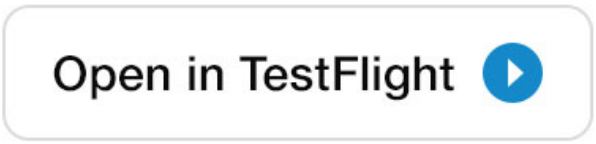
To download IBDsmart, there is a different process for iPhone versus Samsung. These are outlined below:

*iPhone*

From your iPhone, you should go the app store and search for “TestFlight”. The logo for “TestFlight” looks as follows:

You then wait for an email which looks something like this:

It may take a day or two for the email to arrive. Once it arrives, click on the following button within the email:

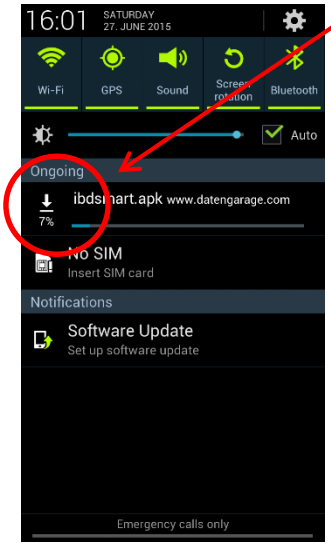


*Samsung*

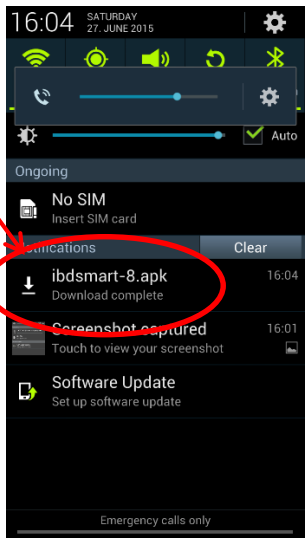
To install IBDsmart on Samsung, you should go to this link below from your Samsung Phone

*http://www.datengarage.com/ibdsmart/ibdsmart.apk*

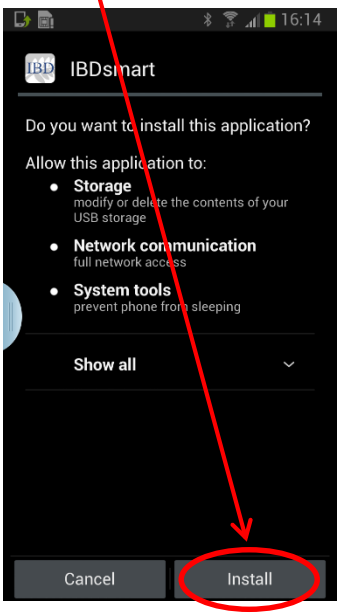
You then drag down from the top of the screen to see the status (as a %age) of the download. It should take about two minutes to download.



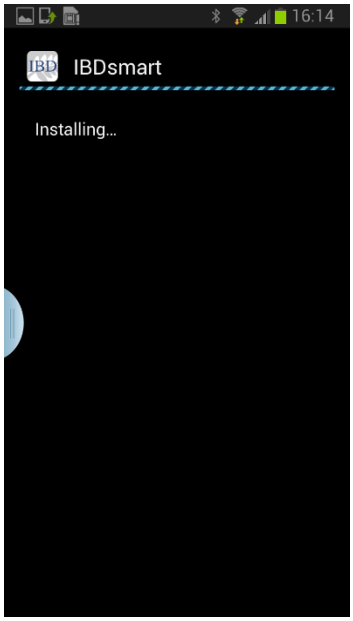

Once it is downloaded, the dragged down screen will look something like this. You should click on the downloaded item.



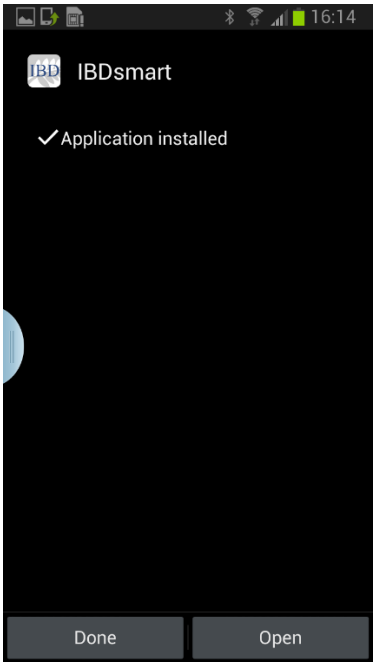
Once you have clicked on the downloaded item in the dragged down screen and you will see a screen as below. You should click “Install”…




You will then see a screen like this…



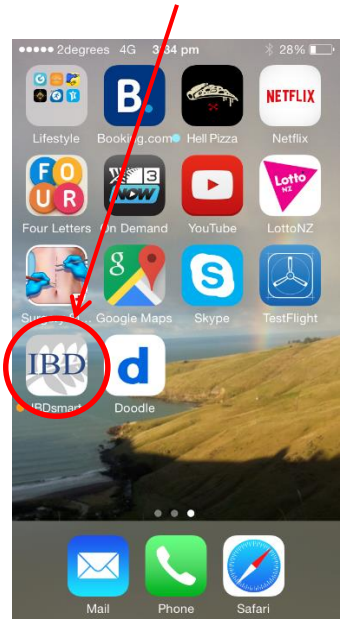
Once it is installed, you will see a screen like this. You can press “Done” or “Open” depending on whether you want to open the app straight away.




## Getting to and logging in to IBDsmart

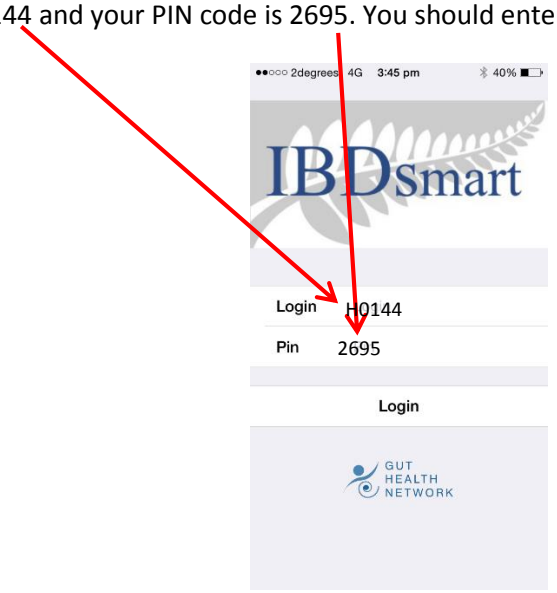
Once IBD smart is downloaded, you need to get to it and log in.

To get to IBDsmart, you should click on the icon below…

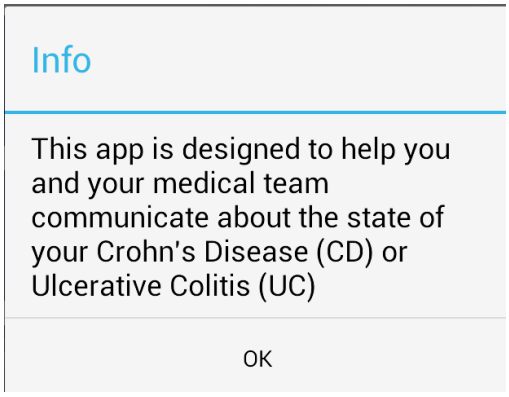


To log in, you have a Login and PIN code.

Your Login is H0144 and your PIN code is 2695. You should enter these onto the screen below.




**Note:** When you log in for the first time, you should get a message saying…

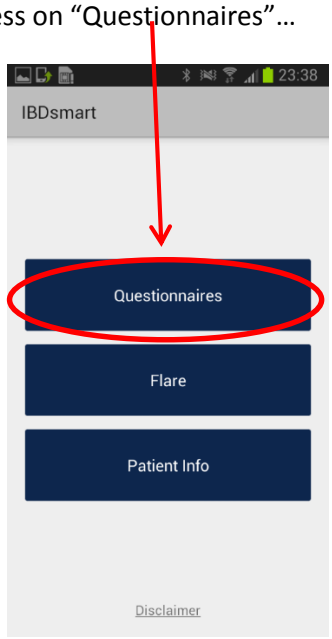


In addition, if you click on “Disclaimer” at the bottom of the page, you will get this message…

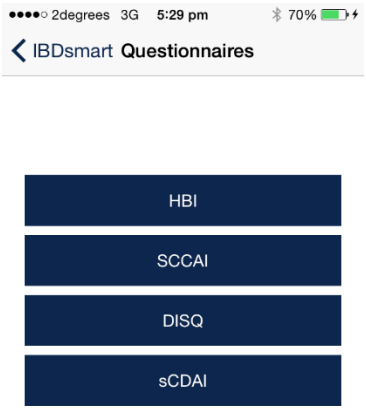
## Recording symptoms

The first screen after logging in you will see is as follows…

To record symptoms, you should press on “Questionnaires”…

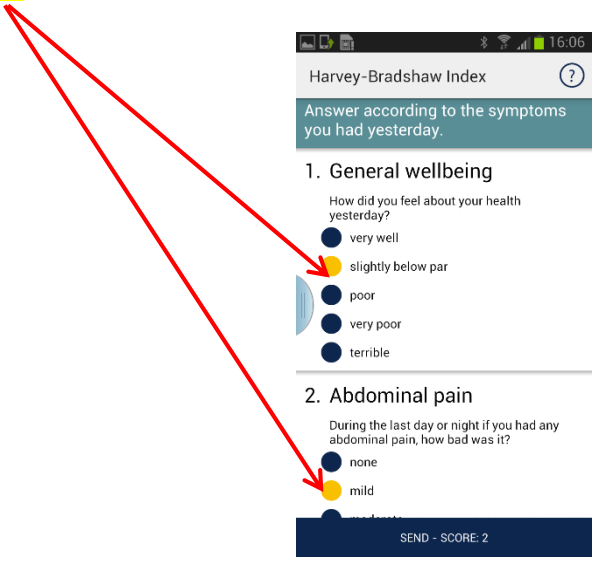



You then choose which one of the questionnaires to fill out by clicking on it. Please note that the picture below is not exactly what you will see because you have ulcerative colitis and so will only see SCCAI and DISQ.

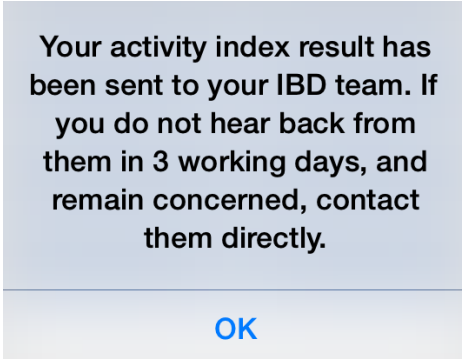


Once you click on the questionnaire, you will see something like this…

You should answer the questions accordingly. If you have answered a question, the circle will become yellow shaded…



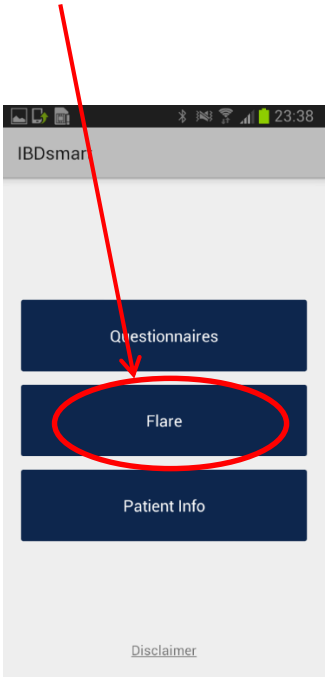
You will not be able to send the questionnaire until all questions are answered. Once you have completed all questions, you will get this message if you are connected to the internet…




If you are not connected to the internet, you may get another message saying that your results will be sent to your IBD team once you are connected to the internet. It is also possible that you cannot log in at all without an internet connection; if this is the case, you should connect to the internet and then complete the symptom questionnaire.

**Reporting flares**

To report a flare, you should click on "Flare".



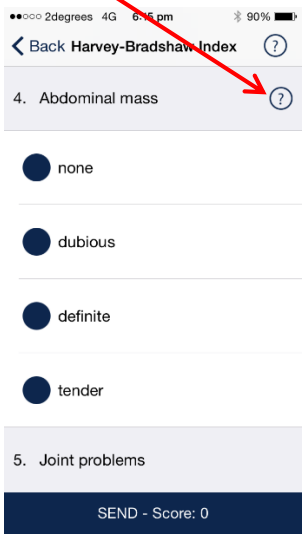

This will take you straight to a 1-day questionnaire and, once completed, will alert your IBD care team to your health status.

## Using the "Help" function

There is a very useful "Help" function within IBDsmart. There is a "?" button throughout the app which looks as follows…

There are three broad things that "?" helps you with. Firstly, if you click the "?" at the top of the questionnaire, you will see a pdf of the background and explanation for that questionnaire.

Also, for many of the questions, there is a "?" which will give you a more a more in depth explanation of the question. For example, at question 4 of the HBI (which is only available to Crohn's disease patients), if you click on the "?" you will get a video explanation of how to do an abdominal self-examination.



Another example of an explanation which is brought up is for the 7th question on SCCAI and 6th question on the HBI, wherein eye problems are defined with a picture and text explanation.

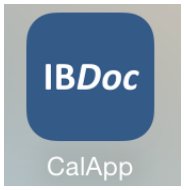
Therefore, if you are confused by a question, please use this button…

## Linking to IBDoc® and reporting Faecal Calprotectin scores

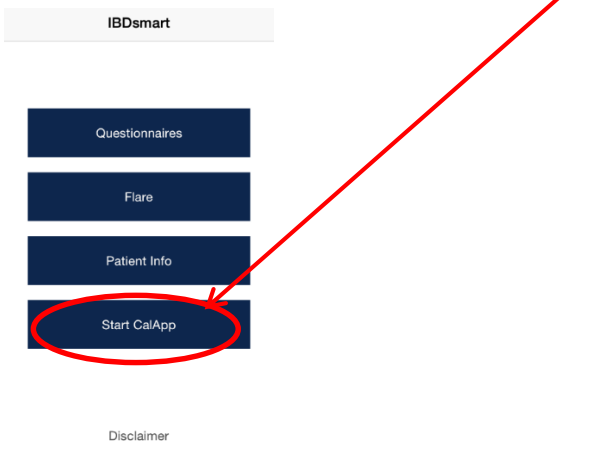
*Downloading IBDoc®*

You will need to link your IBDsmart with the other app, namely "IBDoc®." Please note the term "IBDoc®" can be used interchangeably with "CalApp®." IBDoc® provides Faecal Calprotectin scores which tell your IBD care team how much inflammation is in your intestines at the time of testing.

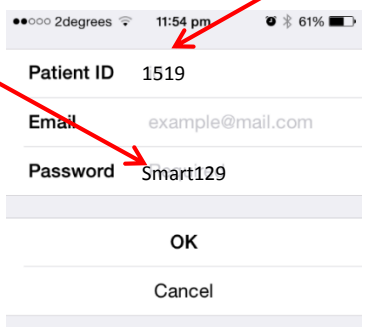
The instructions for installing IBDoc® (aka CalApp®) are provided on page 8 of the "IBDoc® Instructions for Use for Patients and Lay Users" brochure. Of note is the IBDoc® icon looks as follows once it is on your phone…




Once you have downloaded CalApp® you will be able to see a fourth button on the home screen.

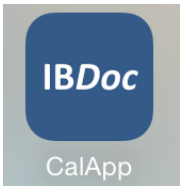



Once you click on this button, you will see the screen below. Your Patient ID **1519** is and password is **Smart129.** Obviously, your email is your own email address.

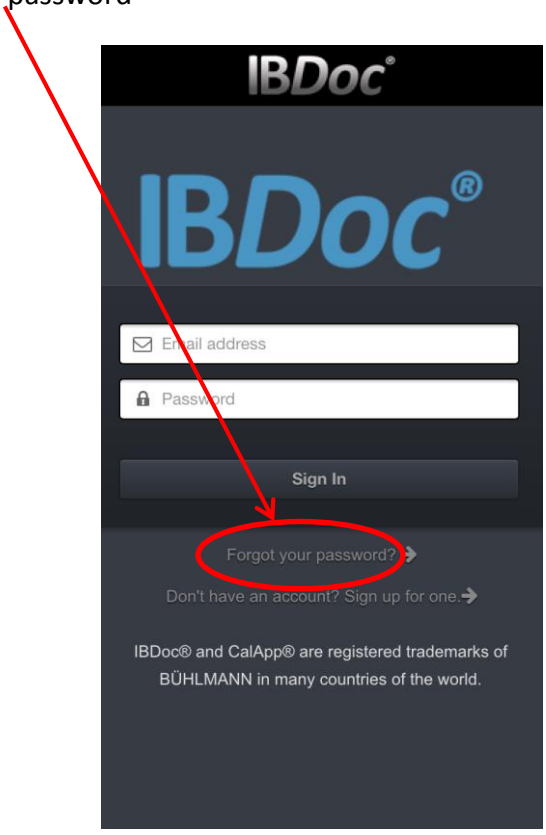


**If you cannot get to IBDoc®**

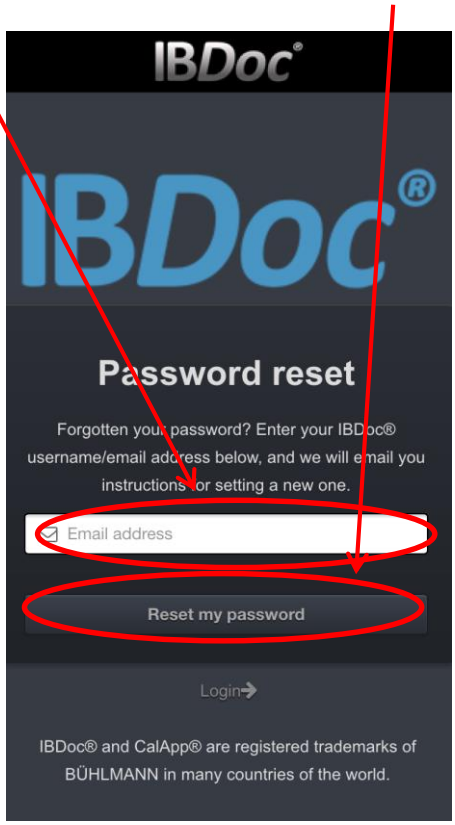
If you are unsure if you have been added to the IBDoc portal, you should close out of IBDsmart and go to CalApp directly



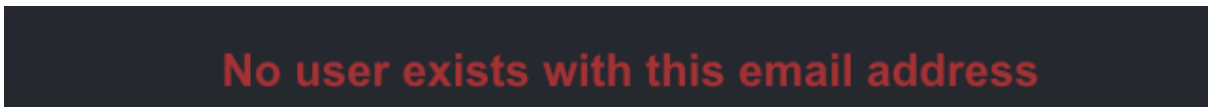

Then hit “Forgot your password”



Then type in your email address accordingly and hit “Reset my password”.




If you have been registered properly, you should NOT get a message saying…



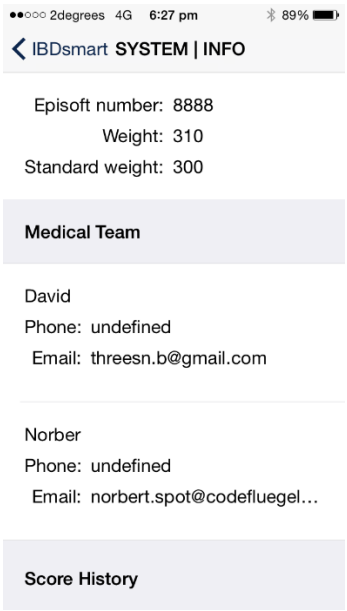

If you think you have not been registered properly, please call Dr. Andrew McCombie on 0272626111.

## Using the “Patient Info” page

The patient info page is also available

Disclaimer

This page should contain your username, your weight, the names and emails of your medical team as well as your score history for the questionnaires…



**Important things to remember**

For IBDsmart:

Username: H0144

PIN: 2695

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For IBDoc:

Patient ID: 1519

Email (*your email*):_____

Password: Smart129