NudgeShare User Manual

Introduction

NudgeShare is an application that encourages people to look after themselves, especially in this time where people are isolated, and their mental wellbeing is suffering as a result. The ways it does this are by allowing users to keep a **weekly record of their wellbeing** and **encouraging users to share** their wellbeing.

NudgeShare has 3 pages:

- Wellbeing Diary
- Support Network
- Settings

The main features of NudgeShare for users include:

- Report well-being out of ten once a week
- Track wellbeing and exercise
- Track sputum colour
- Track breathlessness in accordance with MRC Dyspnoea Scale
- View overall trends of all four normalised wellbeing metrics
- Share wellbeing information with people in your life
- Building a support network
- Being nudged to share your wellbeing and go for a walk when wellbeing is decreasing, or steps are extremely low
- Send step goals to those in your network to encourage movement for those in your network who have low wellbeing levels or steps.

Map visualisation of wellbeing scores can be found [here](#).

Instructions

How to use the Well-being page

The well-being page shows a summary of all of your well-being metrics.

The page summarizes your number of steps for today, well-being score for the week, sputum colour, breathlessness in accordance with MRC Dyspnoea Scale and overall trends for all of those metrics combined.

Each of the metrics is visualised and if you tap on the tile of the metric you will be redirected to the respective bar graph or line chart.
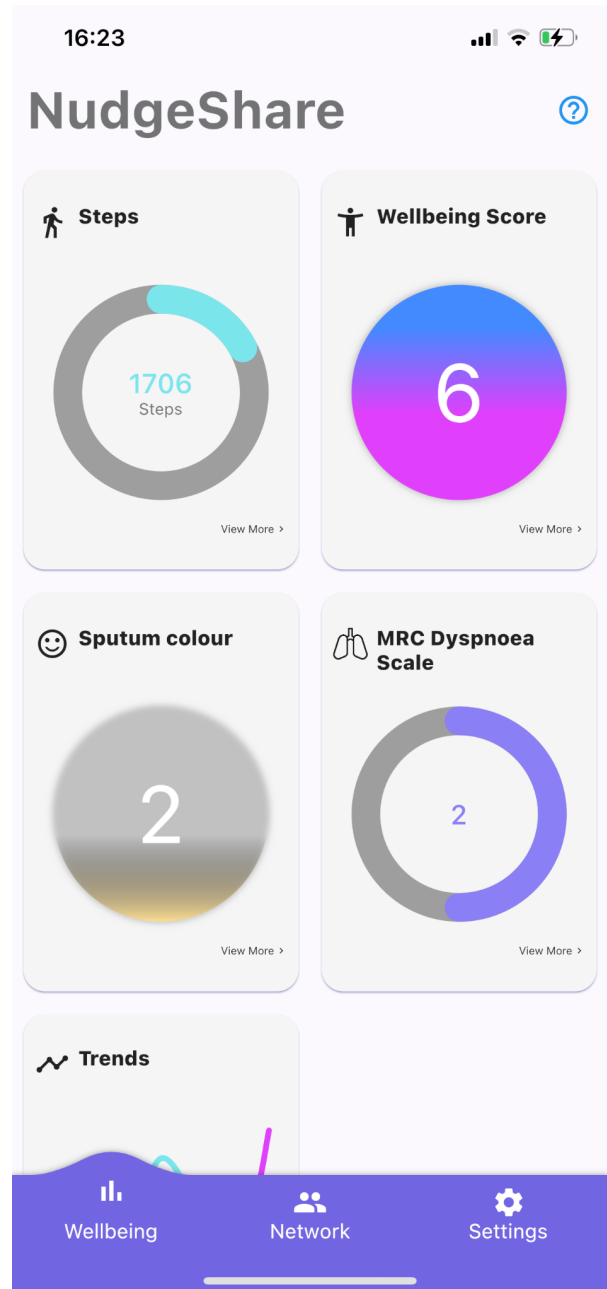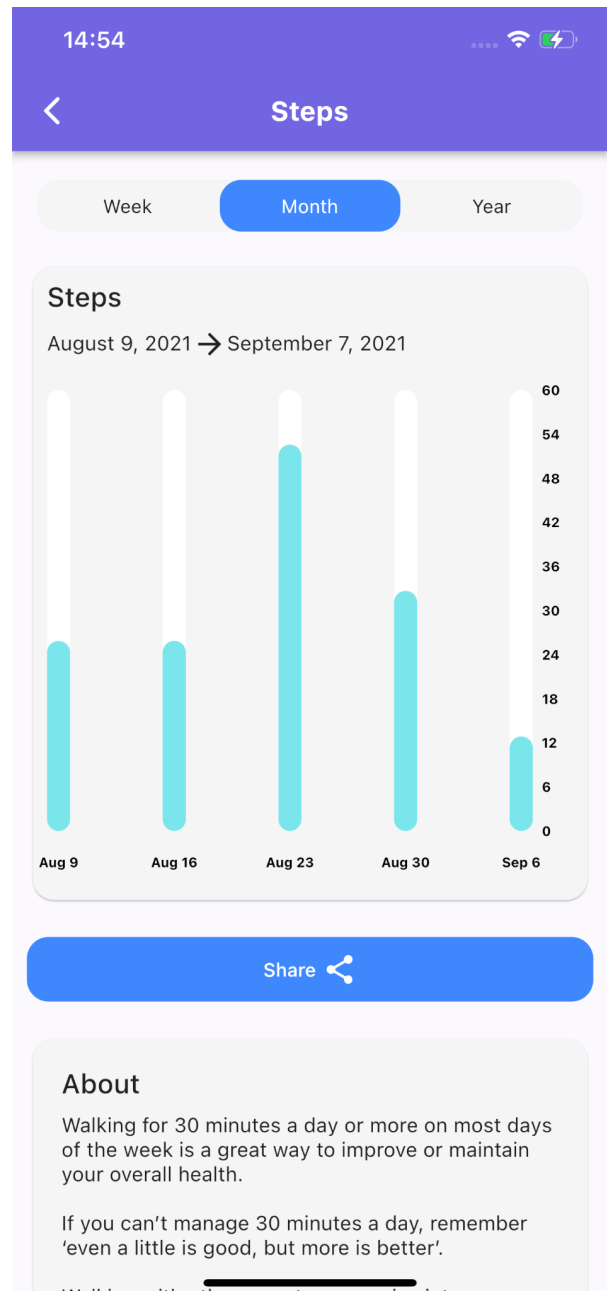
How to use well-being bar graph

When you tap on any of the tiles you will be redirected to a bar graph that shows the breakdown of that particular well being metric in different time frames i.e. week, month and year.

You can tap on the bar graph to view the exact value that the bar represents.

You can share a PDF export of your wellbeing data by clicking the "Share" button and selecting which data you wish to export.

The description of the well being metric can be found in the card with the title "About" at the bottom.

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The description of the well being metric can be found in the card with a title "About" at the bottom.
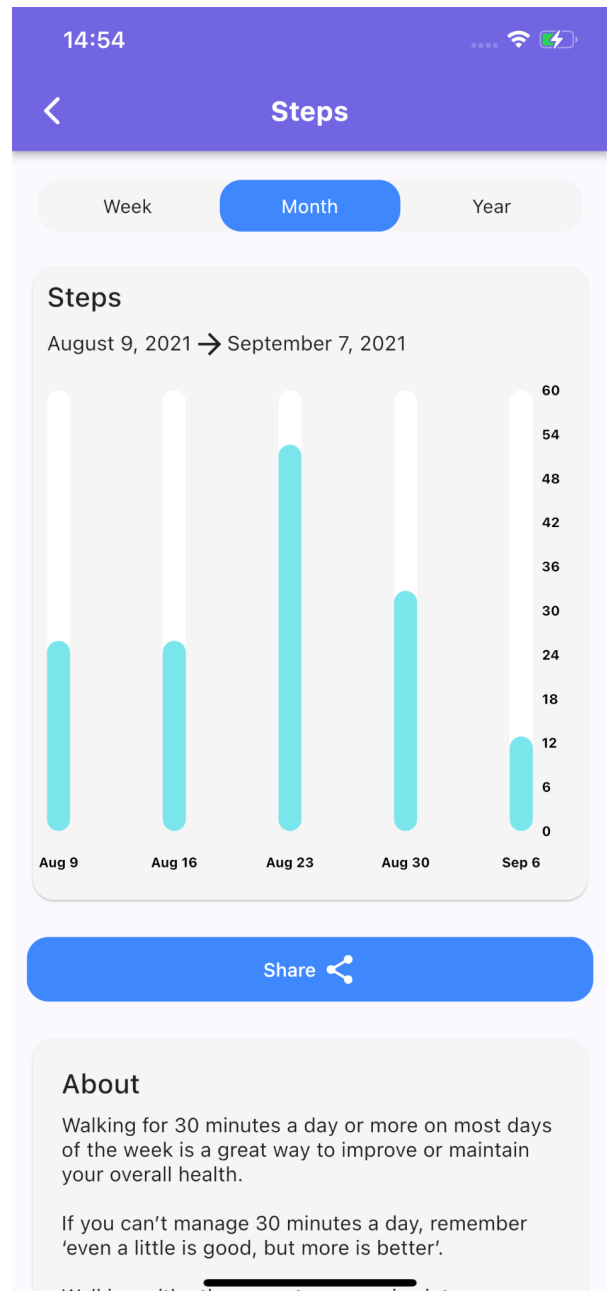
How to use the Support network page
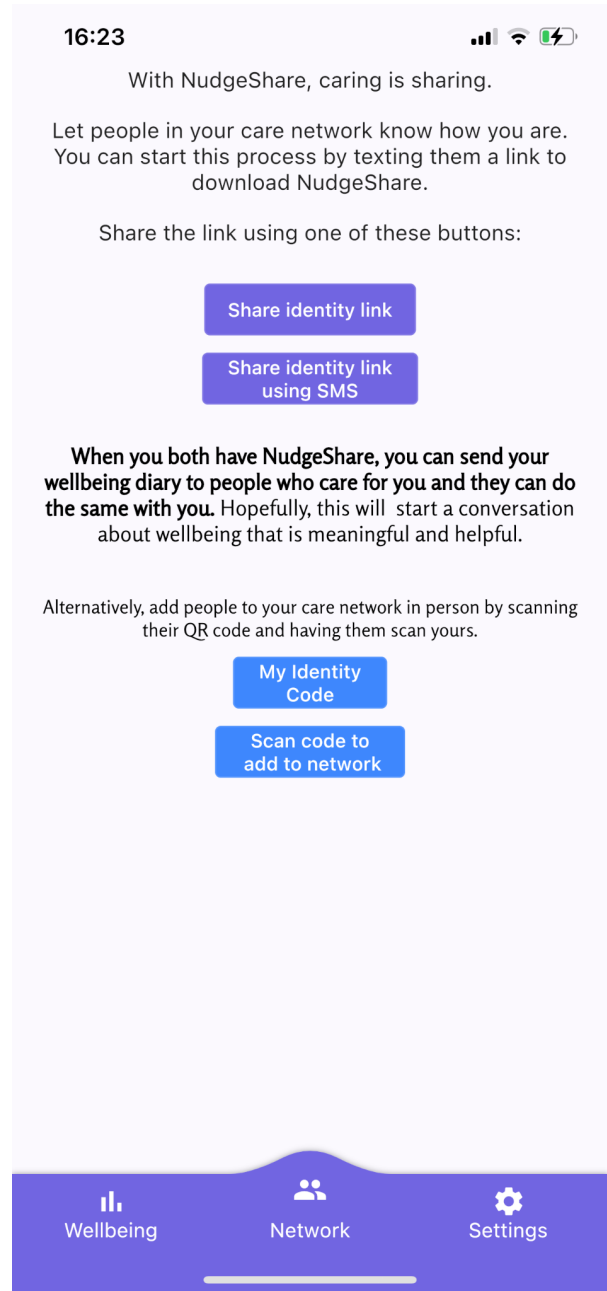
What is a support network?

Your support network is a list of people that you would be willing to share your wellbeing diary with.

Sharing your wellbeing diary can help you start conversations about your mental wellbeing with people in your life.

How to add people to my support network
You can only add people who already have NudgeShare downloaded on their phones.

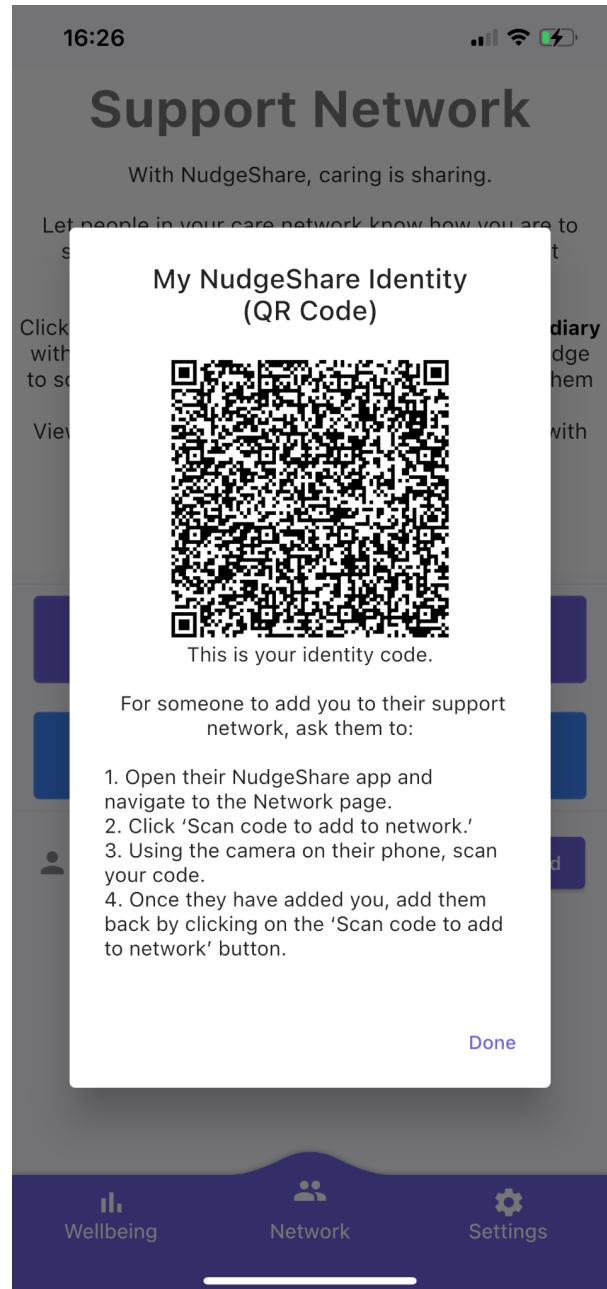Navigate to the Network page to add people to your network.

16:23

With NudgeShare, caring is sharing.

Let people in your care network know how you are. You can start this process by texting them a link to download NudgeShare.

Share the link using one of these buttons:

Share identity link

Share identity link using SMS

When you both have NudgeShare, you can send your wellbeing diary to people who care for you and they can do the same with you. Hopefully, this will start a conversation about wellbeing that is meaningful and helpful.

Alternatively, add people to your care network in person by scanning their QR code and having them scan yours.

My Identity Code

Scan code to add to network

Wellbeing   Network   Settings

How to use the Support network page

To add someone who you are with, in real life, you can scan each other's QR codes:

- To access your QR code, click the 'My Identity' button and ask the other person to click 'Scan code to add to network'. Then, point their camera to the QR code on your phone screen.
- To scan their QR code, click 'Scan code to add to network', ask the other person to click 'My Identity', and point your camera to their code. Once you both type in each other's names, you will be in each other's support network.

This process is end-to-end encrypted.

16:26

Support Network

With NudgeShare, caring is sharing.

Let people in your care network know how you are to

My NudgeShare Identity
(QR Code)

This is your identity code.

For someone to add you to their support network, ask them to:

1. Open their NudgeShare app and navigate to the Network page.
2. Click 'Scan code to add to network.'
3. Using the camera on their phone, scan your code.
4. Once they have added you, add them back by clicking on the 'Scan code to add to network' button.

Done

Wellbeing   Network   Settings

To add someone over a 3rd party messaging app

Click the **Share identity link** button and choose an app to send the link over.
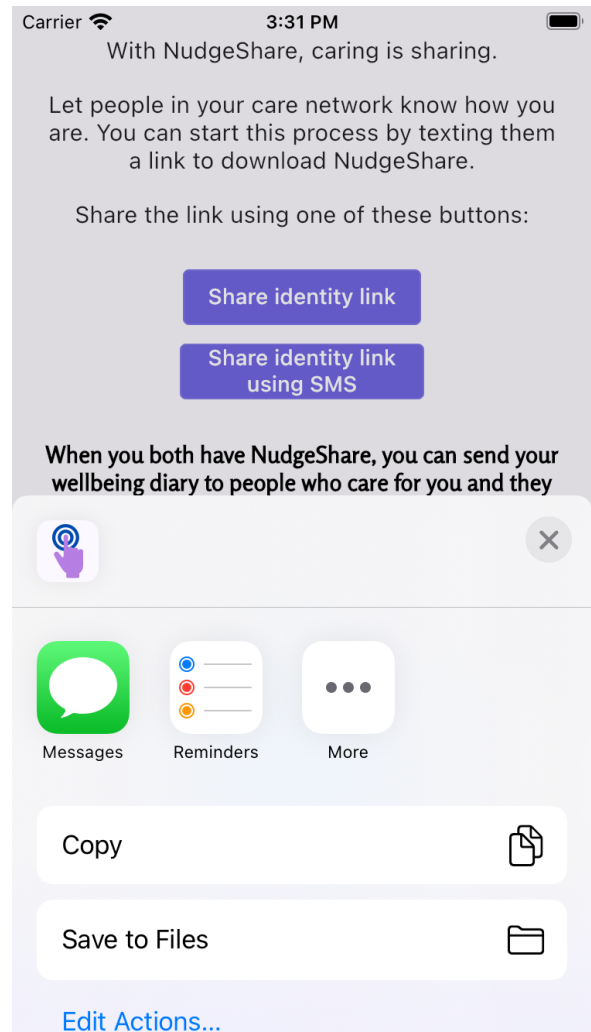
Share Wellbeing Diary with people in my support network

Once you have added at least one person to your support network, your network will be displayed on the Network page.

To share with a particular person in your network, click the **'Send' button** next to this person's name and click **'Share wellbeing data'**.

Select what data you wish to share and tap "**Export**".
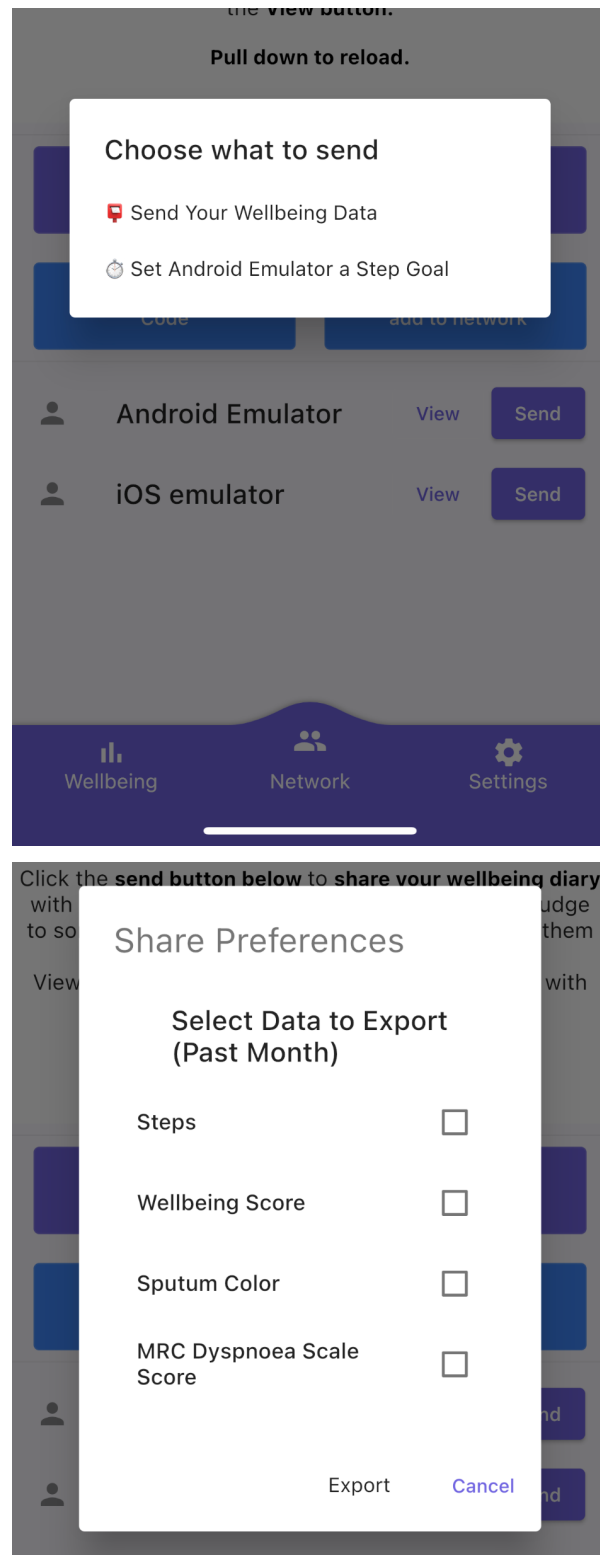
View my support network's Wellbeing Diary

To view someone in your support network's Wellbeing Diary, they must have shared their graph with you.

On the network page, click **'View' beside the name of the person** who **shared it with you**, and then **'View wellbeing graph'**.

If someone has shared their Wellbeing Diary with you but it is not showing up on Network page, pull down on the network page to reload the data.

Unread wellbeing diaries will be found at the top of your support network and can be identified as having **a message icon and dark blue text.**
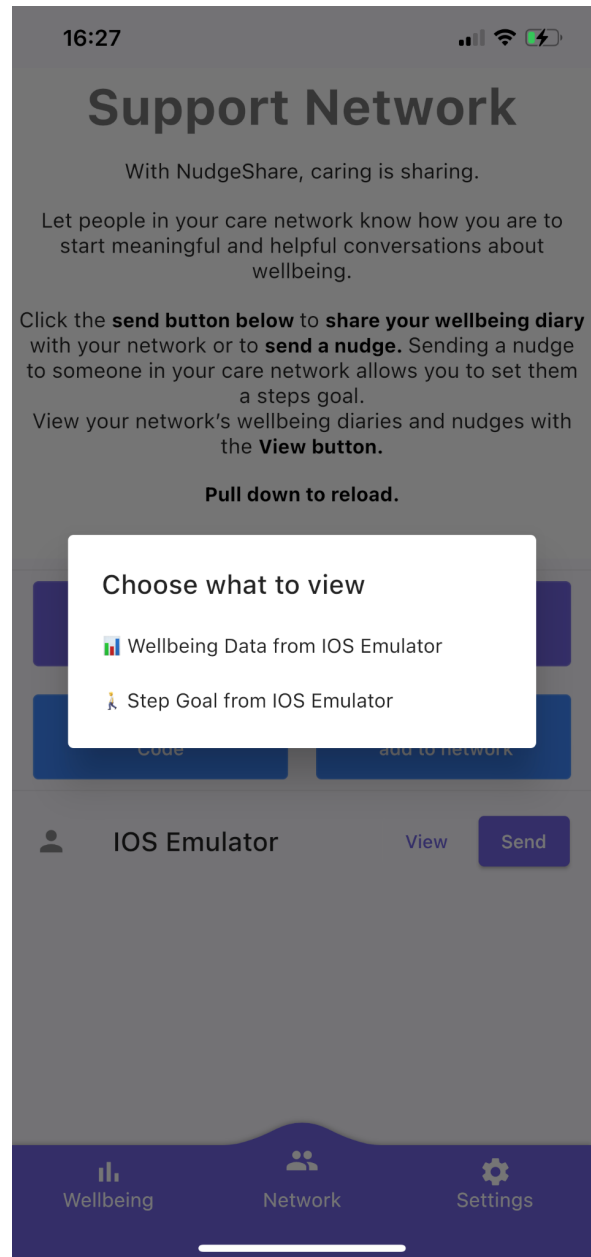
How to nudge/send a step goal to someone in my network

On the network page, click **'Send' Next to the person's name**, and click **'Send step goal'**.

Drag the circle clockwise around the meter to increase the number of steps you wish to set.

Then, click the Send button inside the meter. How to view progress on a step goal that was sent to me

On the network page, ****click 'View' **** and then **'View step goal'**. If this person has set you a goal, you will be redirected to a page that shows you your progress (in completing the number of steps you were set since they set you the step goal.
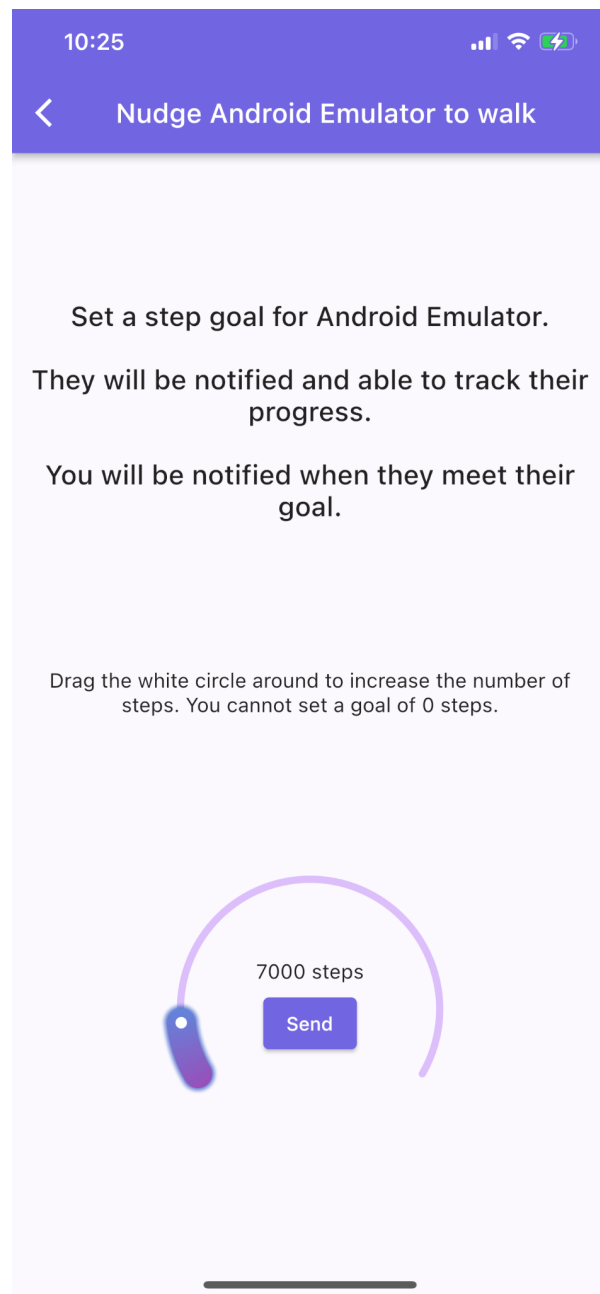
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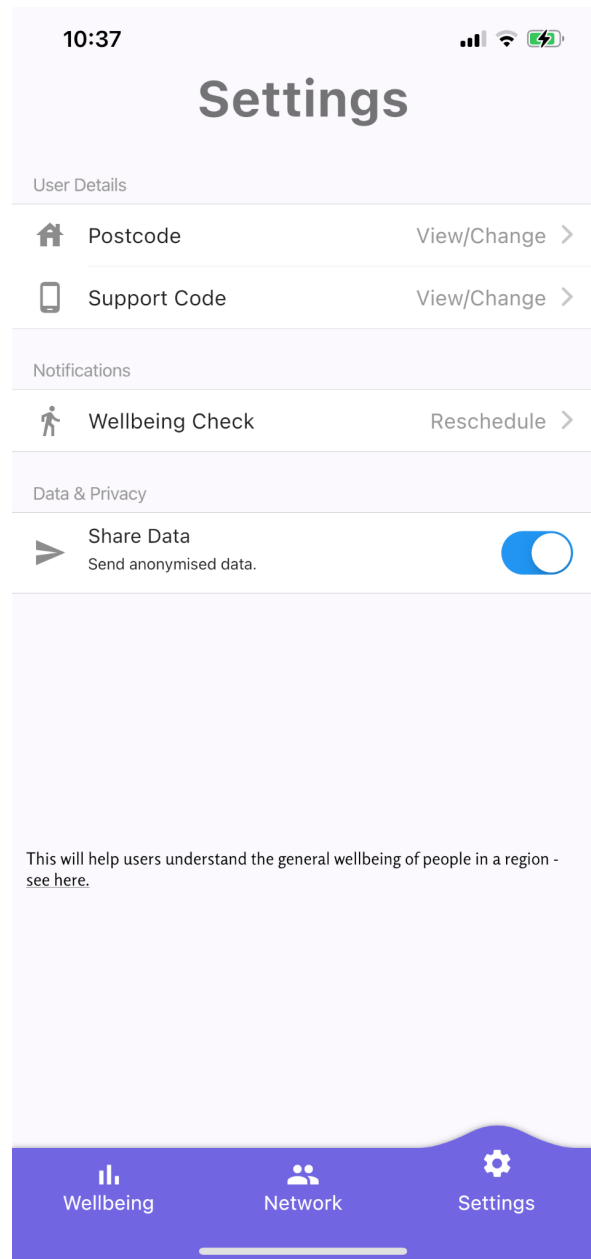
My postcode has changed. How do I update my postcode?

You will be asked to enter the first half of your postcode during the onboarding process when you first download the app. It is required to be between 2-4 characters and must consist of numbers and letters only. If your postcode has changed, you can update it in the Postcode section of the Settings page by doing the following:

1. Navigate to this page by clicking on the Postcode bar on the Settings page.

2. Enter your postcode inside the purple box

3. Click the blue change button

10:37

Change Postcode

Currently, your postcode is: E1

If your postcode has changed, follow the following instructions to change it.

1. Click inside the purple box and type in your new postcode
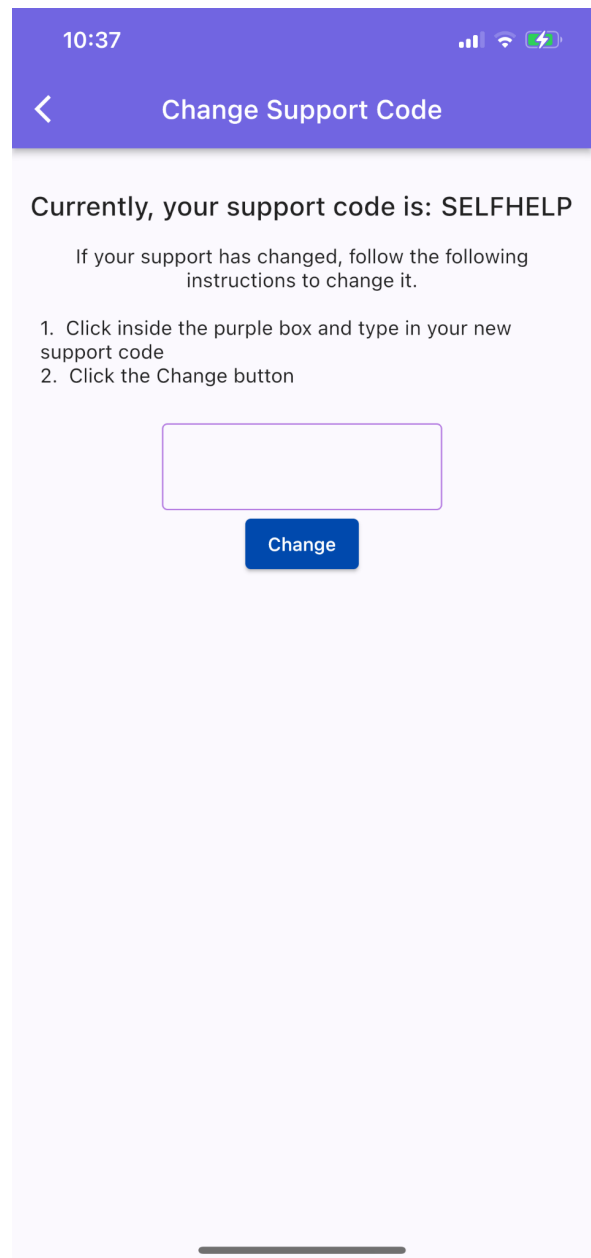2. Click the Change button

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Change

My support code has changed. How do I update my support code?

You will be asked to enter your support code during the onboarding process when you first download the app. If your support code has changed, you can update it in the Support Code section of the Settings page by doing the following:

1. Navigate to this page by clicking on the Support Code bar on the Settings page.

2. Enter your new support code inside the purple box

3. Click the blue change button

10:37

< Change Support Code

Currently, your support code is: SELFHELP

If your support has changed, follow the following instructions to change it.

1. Click inside the purple box and type in your new support code
2. Click the Change button

Change

How do I change my data permissions?

You will be asked whether you wish to share your data during the onboarding process when you first download the app. To change this setting:

- Navigate to Settings page and press the switch next to Share Data.

- If the switch is grey, you are not sharing your data. If the switch is blue, you are sharing your data.
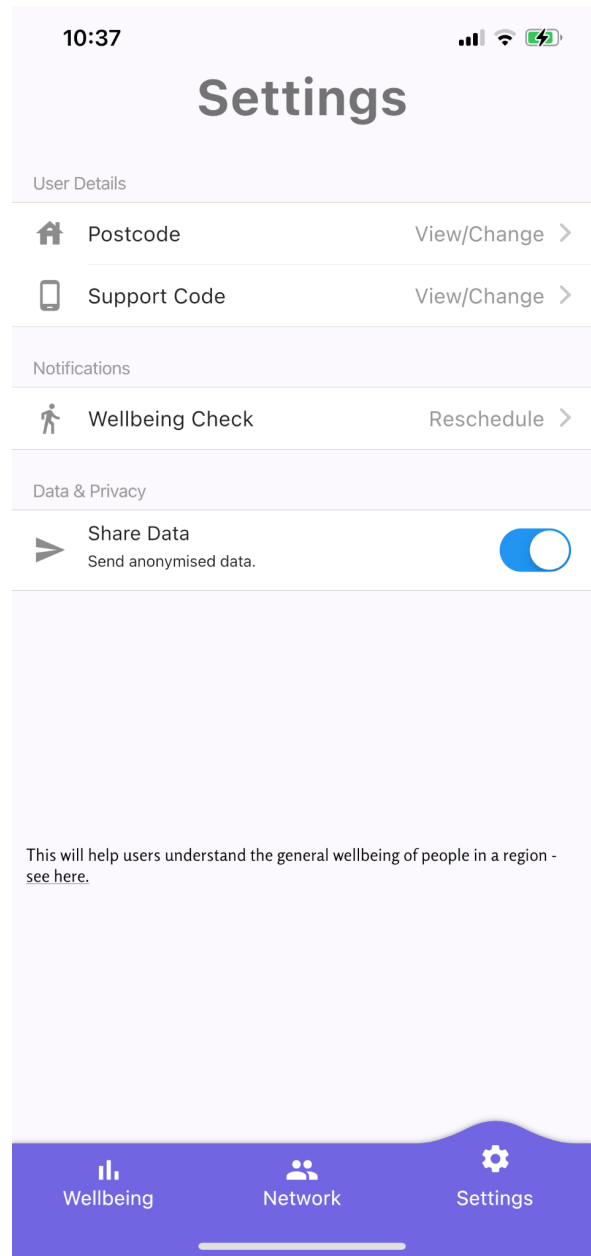
How do I schedule/reschedule the Wellbeing Check notification?

You will be asked to choose a date and time for your 'Wellbeing Check' notification during the onboarding process when you first download the app.

Clicking on this notification will prompt you to report your wellbeing once a Week.

You can change the date and time of this notification on the Settings Page.

To do this:
1. Click on the weekday to reveal a drop-down menu. From this, pick which day of the week you would prefer to receive the wellbeing check Notification.

2. Click on the first number to reveal a dropdown menu that will let you pick which hour you would prefer to receive the wellbeing check Notification.

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Wellbeing Check

To reschedule your wellbeing check notification, follow the instructions below.

Using the Date and Time selector below,
1. Click the weekday it is currently set to and choose the day you would like to receive your Wellbeing Check notification.

2. Click the hour and minute to change these to the time you would like to receive your Wellbeing Check notification.

3. When the day, hour and minute has been set, click the Reschedule button.

Sunday   ↓   12   ↓   00   ↓

Reschedule