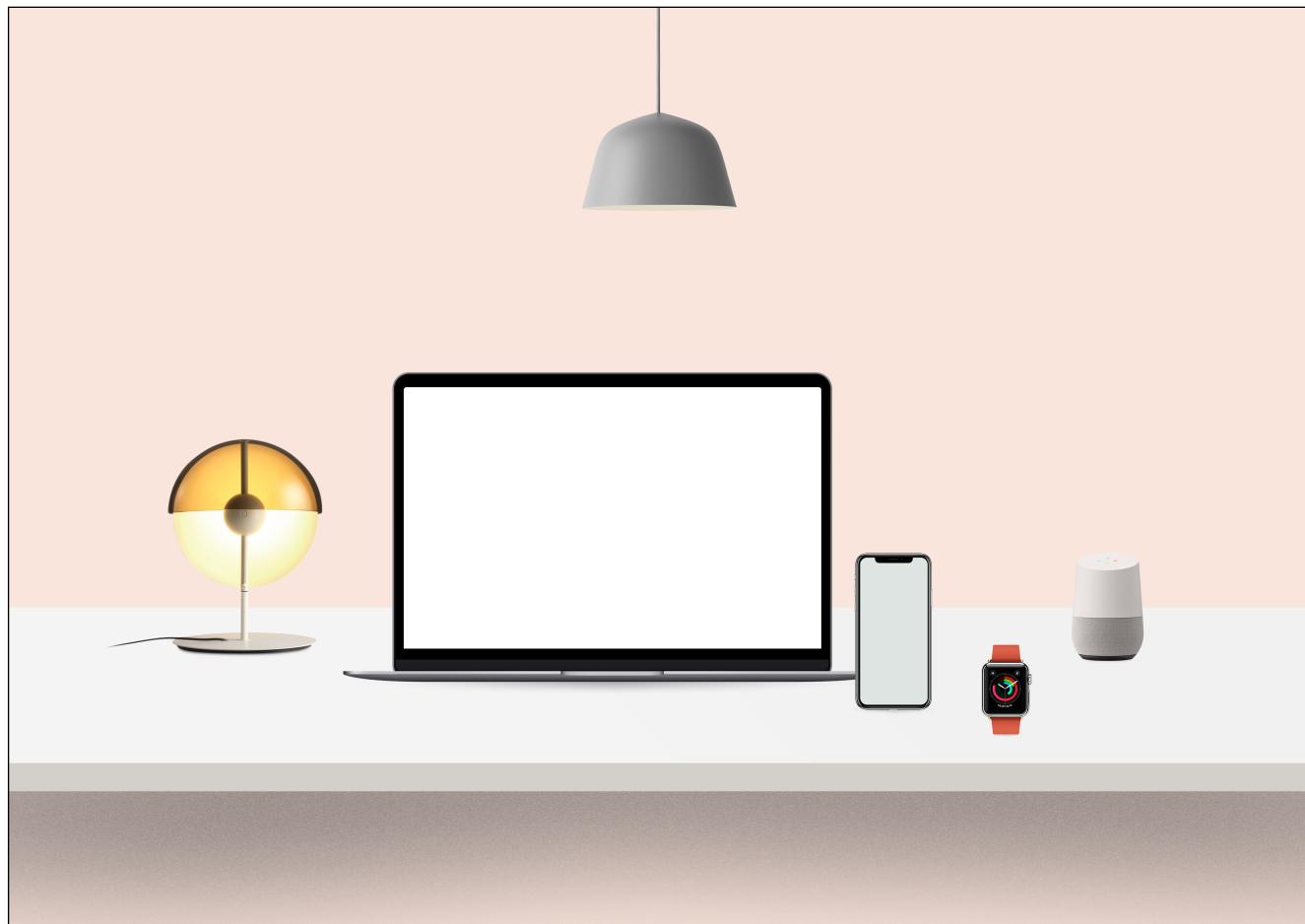


Device Setup and Use Guide

UCI Multimodal Food Journaling Study

Lucas Silva - January 23, 2020



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Introduction

This guide is part of a study about how technology can be used to help people keep track of the foods they eat. This study may help better understand how to design lower-burden apps for food journaling.

During the study you will have the option to record your food in several ways, such as voice recording, picture, description, simulated database search, barcode scanning and web page URL. You will also be able to do this to some extent in different platforms: either an Amazon Alexa Echo or a Google Home, Android or Apple smartphone, apple watch (if you own one), and a website. This manual serves as a guide to configuring and using these platforms.

If for any reason something does not work according to what is described or you face any difficulties, please contact Lucas Silva through his email silvald@uci.edu or phone 949-561-2390 at any time.

For more information about the study, access the following link: []

Digital Assistant

This section will initially describe device configuration and available voice commands.

Amazon Alexa Setup



If you already have a Google Home device you don't need to reconfigure it. If you were lent a device for this study, you can either watch this video [here](#) from 0:52 until 4:00 or follow these simple instructions to configure the device:

1. Plug it to an energy outlet in the space that you feel appropriate to journal your food. This could be the kitchen, a room, office, etc. The device needs to be in range of a wifi network.
2. Download the Alexa app  to your smartphone.
3. Setup the app with your amazon account information. If you haven't already informed the research team of this account email, please do so now or at the end of this setup phase.
4. If the device is showing a yellow circling light, then proceed to next step. If not, then on the echo device click and hold the action button until it does (the button with a dot in the middle).
5. Open the app, click on the "Devices" option.
6. Still in the app click the "+" icon in the top right corner and then the "Add Device" option.
7. Select "Amazon echo", then "echo dot" and then "3RD GENERATION".
8. Follow setup instructions and steps that will appear on the app.

This is all that is needed in regards to setup. The food journaling app is automatically added to your echo device through the amazon account informed to the research team.

Google Home Setup



If you already have a Google Home device you don't need to reconfigure it. If you where lent a device for this study, you can either watch this video [here](#) from 0:52 until 4:00 or follow these simple instructions to configure the device:

1. Plug it to an energy outlet in the space that you feel appropriate to journal your food. This could be the kitchen, a room, office, etc. The device needs to be in range of a wifi network.
2. Download the “Google Home”  app to your smartphone.
3. Setup the app with your google account information. This must not be a UCI gmail as it will not work with the journaling app.
4. If you haven't already informed the research team of this account email, please do so now or at the end of this setup phase.
5. On the app's initial screen, click the + icon on the left upper corner.
6. Click on “set up device” and then the first option : “Set up new device in your home”.
7. Follow the steps presented on the app.

This is all that is needed in regards to setup. The food journaling app is automatically added to your echo device through the google account informed to the research team.

Digital Assistant Commands

We developed a simple journaling app for the digital assistants. Although functional, they are prototypes and might have inaccurate behavior occasionally. You can always check the other platforms to see your journaled food as well. These commands will also work on the corresponding app of your smartphone (Alexa app and Google assistant). Now we list available commands to allow you to journal your food through voice.

Starting the app has a different command according to the platform. If the device blinks and then does not respond the first time, try repeating the command a second time.

- With **Google**, say “Hey Google, **talk to food journal**”
- With **Alexa**, say “Alexa, **start food journal**”

The rest of the commands are the same, independently of digital assistant platform.

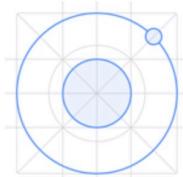
- “**Sign in** [username]”: Will sign you to the assigned user account. Replace [username] with your assigned username.
- “**Journal** [food description/names]”: will register the information said after the keyword
- “**Read last entry**”: will inform details from the previous food entry, independently of where it was inserted from (e.g.: it could have been registered using the mobile app).
- “**Delete today's last entry**”: will delete the last entry after a second confirmation.
- “**Am I logged in?**”: will inform you if are logged in and with what user.
- “**Sign out**”: signs your user out of the app, but does not stop the app.
- “**Exit**”: closes the app

Smartphone

The smartphone app is a prototype and because of this it is not in the play store or apple store. Follow the instructions according to your device system to install the app on your smartphone.

Iphone iOS App Setup

After informing your email to the researchers, you will receive an email similar to the following image:



UCI Food Journal 1.11 (1.11)

To accept this invitation:

1. Get [TestFlight from the App Store](#).
2. Open TestFlight and choose Redeem.
3. Enter **NFZCRJRK** and start testing.

Follow these steps in the email and you will be able to use the app in TestFlight.

Apple Watch

First follow the setup for installation in your phone. If you have an apple watch, there will also appear an app there. Sign in using the provided username. If you sign in with a different username by mistake, uninstall the app and start over to try again (sorry, this is a prototype).

Android App Setup

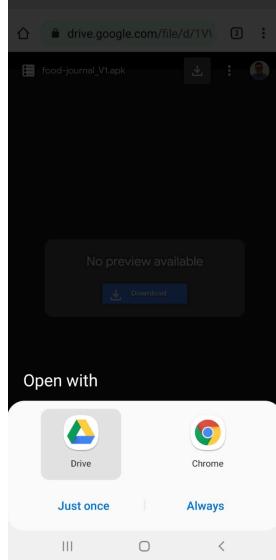
The app installation is done using an APK file. Because Android particular systems vary so much, the following steps might not be exactly the same for you. Try to follow them and if you get stuck, please contact the research team and they will be happy to help you. On your smartphone access the following link to download the installation file:

[https://drive.google.com/file/d/1VW6Rhs3CbhE-CbVgYhkHjTDqdO1tBZR6/view?
usp=sharing](https://drive.google.com/file/d/1VW6Rhs3CbhE-CbVgYhkHjTDqdO1tBZR6/view?usp=sharing)

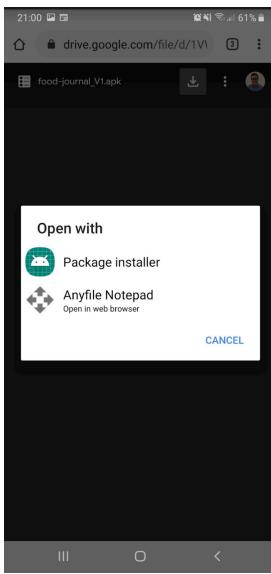
Or

<https://tinyurl.com/ucifood>

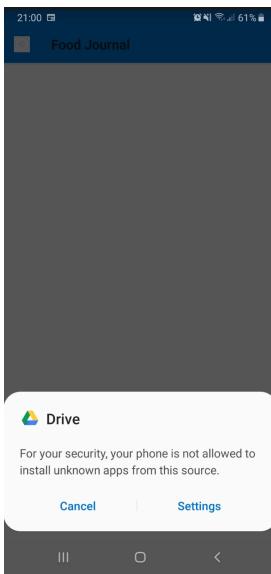
After downloading the file, you will be asked to select a way of opening it, similarly to the following image:



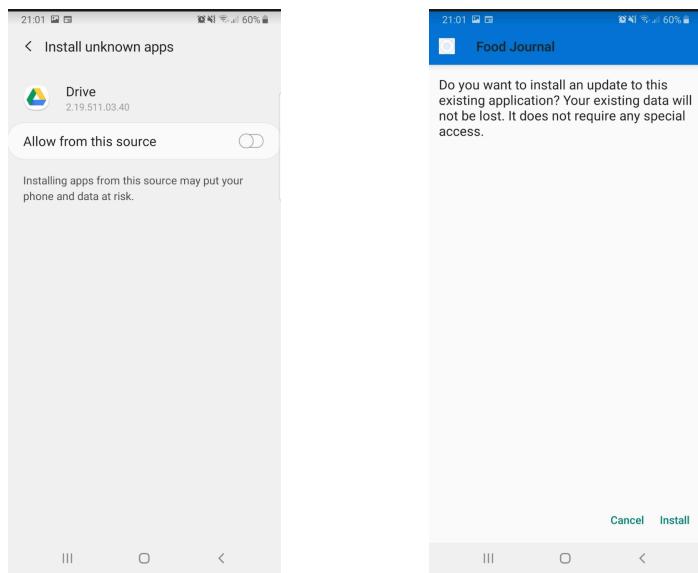
Select an app you have installed that is capable of opening the file. It might be a folder browsing app, such as "Drive" in the above case, "File Manager", "Files", etc. After that, it will give you the option of opening the file with "Package installer", as in the following image:



After selecting the package installer, it will try to install the app. But it might give you a security warning, such as:



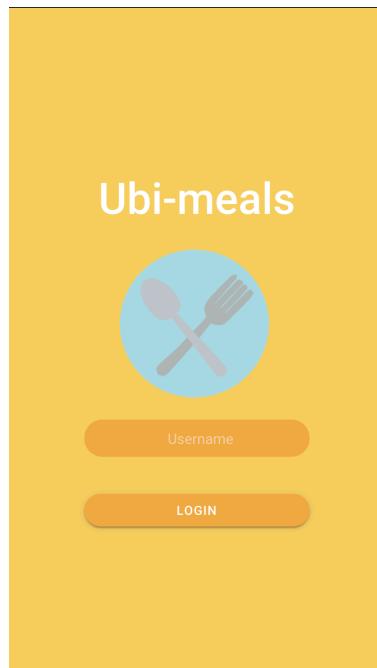
If that is the case, go ahead and click settings and then allow installation of apps downloaded from google drive. The following two images show example screens for these steps.



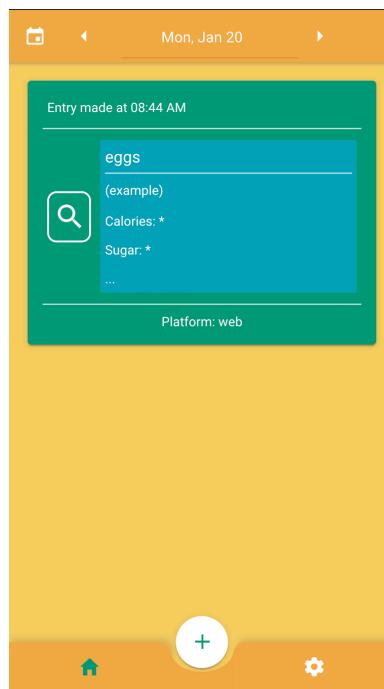
How to use the mobile app

The smartphone food journaling app is a prototype and it seeks to simulate functionalities present in many commercial journaling apps. The functionalities present in the app should be intuitive, so feel free to explore and test them out. You can always delete entries from the current day.

To start using the app, initiate it and then sign in using your assigned username.

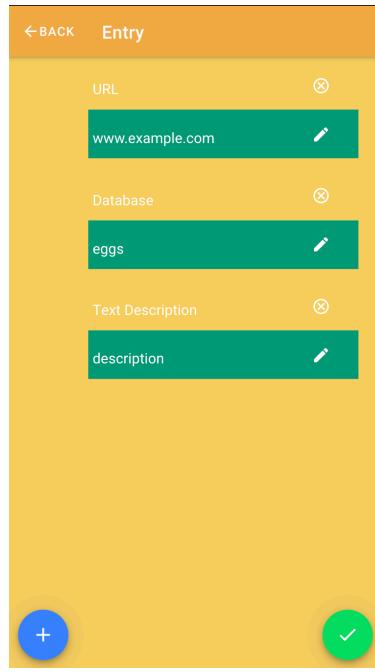


The first screen is the home screen where you can see your entries and browse them by date.

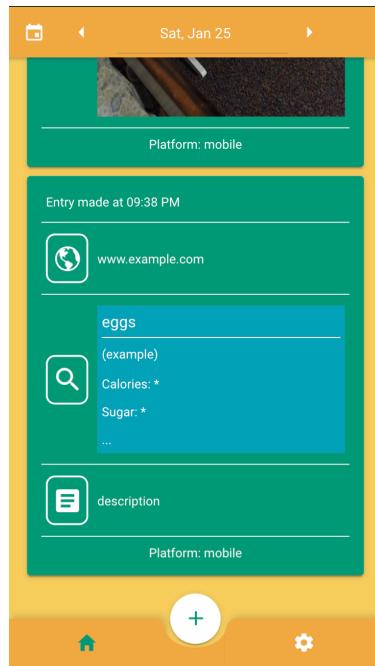


The bottom bar gives you the option of going to a settings page and the white action button allows you to go to a page to make new food entries. In this entry page (image in the next page), you can add by clicking the blue action button and selecting a type of entry:

- **Picture:** use your camera to take a picture of your food.
- **URL:** link a webpage to something related to your food (e.g.: a recipe, a page about the food nutrients, wikipedia page about the meal, etc.).
- **Voice transcription:** will transcribe what you say.
- **Database search:** simulating a search in a food database, returning nutritional information about that food.
- **Description:** any description of the food that you might want to save.
- **Barcode scan:** will scan the packaged food's barcode for a search in the database for its nutritional information.

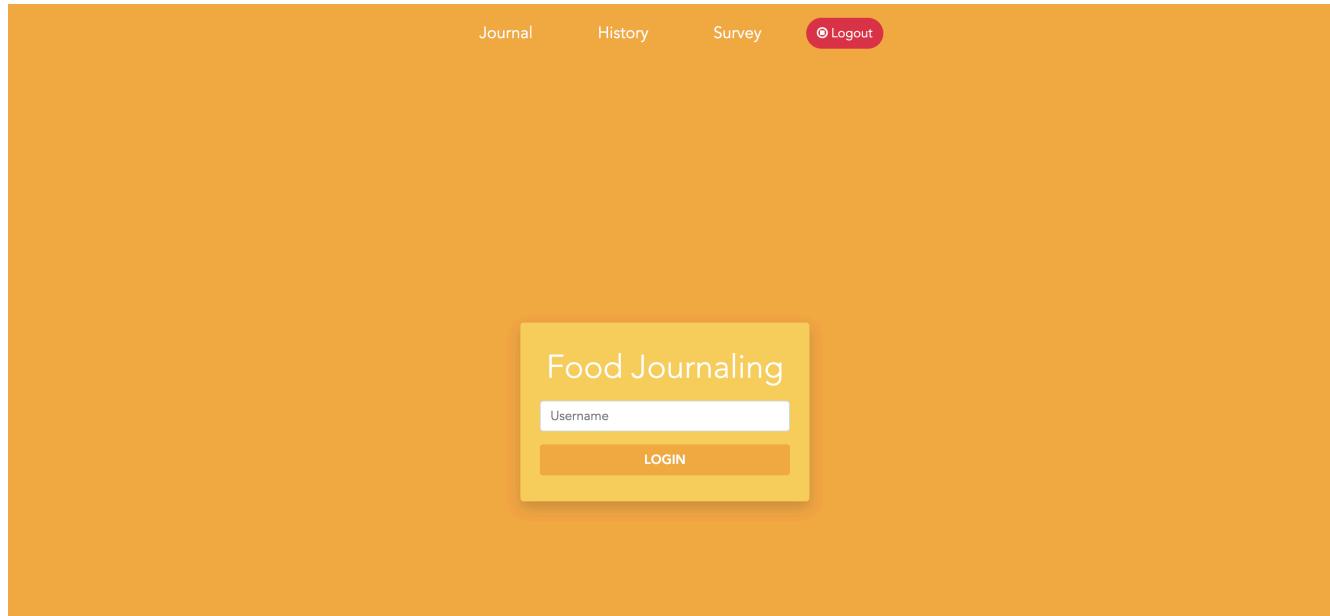


Clicking on the green confirmation button will save the entry and will return you to the home page.

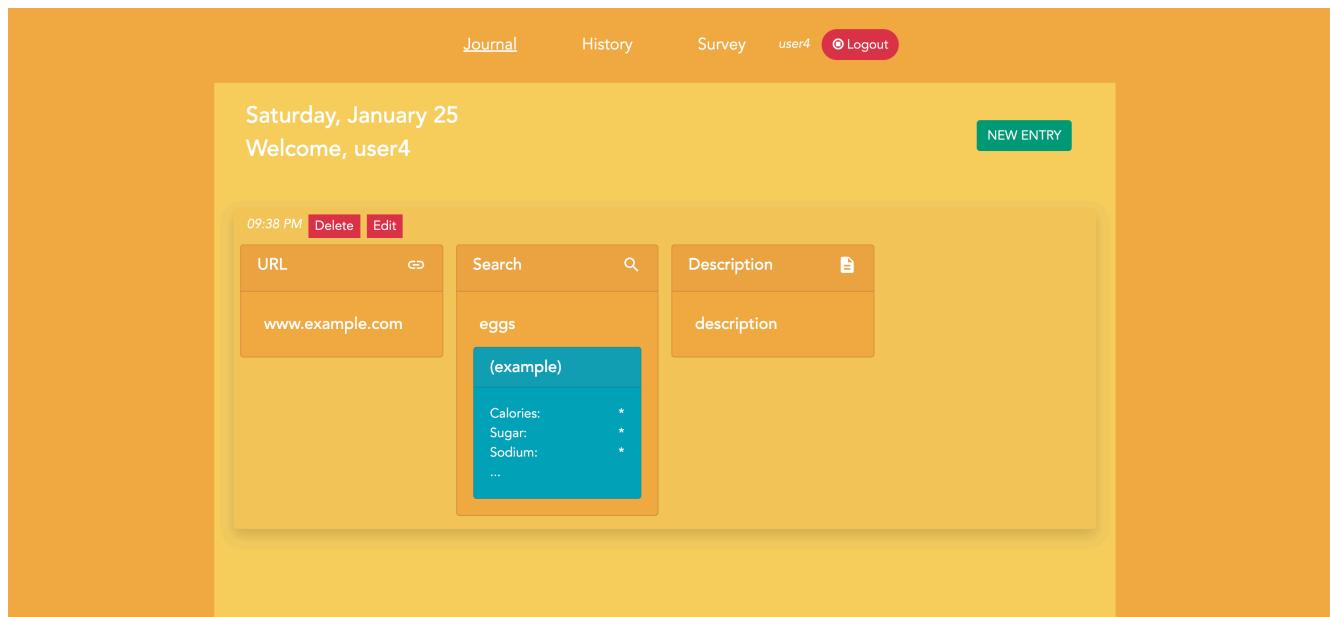


Web Page

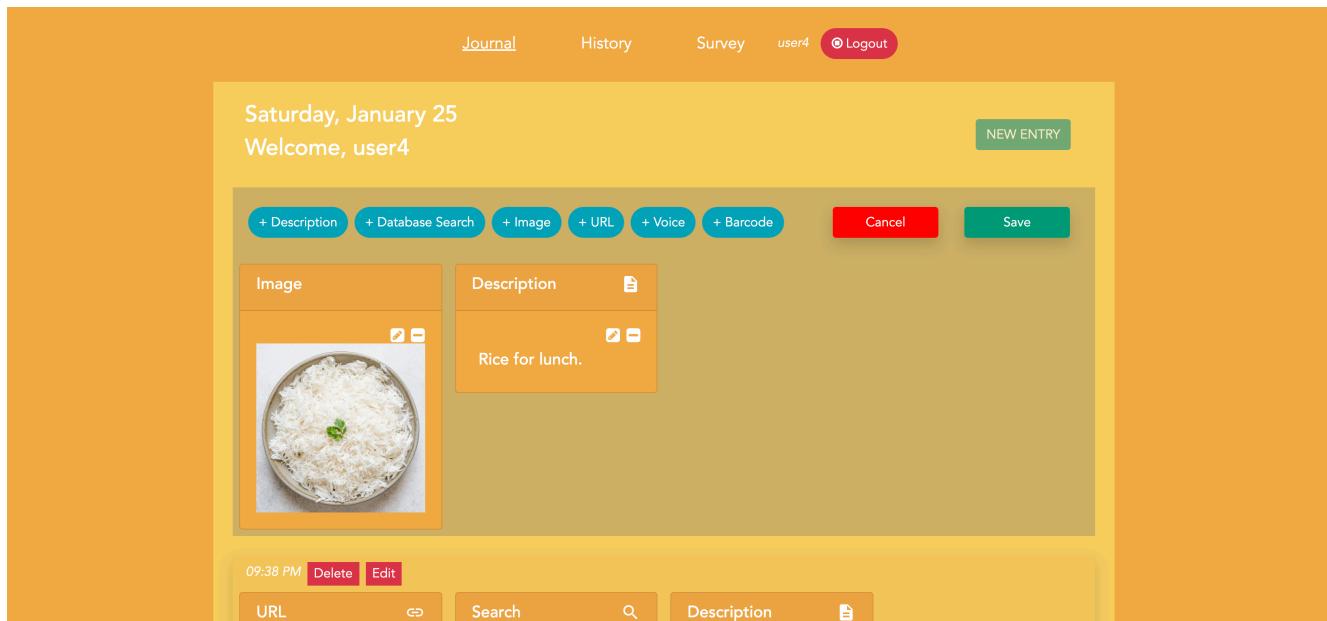
Open the web page app by following the link: <https://food.lsilva.net/>



Sign in using the username provided by the research team. In the first page you will see today's entries and be able to edit or delete them.



To create a new entry, just click on the button and select the type of inputs.



In the history tab it is also possible to visualize past entries, but not possible to edit or delete them.

The final tab is for survey screen. You will need to answer a quick survey for each entry. This should be done daily for the answers to be more accurate.

