Beiwe2 App

1. Go to the **App store** on your iPhone and download the **Beiwe2** app.
2. Once it is installed, **enter the following information**:

   Study Server: bw2.ut-wcwh.org
   User ID: use the Beiwe User ID that was provided
   Temporary Password: use the Beiwe Password that was provided
   New Password: create your new password

   - ***Keep it simple and easy to remember*** because you will
     need to enter it each time you respond to a survey.

   Confirm Password: re-enter your new password
   Primary Researcher Phone: enter 888-888-8888
   Research Asst. Phone: enter 888-888-8888

3. **Click register. Allow all the permissions.**
4. Let the researcher know if you're having trouble or when arrive at the "**Welcome to Beiwe**" screen.

A. Downloading and Setting Up the Beiwe2 App for <u>Android</u>

1. Go to the **Google Play store** on your phone and download the **Beiwe2** app.
2. Once it is installed, **enter the following information**:

   Study Server: bw2.ut-wcwh.org
   User ID: use the Beiwe User ID that was provided
   Temporary Password: use the Beiwe Password that was provided
   New Password: create your new password

   - ***Keep it simple and easy to remember*** because you will need
     to enter it each time you respond to a survey.

   Confirm Password: re-enter your new password
   Primary Researcher Phone: enter 888-888-8888
   Research Asst. Phone: enter 888-888-8888

3. **Click register. Allow all permissions.**
4. Let the researcher know if you're having trouble or when arrive at the "**Welcome to Beiwe**" screen.

B. Using Beiwe2 During the Study Period (iPhone iOS & Android)

- **You will receive several short phone surveys throughout the week.**
- When you receive a **notification for a survey**, click on it and you will be directed to the Login screen where you will need to **enter <u>your</u> password** (NOT the temporary password provided to you) to access the survey. **Complete the survey(s) as soon as possible.** Notifications will remain on your screen until the survey(s) are complete.
- **Complete the survey and click the "Submit"** button at the bottom of the screen. You will then see a message indicating that your survey has been submitted.
- Have your Bluetooth and WiFi are on at all times. Continue to use your smartphone as normal.

C. Beiwe2 Troubleshooting for iPhone (iOS) and Android

- If you are having any problems with the app (e.g., not getting any survey notifications during each week of the study, not able to log in, you forgot your password), please email the study staff for assistance. **DO NOT delete the Beiwe2 app.**

Fitbit

A. Downloading and Setting Up the Fitbit

1. **Download Fitbit app** on your phone
2. Click on **Set up a Device** within app
3. **Select device** (e.g., Inspire HR, Sense). Click **Set Up**
4. Approve app request to turn on **Bluetooth**
5. Agree to app's **terms and conditions**
6. **To pair the device** provided to you w/ the Fitbit app on your phone, place device close to phone and enter 4 digit code that appears on the device.
7. Once paired successfully, check that your Fitbit **appears on your list of devices** on your app
8. Let the researcher know if you're having trouble or when you've successfully paired your device
9. **Login in to your Fitbit account via the Fitabase website on the researcher's computer**
   a. Choose "Allow All" permissions and enable all day sync.

B. Using the Fitbit During the Study Period

- Continuously wear the activity tracker on your **non-dominant wrist** except when it is otherwise inappropriate to wear the device (e.g., when swimming or showering).
- View your activity and sleep within the app. Have your Bluetooth and WiFi are on during the study.
- **Charge the device** when the battery is low, ideally during a **period of stationary activity** such as sitting (**NOT during a period of activity/movement or sleep**). Charging takes ~1-2hrs.
- If you are having any problems with the app or device, please email the study staff (**ut2000study@gmail.com)** for assistance.
- **After you've returned the Fitbit at the end of the study, please delete the account.**

Using the Bevo Beacon During the Study Period

1. Place the device in your **bedroom away from major sources of heat or humidity** such as the window or the bathroom. We recommend you place it on your **nightstand**.
2. Please **do not cover or place objects directly next** to the device.
3. **Power on the device by plugging it directly into the outlet**. Please avoid plugging the device into a power strip with other connected devices if possible. If necessary, press the button to turn on - you should hear a small **humming noise** when the device is powered on.

NOTE:
- The device will measure temperature and indoor air quality.
- **Avoid placing open containers of fluids or contaminants near the box to avoid damage.**
- Devices have a small screen - if the screen does not display measurements or cycle through different displays, please unplug the device, wait a few seconds, and then plug it in again. If you still have the same issues, please contact the study staff.