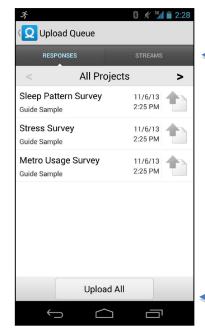
## APPENDIX A. - UPLOAD GUIDE

Ohmage and Mobility will regularly attempt to upload your data independently. However, if there are problems with the automatic upload, here is a guide to allow you to upload your data manually.

There are two types of data to upload to the server: 1) your submitted survey responses; and 2) your physical activity level as measured by Mobility.

## How to Upload Your Data:



1. From the Ohmage Dashboard, select Upload Queue.

• In the Upload Queue screen, you will see two tabs: Responses and Streams. Responses refers to your submitted surveys; Streams refers to your physical activity data as captured by the Mobility application.

- You can review your responses to a survey by tapping the survey name.
  - 2. Tap Upload All at the bottom of the Responses tab.

Once uploaded, the Response Queue should be empty.

• Note: You can also upload individual surveys independently by tapping the Arrow Icon to the right of the survey you wish to upload.



3. Tap the Streams tab; tap Upload Now at the bottom of the Streams tab (Analytics and LogProbe may not be visible).

Once uploaded, your Streams Queue may still show LogProbe, if visible.