OHMAGE MWF FAQ

Following are several Frequently Asked Questions about Ohmage MWF.
Please see ohmage.org and demo.ohmage.org for more information.

- What is Ohmage?
  - Ohmage is a data collection application that allows for both the passive and active capture of data via a smart phone's internal sensing mechanisms as well as through a user's participation in various surveys.

    It allows users to self-report and log their experience and then cross-examine their subjective responses with objective data automatically collected and processed by the phone. All data is time stamped and certain data (if desired) is tagged with GPS coordinates so that users might also gain insight into circumstances that may have influenced certain survey responses or physical dafta.
    With the information that Ohmage provides, users can draw conclusions about their personal behaviors that they can then modify as desired (i.e. users with diabetes can take surveys about eating habits and stress levels and can cross-examine that with their blood glucose readings).
    There are myriad practical applications for Ohmage, and users can customize their interactions with it in order to get the best possible experience and results from the program.

- What is Moves? (www.moves-app.com)
  - Moves is a separate application that collects a user's physical activity status from the phone throughout the day in order to determine how often the user is walking, running, or cycling versus taking transport or sitting still. Moves determines the activity status using a combination of accelerometer and location data, sensing how the phone itself is moving through space as well as how quickly the phone is changing locations via GPS.
    Using the physical activity data that Moves captures, users can detect patterns in their behavior, which can help to inform and to motivate new behavioral choices and patterns.
    Moves is a passive application, meaning that it runs in the background on the phone. Once it is installed and turned on, it will collect and upload data completely automatically.
    A user may visit the Moves application to view and monitor the captured data or to alter the settings.

- Why was I asked to use Moves? Or why was I not asked to use Moves?
  - Some studies require, or are enhanced by, the understanding of a person's physical activity level on a daily or weekly basis. And other studies do not require, or are not enhanced by, this information. Therefore, if you are involved in a study that would benefit from the collection of your physical activity data (i.e. a weight loss study, a stress study, a study concerning a chronic illness, etc.) you will likely be asked to install and run Moves on your phone, in conjunction with your participation in the self-report surveys in Ohmage.

- Should I expect to see shortened battery life on my phone if Ohmage and / or Moves is running in the background?
  - You will need to charge your phone fully once every 24 hours. Most users are able to run Ohmage / Moves consistently through a full day on a single full charge. However, this is true provided that their devices are models released within the last two years.

- Concerning my phone's data plan, what is the minimum GB per month that I will need to run the application(s)?
  - You will need less than 200MB of data per month. Though we cannot be certain of the exact amount, it may in fact be less than 100MB per month, since the data transfers are compressed.

- I keep getting notifications on my phone telling me to keep Wifi on. Why is this better than using my regular data connection?
  - Wifi allows the application data to transfer more rapidly and it helps to preserve battery life, since your phone spends less energy searching for and maintaining a data signal. Also, enabling Wifi will help your phone gather your location more easily, thereby putting less pressure on your phone's GPS.