
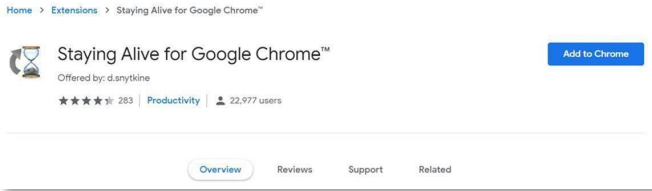
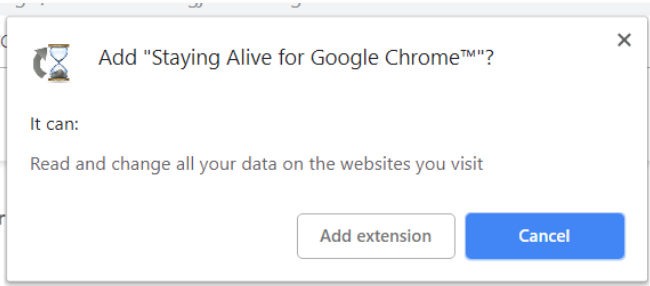
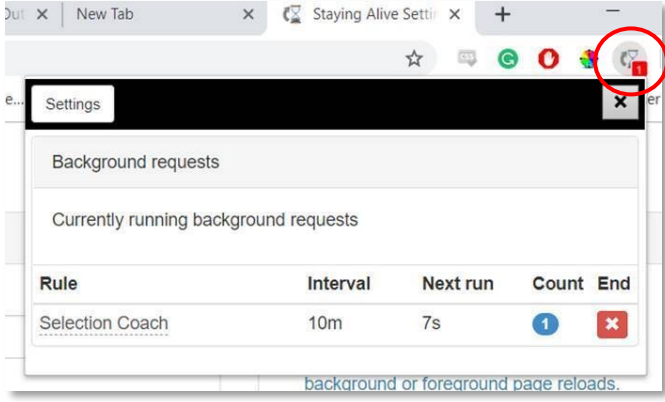


» **Communication Coach is kicking me out of my account too often:**

○ **Chrome:**

<p>1. Open this link in Google Chrome: https://chrome.google.com/webstore/detail/staying-alive-for-google/lhobbakbeomfcgjallalccfhfcgleinm?hl=en-US</p>											
<p>2. The following page will appear.</p>											
<p>3. Press Add to Chrome. This pop-up will appear. Press Add extension to install it.</p>											
<p>4. Once installed, click on the icon in the upper right corner and press Settings.</p>	 <table data-bbox="859 1698 1476 1782"><thead><tr><th>Rule</th><th>Interval</th><th>Next run</th><th>Count</th><th>End</th></tr></thead><tbody><tr><td>Selection Coach</td><td>10m</td><td>7s</td><td>1</td><td></td></tr></tbody></table>	Rule	Interval	Next run	Count	End	Selection Coach	10m	7s	1	
Rule	Interval	Next run	Count	End							
Selection Coach	10m	7s	1								

- When the settings page comes up, label a new rule titled Communication Coach. For trigger URL and Background Request URL, enter the URL of your Communication Coach. For example: <https://successsciences.communicationcoach2.com/>

Set the Request Interval to 10. Scroll to the bottom and uncheck the option for "Play short beep 10 seconds before reloading the page".

Rule Name

Rule Name

Communication Coach

Rule will be identified by this name.

Background Request Options

Trigger Uri

https://selectioncoach.communicationcoach2.com/user/dashboard

Requesting this url from browser will start the background request loop.

Background Request Uri

https://selectioncoach.communicationcoach2.com/user/dashboard

Optional. If not specified will use Trigger Uri

Request Interval (in minutes)

10

Minimum 1 minute. Only whole numbers are allowed.

- Ensure both Loop Exit Options are selected after you entered in the settings, press Save Rule at the bottom.

Then restart Chrome.

Reload matching page after this many minutes of idling

1

Minimum 1 minute. Only whole numbers are allowed.


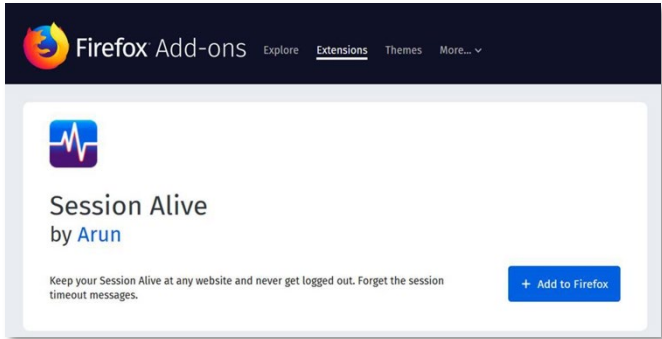
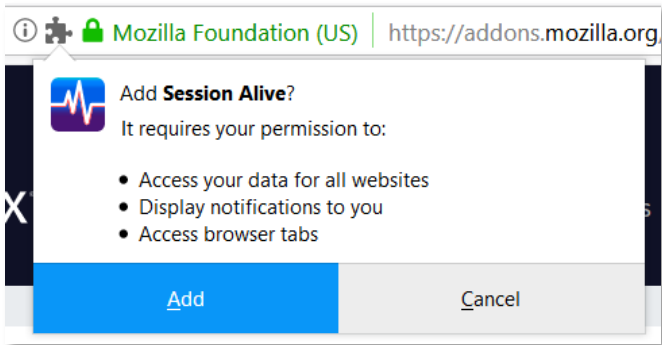
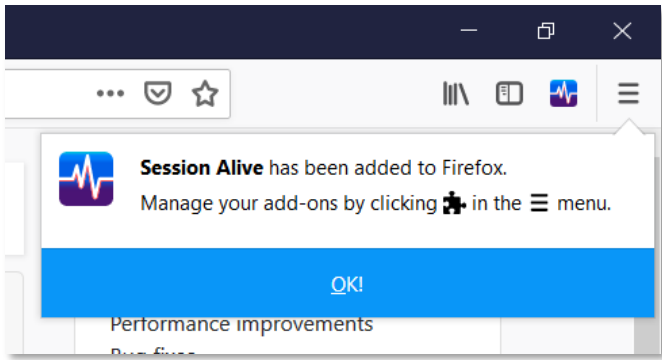
☐ Play short beep 10 seconds before reloading page.

Sound test

Loop Exit Options

☒ End Loop when browser tab is closed
☒ End Loop when http response code is not 200

○ **Firefox:**

<p>1. Open this link in Firefox: https://addons.mozilla.org/en-US/firefox/addon/keep-session-alive/</p>	
<p>2. The following page will appear.</p>	
<p>3. Press Add when this pops up.</p>	
<p>4. Press OK.</p>	

- When the settings page appears, enter the following settings. Rule Name: Communication Coach

Trigger URL (enter your Communication Coach URL), for example: <http://successsciences.communicationcoach2.com/>

Request Interval: 10 minutes

Add New Rule

Rule Details

Rule Name:

Communication Coach

Give a short name for the Rule.

☐

Disable the Rule.

Background Request Options

Trigger URL:

<http://successsciences.communicationcoach2.com/>

Navigating to this URL will start the background request loop.

Background Request URL: **Optional**

Optional Background Request URL. eg: <https://myapp.com/options>

Optional. If not supplied Trigger URL will be used as Background request URL.

Request Interval (in minutes):

10

Request interval for the background request loop. Minimum 1 minute and whole numbers only.

☒

Stop Background Request when server response is not 200 OK.

The response from server may indicate that the session is already expired.

- Then, press Save Rule at the bottom of the page. Restart Firefox.

Save Rule