

User Guide

Mobile App



Logging In

When you open the Wellness Buddy mobile app, you will reach the start page (Fig 1.1).

- Enter your registered email address and password.
- Click **Log In** to access your account.

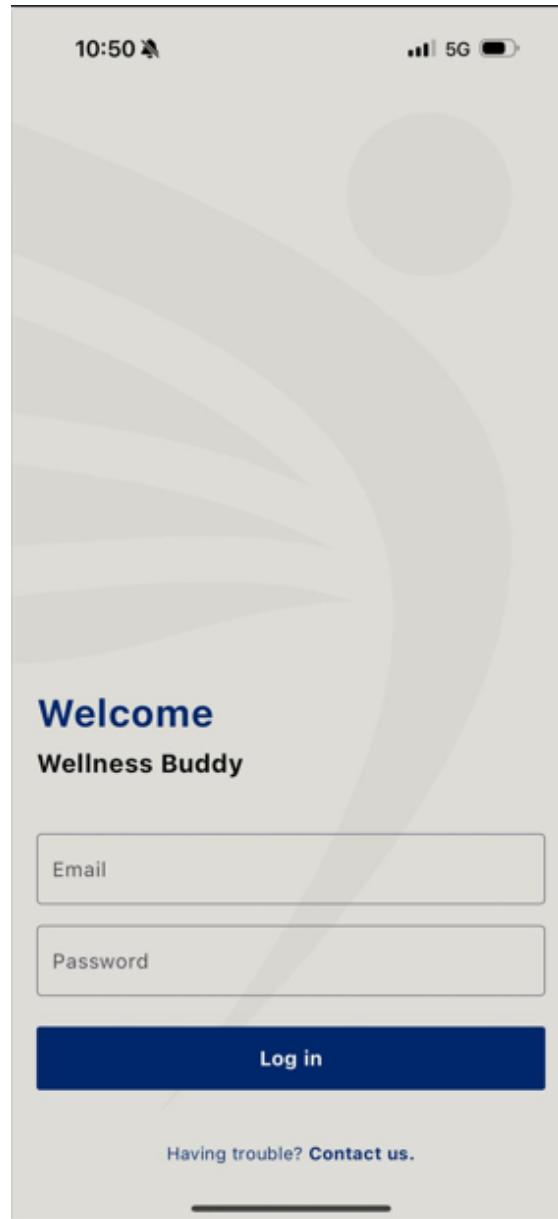


Fig 1.1

Home Page

Upon log in, you will be redirected to the 'Home' page (shown on Fig 2.1). The sections of the 'Home' page are as follows:

- The 'Rewards' section shows the KrisFlyer Miles earned in the current level, the required amount to level up and your current completion rate based on completed tasks.
- Metrics information such as 'Sleep', 'Exercise', and 'Heart Rate'.
- Available tasks in the app.
- Tap on the 'Gear' icon on the top-right corner to open the 'Settings' page.
- Tap on the 'Question Mark' icon on the top-right corner to learn how KrisFlyer Miles are earned and how you may be able to keep the loaned tracker.

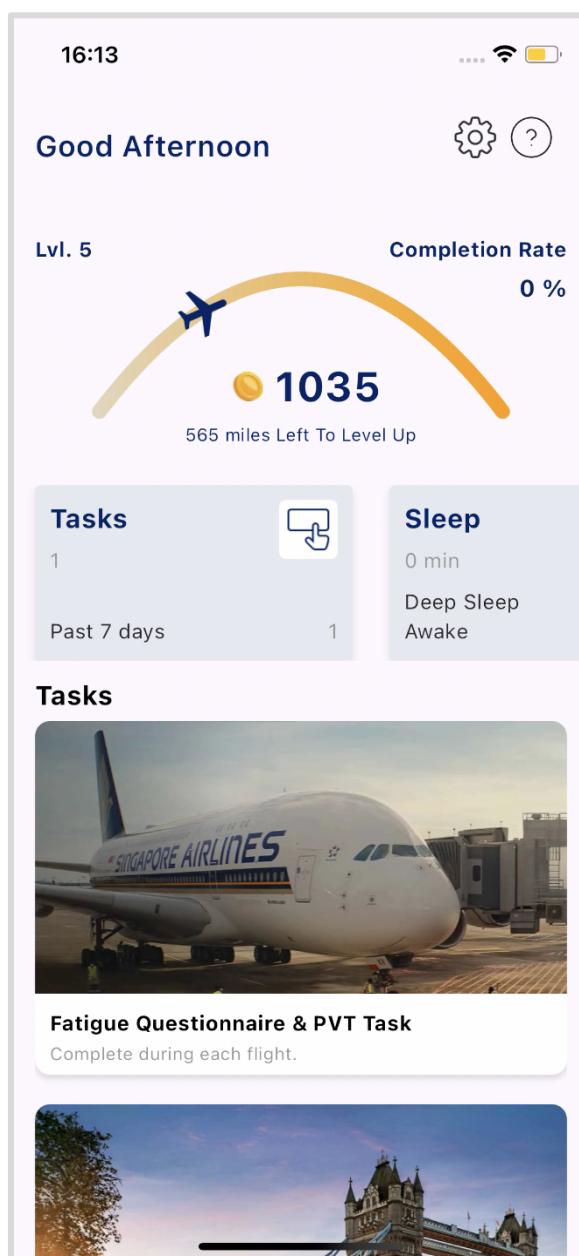


Fig 2.1

Rewards – Tracking

Progress towards earning rewards in Wellness Buddy is tracked via the plane arc (shown in Fig 3.1) on the 'Home' page (shown in Fig 2.1). As the plane reaches the end of the arc, it will reward KrisFlyer Miles for each arc completed.

- To view the KrisFlyer Miles you have accumulated to date, tap on the plane arc to open the 'Rewards' page (shown in Fig 3.2).

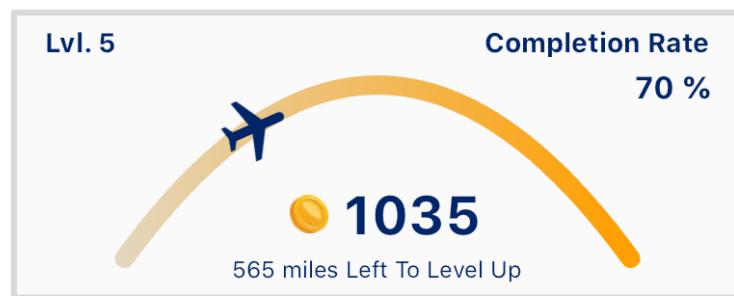
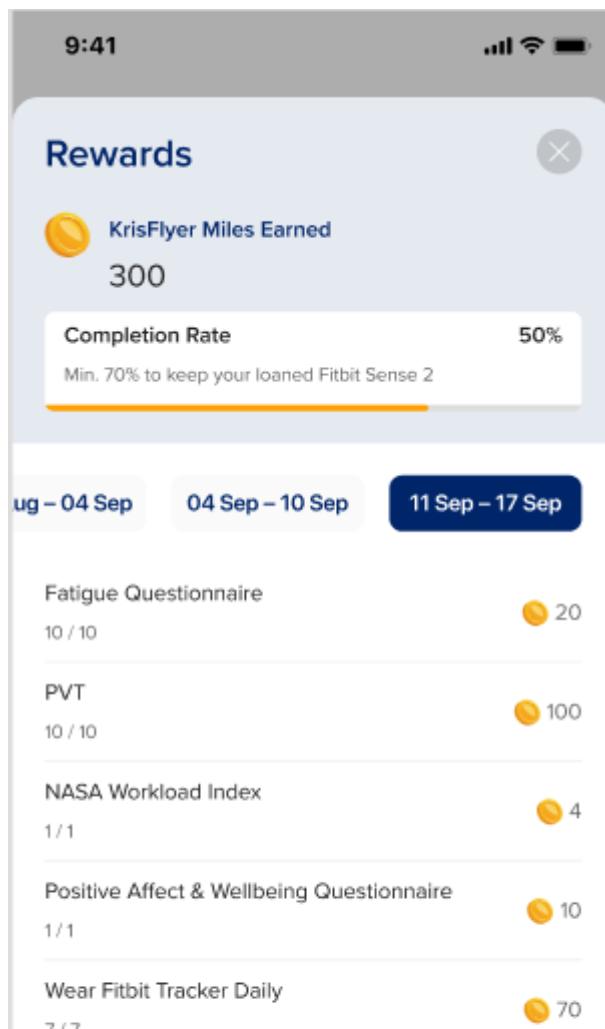


Fig 3.1

In the 'Rewards' page, swipe left or right on the dates to view the KrisFlyer Miles you have earned through the tasks you have completed during the date range selected (shown in Fig 3.2).

- To return to the 'Home' page, tap on the 'X' icon in the top-right corner.



Rewards – How to Play?

Tap on the 'Question Mark' icon on the top-right corner in the 'Home' page (shown in Fig 2.1) to learn how KrisFlyer Miles are earned and how you may be able to keep the loaned Fitbit tracker (shown in Fig 4.1).

- To return to the 'Home' page, tap on the 'X' icon in the top-right corner.

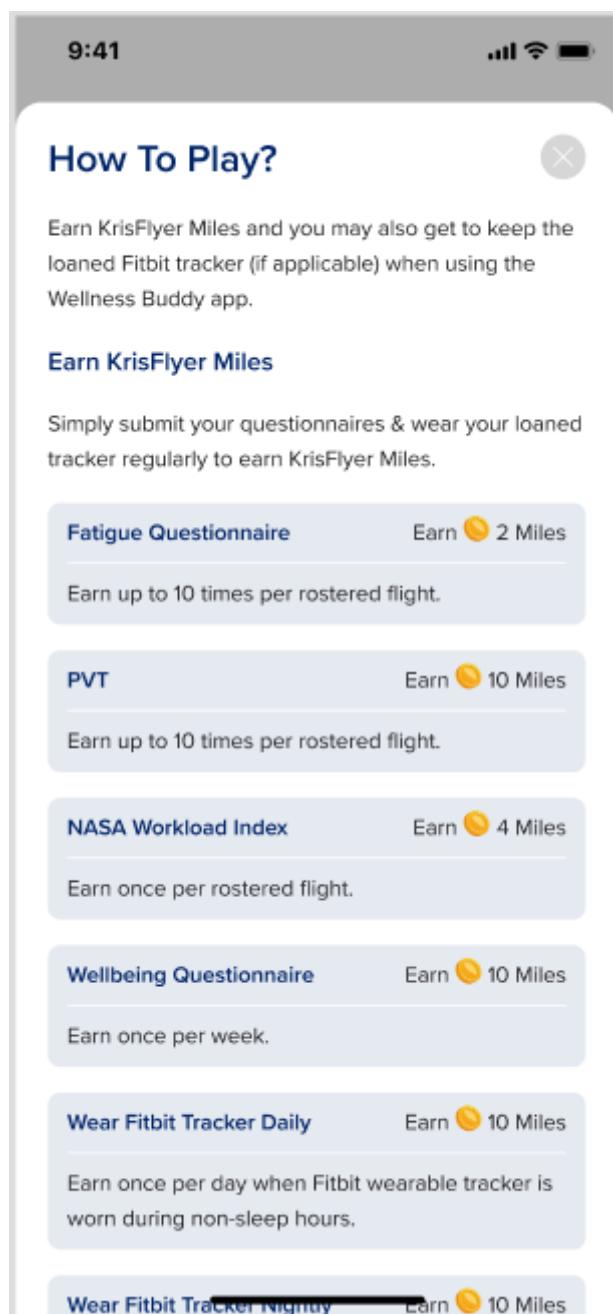


Fig 4.1

Metrics Info – Tasks

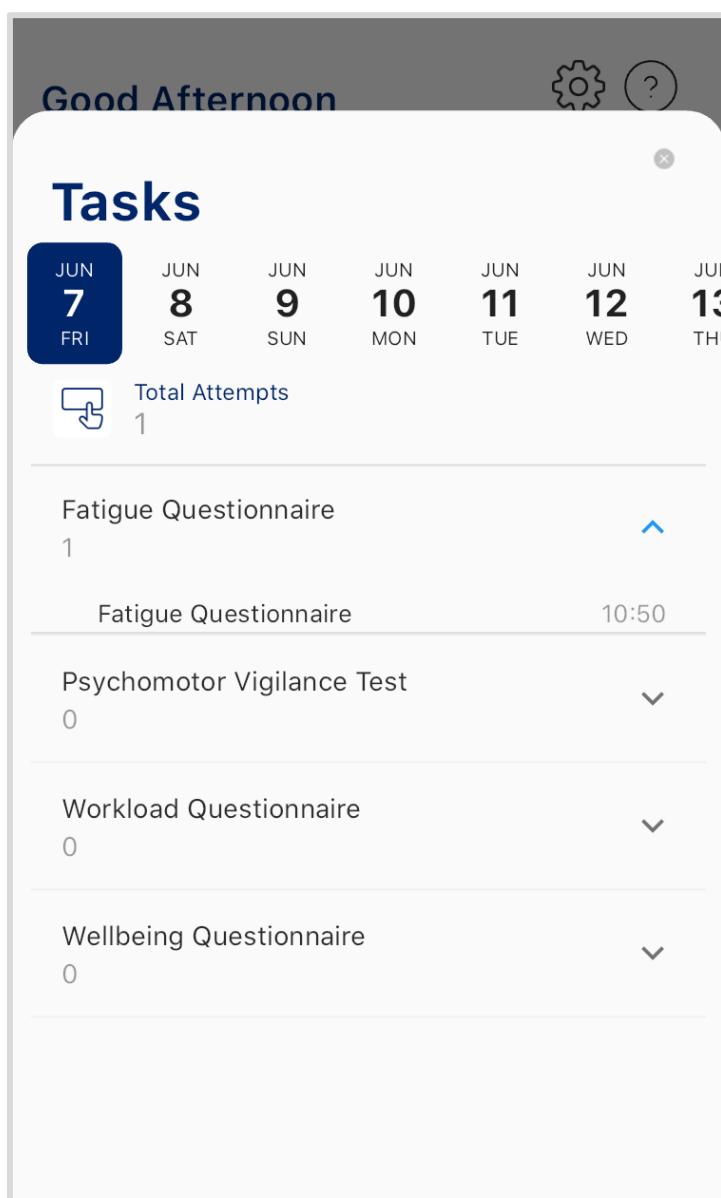
Tap on the 'Tasks' panel (shown in Fig 5.1) on the metrics section on the 'Home' page (shown in Fig 2.1) to view your task completion history. You may swipe left or right to access the metrics section.



Fig 5.1

The task completion history (shown in Fig 5.2) provides information on the number of completions for the 'Fatigue Questionnaire', 'Psychomotor Vigilance Test', 'Workload Questionnaire', and 'Wellbeing Questionnaire' during the past week.

- To return to the 'Home' page, tap on the 'X' icon in the top-right corner.



Metrics Info – Sleep

Tap on the 'Sleep' panel (shown in Fig 6.1) on the metrics section on the 'Home' page (shown in Fig 2.1) to view your sleep data history from the Fitbit tracker. You may swipe left or right to access the metrics section.

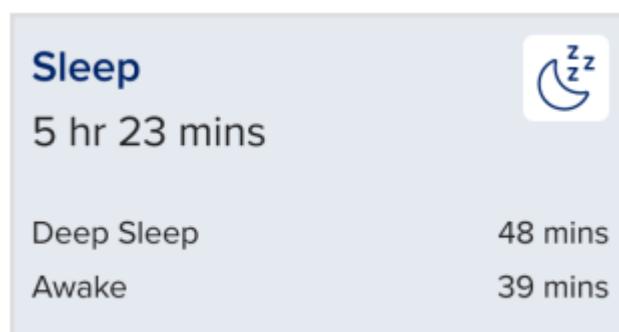
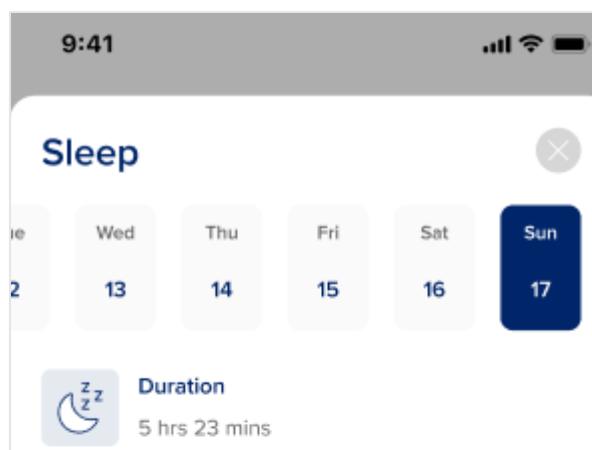


Fig 6.1

The sleep data history (shown in Fig 6.2) provides information on the duration of your sleep, including the amount of time spent in light sleep, deep sleep, and awake periods during the past week.

- To return to the 'Home' page, tap on the 'X' icon in the top-right corner.



Metrics Info – Exercise

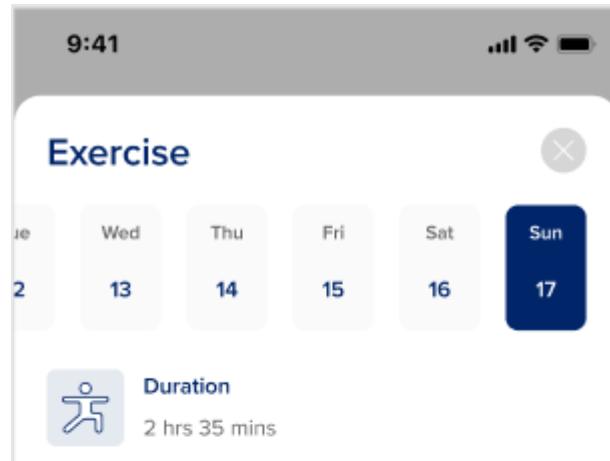
Tap on the 'Exercise' panel (shown in Fig 7.1) on the metrics section on the 'Home' page (shown in Fig 2.1) to view your physical activity history from the Fitbit tracker. You may swipe left or right to access the metrics section.



Fig 7.1

The physical activity history (shown in Fig 7.2) provides information on the duration of your exercise, including steps, calories, distance, and active duration during the past week.

- To return to the 'Home' page, tap on the 'X' icon in the top-right corner.



Metrics Info – Heart Rate

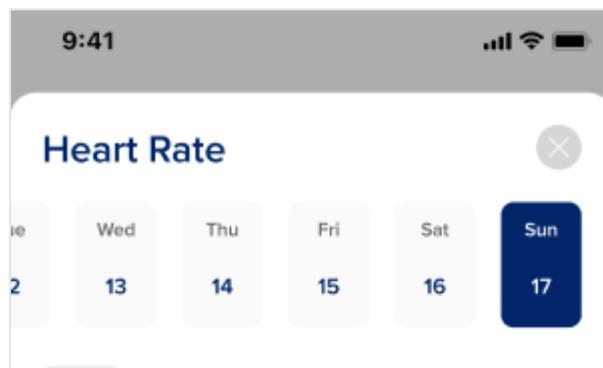
Tap on the 'Heart Rate' panel (shown in Fig 8.1) on the metrics section on the 'Home' page (shown in Fig 2.1) to view your heart rate history from the Fitbit tracker. You may swipe left or right to access the metrics section.



Fig 8.1

The heart rate history (shown in Fig 8.2) provides information on the resting heart rate, including heart rate variability, breathing rate, and SpO2 during the past week.

- To return to the 'Home' page, tap on the 'X' icon in the top-right corner.



Resting Heart Rate
89 bpm

Heart Rate Variability 24 ms

Breathing Rate 12 breaths / min

SpO2 98 %

Task – Fatigue Questionnaire

Tap on the 'Fatigue Questionnaire & PVT' card (shown in Fig 9.1) under the 'Tasks' section in the 'Home' page (shown in Fig 2.1) to start the task.

- Multiple questions will be presented (shown in Fig 9.2). Select the option that is most appropriate for you, then tap on the 'Next' button to continue.



Fig 9.1

You may quit the 'Fatigue Questionnaire' task at any point in time by tapping on the 'X' icon on the top-right corner of the screen (shown in Fig 9.2).

- On the confirmation page (Fig 9.3), select a reason, then tap on the 'Leave' button to confirm and you will be redirected to the 'Home' page.
- Do note that progress will not be saved, and you will need to start over if you start the task again.

16:12
◀ Safari

.... WiFi ⚡

Fatigue Questionnaire

What is your current time period?

Select one

Pre-Flight
Within 4 hours before departure time

Before Service
Anytime when feasible

After Service
Anytime when feasible

Before Inflight Sleep Episode
Anytime when feasible

After Inflight Sleep Episode
Anytime when feasible

Inflight Cruise
Anytime when feasible

Post-Flight
Within 3 hours after landing

9:41

.... WiFi ⚡

Hey, please wait...

Are you sure you want to leave?

Select one to continue

Distracted During Task

Technical Issue

Something Else

Fig 9.2

Fig 9.3

Task – PVT

After finishing the 'Fatigue Questionnaire' task, proceed to the 'PVT' task.

- Read the instructions and tap on the 'Next' button to continue (shown in Fig 10.1). Then, tap on the 'Start' button (shown in Fig 10.2) to begin the 'PVT' task.

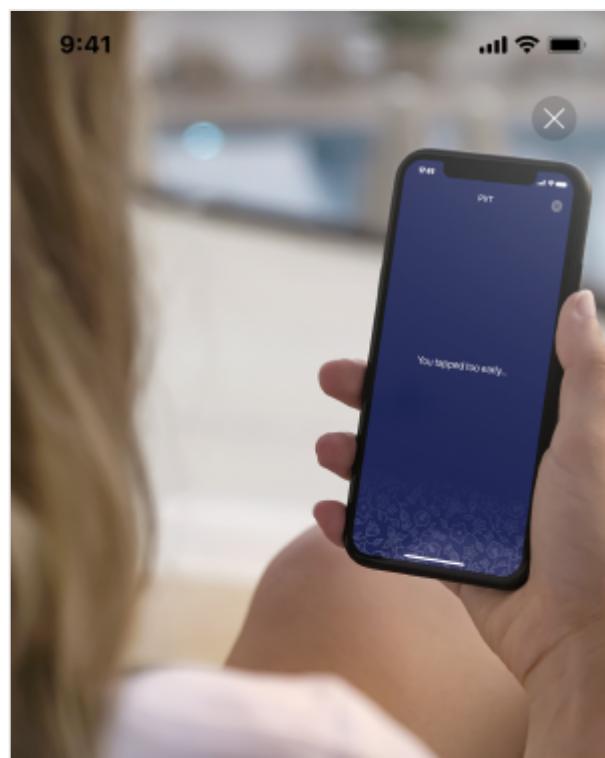


Instruction

Focus on the screen.

Tap anywhere on the screen as soon as you see 'Tap the Screen Now' appears.

Next



Tips

To achieve the fastest time, you should avoid tapping on the screen early.

Performance Vigilance Test will last for 3 mins. If you are ready, tap on the 'Start' button below to begin.

Back

Start

Fig 10.1

Fig 10.2

The 'PVT' task begins with a blank background. At random intervals, the "Tap the Screen Now" text will appear (shown in Fig 10.3). When this happens, tap anywhere on the screen as quickly as you can.

- Depending on your response, follow-up feedback text will appear on the screen (shown in Fig 10.4).
- This then repeats for three minutes; note that this timer is hidden; the 'PVT' task will end when the timer is up.

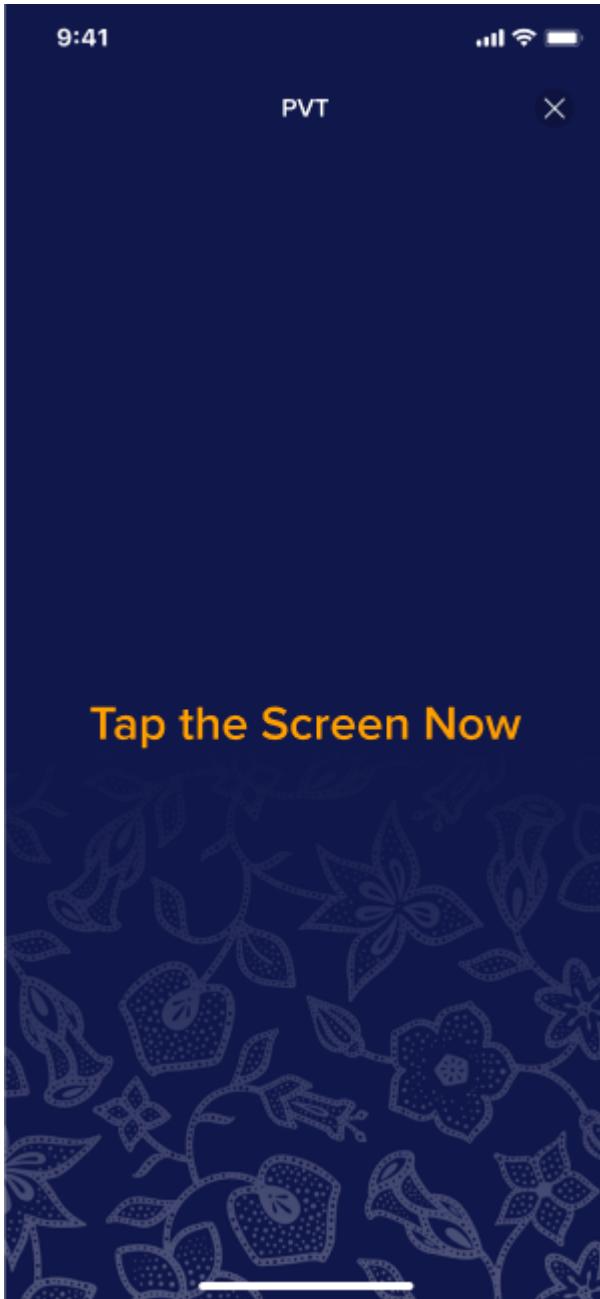


Fig 10.3

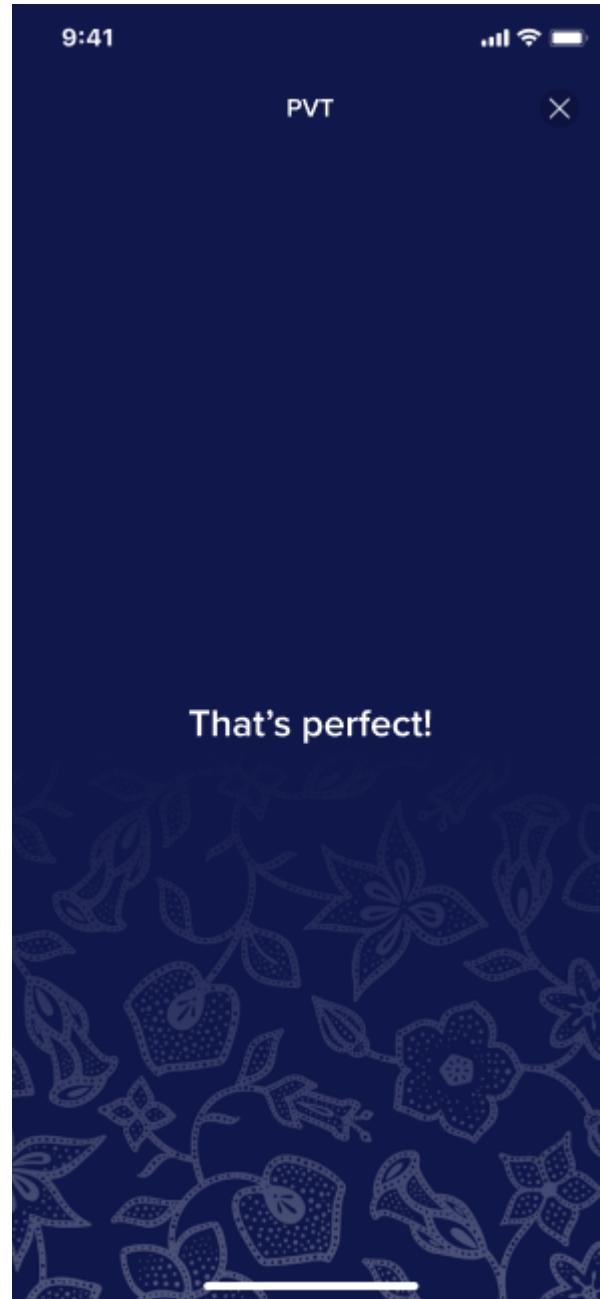


Fig 10.4

Task – NASA Load Index

Tap on the 'NASA Task Load Index' card (shown in Fig 11.1) under the 'Tasks' section on the 'Home' page (shown in Fig 2.1) to start the task.

- Multiple questions will be presented (shown in Fig 11.2). For each question, tap the circle in the slider input and drag to the position that is most appropriate for you, then tap on the 'Next' button to continue.

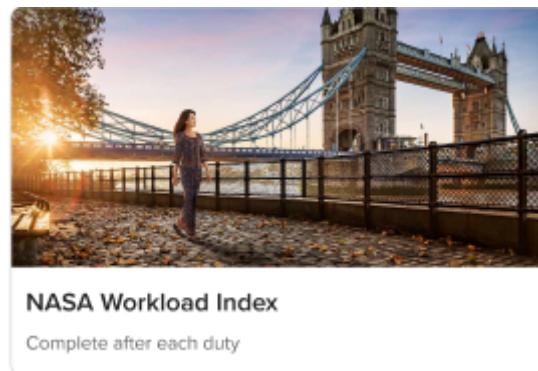
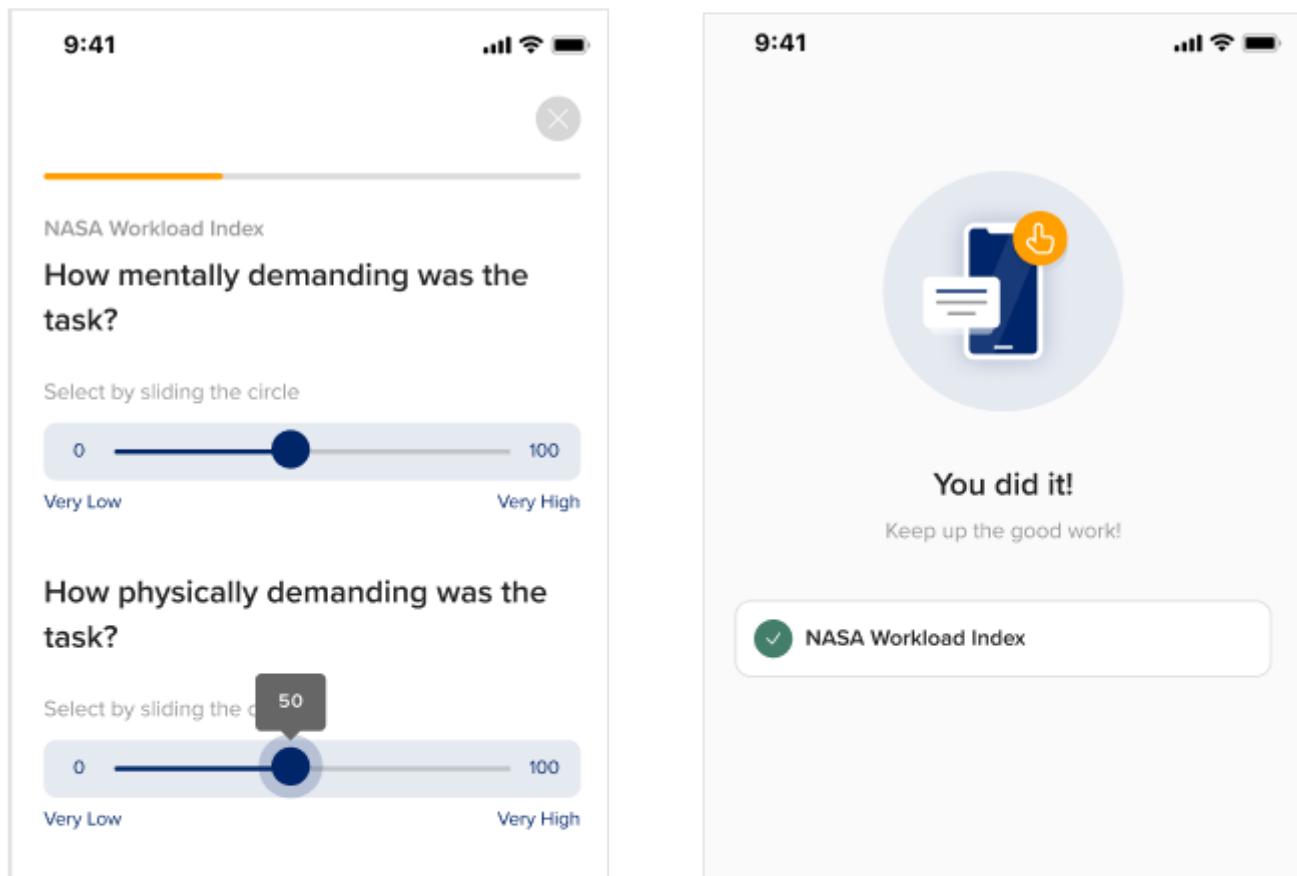


Fig 11.1

You may quit the 'NASA Task Load Index' task at any point in time by tapping on the 'X' icon on the top-right corner of the screen (shown in Fig 11.2).

- On the confirmation page (Fig 11.3), select a reason, then tap on the 'Leave' button to confirm and you will be redirected to the 'Home' page.
- Do note that progress will not be saved, and you will need to start over if you start the task again.



Task – Wellbeing Questionnaire

Tap on the ‘Wellbeing Questionnaire’ card (shown in Fig 12.1) under the ‘Tasks’ section on the ‘Home’ page (shown in Fig 2.1) to start the task.

- Multiple questions will be presented (shown in Fig 12.2). Select the option that is most appropriate for you, then tap on the ‘Next’ button to continue.

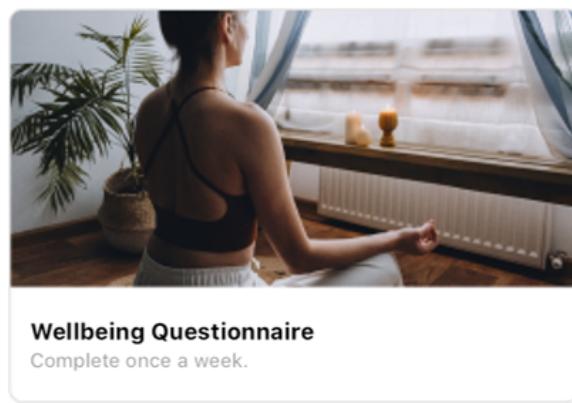


Fig 12.1

You may quit the ‘Wellbeing Questionnaire’ task at any point in time by tapping on the ‘X’ icon on the top-right corner of the screen (shown in Fig 12.2).

- On the confirmation page (Fig 12.3), select a reason, then tap on the ‘Leave’ button to confirm and you will be redirected to the ‘Home’ page.
- Do note that progress will not be saved, and you will need to start over if you start the task again.

9:41

Wellbeing Questionnaire

I had a sense of wellbeing.

Select one

Never

Rarely

Sometimes

Often

Always

9:41

You did it!

Keep up the good work!

Wellbeing Questionnaire

Fig 12.2

Fig 12.3

Leaving Task

On the confirmation page (shown in Fig 13.1), select a reason, then tap on the 'Leave' button to confirm and you will be redirected to the 'Home' page.

- Do note that progress will not be saved, and you will need to start over if you start the task again.
- If you have selected the 'Something Else' option, you will be prompted to specify the selection (shown in Fig 13.2).

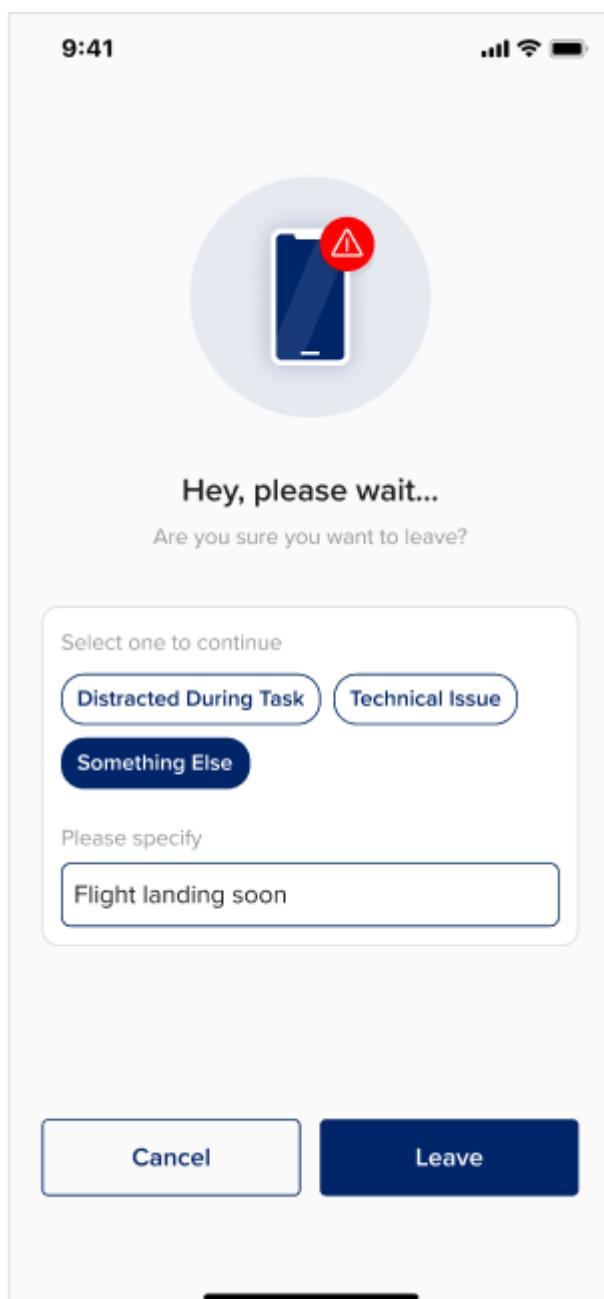


Fig 13.1

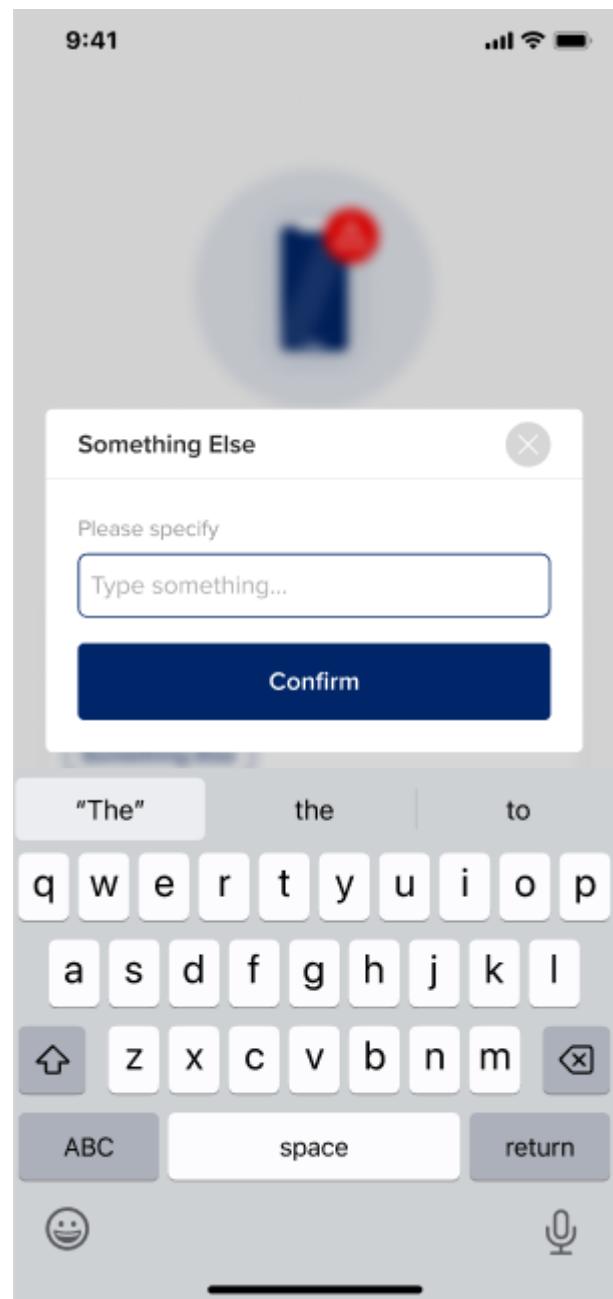


Fig 13.2

Completion Page

When you complete a task, you will be presented with a confirmation page (shown in Fig 14.1).

- Tap on the 'Close' button to return to the 'Home' page.

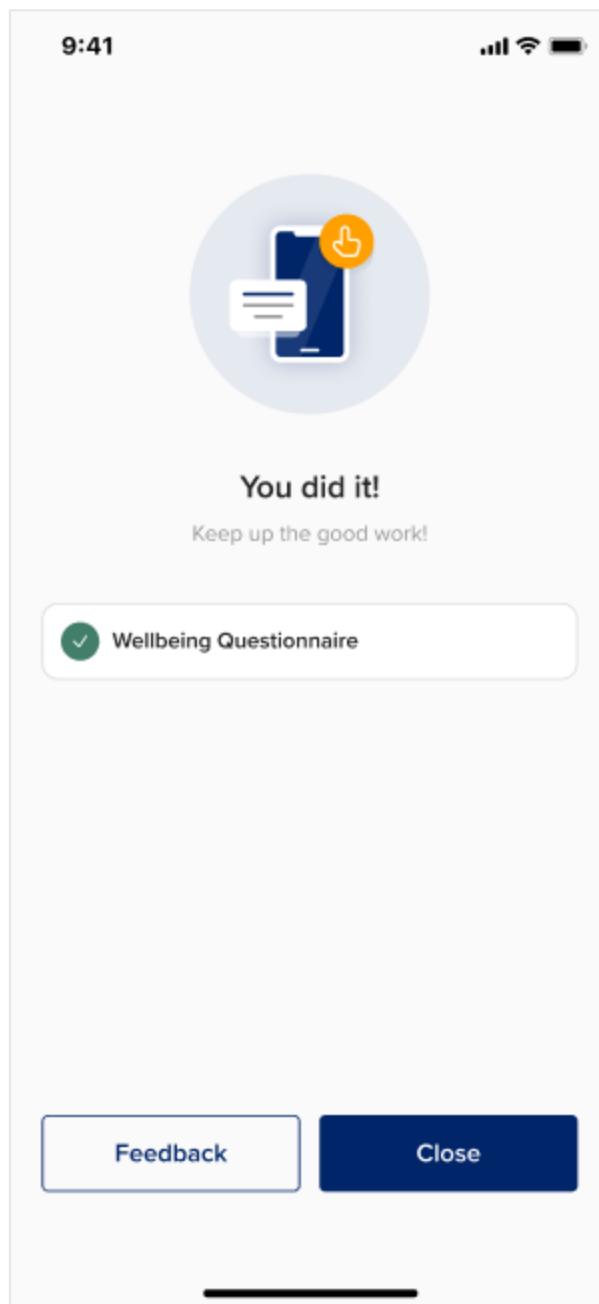


Fig 14.1

Feedback

If you had faced technical issues or were distracted during the task, tap on the 'Feedback' button on the 'Completion' page (shown in Fig 14.1) to let us know.

- On the 'Feedback' page (shown in Fig 15.1), select a reason, then tap on the 'Submit' button to continue and you will be redirected to the 'Home' page.
- If you have selected the 'Something Else' option, you will be prompted to specify the selection (shown in Fig 15.2).
- Tap on the 'Cancel' button to return to the 'Home' page.

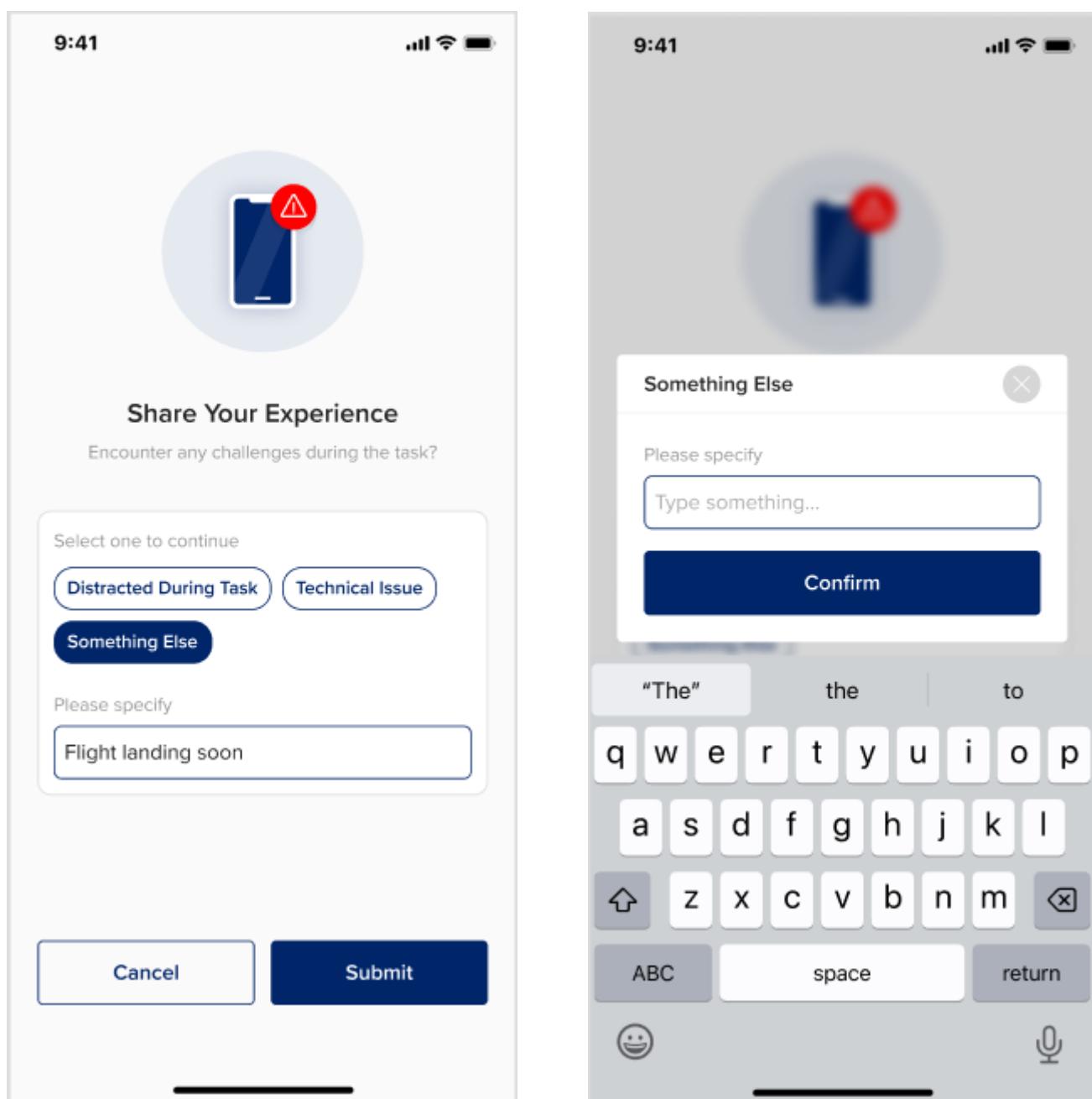


Fig 15.1

Fig 15.2

Settings Page

Tap on the 'Gear' icon on the top-right corner of the 'Home' page (shown in Fig 2.1) to open the 'Settings' page.

- The 'Support' option allows you to easily send an email to the research team using your phone's default email app.
- The 'Participation Period' shows your current start and end date of your current participation or use of the Wellness Buddy app.
- The 'Version' shows the current version of the Wellness Buddy app.
- Tap 'Log Out' to log out. You may then log in again (Fig 1.1).

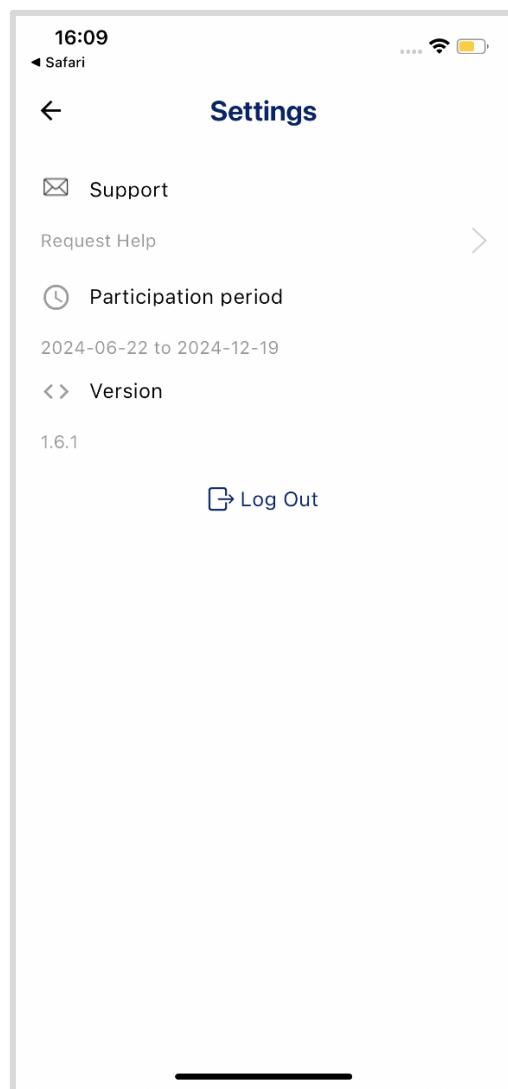


Fig 16.1