

# WELLNESS MONITORING ON CAMPUS

## PROJECT DOCUMENTATION

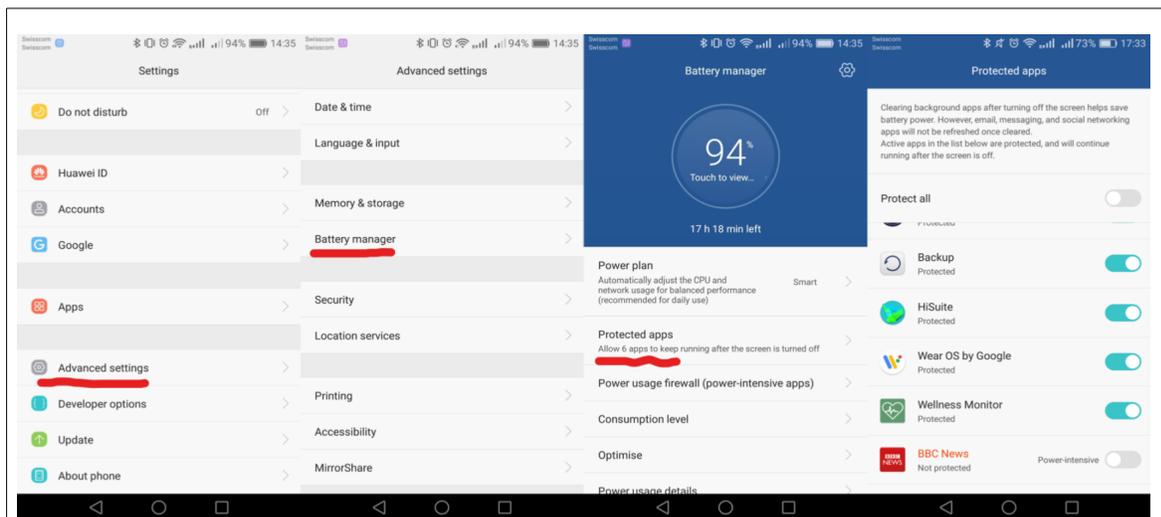
### WELLNESS APP USER MANUAL

This brief manual describes how to navigate in the “Wellness Monitoring” app and perform the study tests.

#### TABLET/PHONE APP

Once you installed our app through the link provided on the [web page of the project](#), you can open the “Wellness Monitoring” app on your phone.

The purpose of the application is to help you complete the wellness tests and receive feedback about your fitness and fatigue from our team. This guide will help you understand how to use the mobile application.



*Illustration 1: How to allow our app to work when the screen is off*

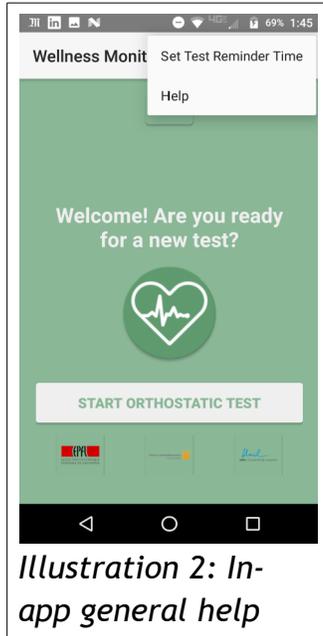
#### Important Note for Huawei Devices

If you have a Huawei smartphone or tablet (i.e. most of the tablets loaned from EPFL), there is a bug preventing you from receiving our wellness test reminders. Please follow the following instructions shown in Illustration 1 to ensure that you receive all of our notifications:

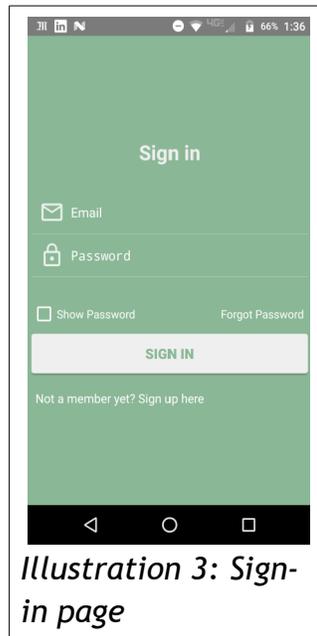


1. Launch the Settings on your smartphone or tablet. Click on “Advanced settings” and then “Battery manger.” Finally, click on “Protected apps.”

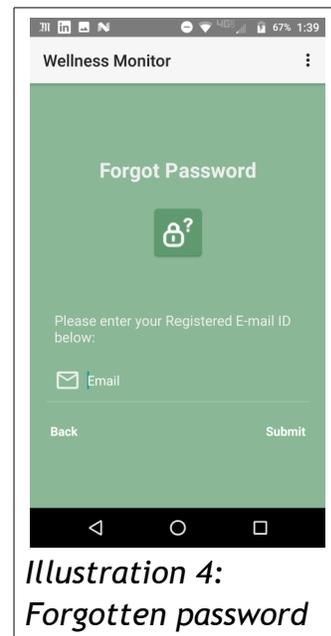
2. Make sure that the Wellness Monitor app is protected (i.e. the toggle button is switched “on”).



*Illustration 2: In-app general help*



*Illustration 3: Sign-in page*



*Illustration 4: Forgotten password*

### Sign-in

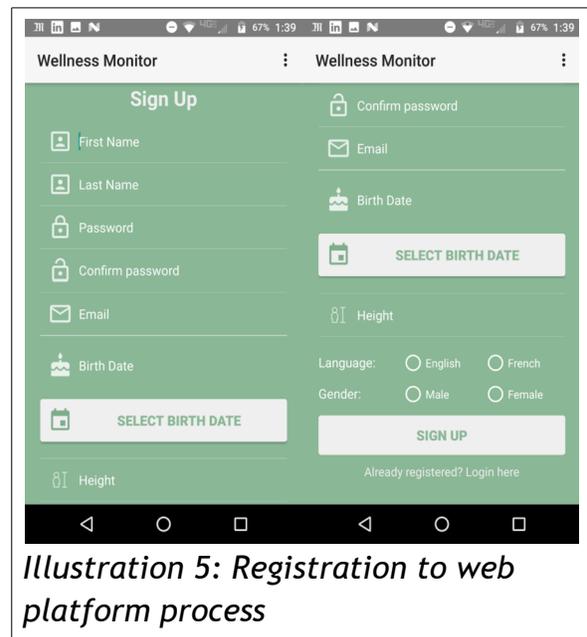
Enter the email and password that you used to register, and then press “Sign In”, as shown in *Illustration 3*. If you forgot your password, click “Forgot Password”. If you have not yet registered, click the link on the bottom of the screen. If you receive an error message, either the email or password you entered is invalid.

### Forgot password

As shown in *Illustration 4*, enter the e-mail address that you used to register, press “Submit,” and a link will be sent to you to reset your password.

### Register

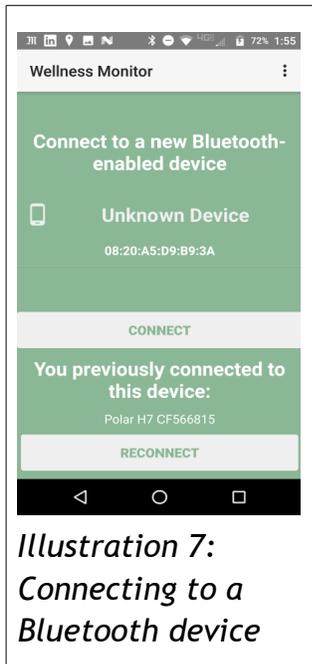
Enter your credentials into the text fields, as shown in *Illustration 5*. Make sure that the password matches, and that the email you provided is valid and has not already been linked to a Wellness Monitor account, or else an error will appear when you try to register. The app is in English by default, but you can set it to French by clicking the “French” button.



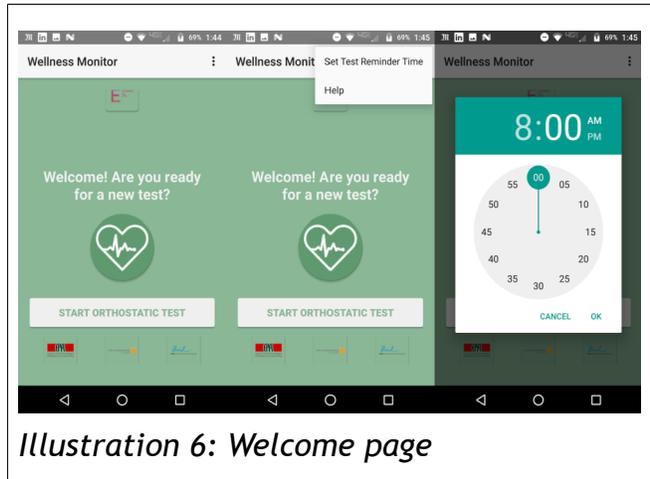
*Illustration 5: Registration to web platform process*

Please be sure to set a birth date and gender; these fields are required. When you are done, click "Sign Up".

You will then be redirected to the "email confirmation page." An email confirmation will be sent to the e-mail address you provided. When you click on the link, you will be redirected to a webpage that may have an error message on it. Ignore this error message. You will now be able to log in with your credentials.



**Illustration 7:**  
*Connecting to a Bluetooth device*



**Illustration 6:** *Welcome page*

If you do not get the email within two to three minutes, click "Resend Email".

**Welcome**

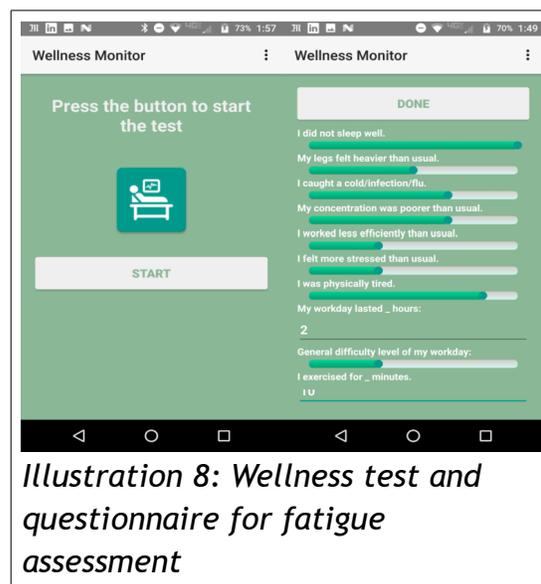
Illustration 6 shows the home screen of the application. In the options menu, you can select a time for your wellness test reminders. You must do the test in the morning before you eat breakfast. Tests must be completed Tuesdays, Thursdays, and Fridays. Click "Start Orthostatic Test" to begin.

**Select a Bluetooth device**

Find your heart rate monitoring belt from the list of Bluetooth devices in range, as shown in Illustration 7. If you previously connected to it, click "Reconnect". Make sure that this device is in range and that you are wearing it properly, or else you will not be able to begin the test.

**Wellness test**

The wellness test, shown in Illustration 8, requires you to lie and/or stand up for 5 minutes while wearing a heart rate monitor. Please ensure that the smartwatch is connected to the phone/tablet



**Illustration 8:** *Wellness test and questionnaire for fatigue assessment*

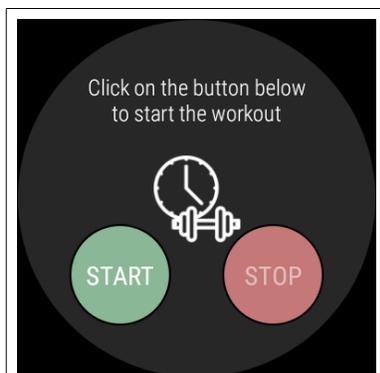
before you start a test, and that **your phone/tablet is not on silent mode**. When you press "Start," the phone will vibrate and tell you what to do. When you are done, you will complete a questionnaire about your day **yesterday**. At the end of the test, make sure to disconnect the heart rate monitor from the belt in order to avoid draining its battery.

### Questionnaire

Answer the questions shown in Illustration 8, about your day **yesterday**. The sliding bar questions display a statement, which you rank from "false" to "true" by sliding the bar from left to right, respectively. The numeric answers require you to enter a number into the text box. Press "Done" when you finish and wait until the application goes back to the Welcome screen.

### SMARTWATCH APP

The purpose of the smartwatch application is to track your workouts and send the data to be analyzed by our team. Every time you participate in a non-water-related sport, please wear the smartwatch and launch the "Wellness Monitor" app. If you copied your Google account on your smartwatch you should be able to install the app from the play store of the smartwatch itself in "Apps on your phone".



*Illustration 9: Starting workout*

#### Start workout

When you begin your workout, click the "Start" button, as shown in Illustration 9. If the button is successfully pressed, the text below the button should read "Remember to press stop when you finish." Begin your workout.

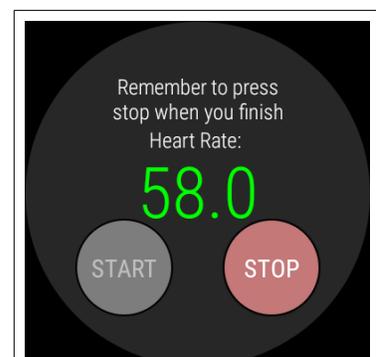
#### During workout

During your workout, the watch will display your current measured heart rate. The color of the text changes based on the measurement accuracy. These are the following color codes:

- White: The watch is not making contact with your skin.
- Red: The heart rate measurement is unreliable.
- Magenta: The heart rate sensor accuracy is low.
- Blue: The heart rate sensor accuracy is medium.
- Green: The heart rate sensor accuracy is high.



The sensor accuracy is not always in your control, but if at the beginning of your workout, the heart rate text color is white or red, please re-adjust the watch to make sure that it is tightly attached to your wrist.



*Illustration 10: During workout*

When you are finished with your workout, press “Stop workout,” and the text should change back to “Press the start button to start.”, as shown in Illustration 10. **Do not forget to press the Stop button when you end your workout.** The application will send you periodic reminders to stop the workout in case you forget.