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D4.2 User Manual

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1. Introduction

This document aims to provide a tool to help users with the management of the first prototype of CoME.

2. CoME platform

To access to CoME, introduce the following URL in your browser: <https://come.hi-iberia.es:4570/come/login.html>

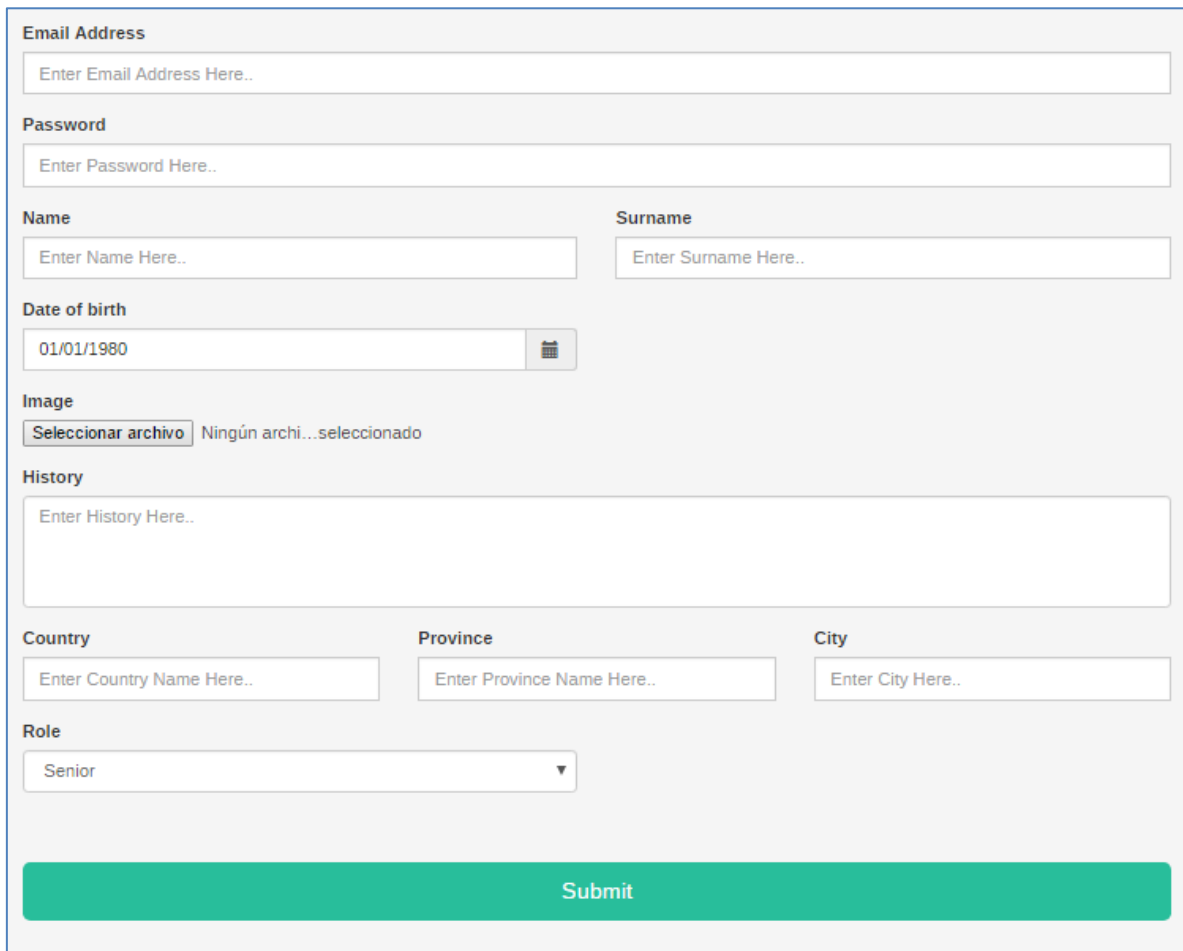
Once there, you will see the registration/login page:



Figure 1. Registration/Login page

2.1. Registration in CoME

Once in the registration/login page, click on  to be registered in CoME. After clicking there, the following form will appear:




The registration form is a light gray rectangular box with a thin blue border. It contains several input fields and a submit button. The fields are: 'Email Address' (text input), 'Password' (text input), 'Name' (text input), 'Surname' (text input), 'Date of birth' (text input with a calendar icon), 'Image' (file selection button labeled 'Seleccionar archivo' and text 'Ningún archi...seleccionado'), 'History' (text area), 'Country' (text input), 'Province' (text input), 'City' (text input), and 'Role' (dropdown menu with 'Senior' selected). A large green 'Submit' button is at the bottom.

Figure 2 Registration Form

After completing the previous form with the required information, click on “Submit” to finalize the registration process.

2.2. Login

Once registered, you will be able to login CoME. The process to login is the following:

1. In the login/registration page, introduce your mail and your password.
2. Click on the  button

2.3. Senior: Home Page

Once logged in, the user will access to Home Page, that has the following aspect:

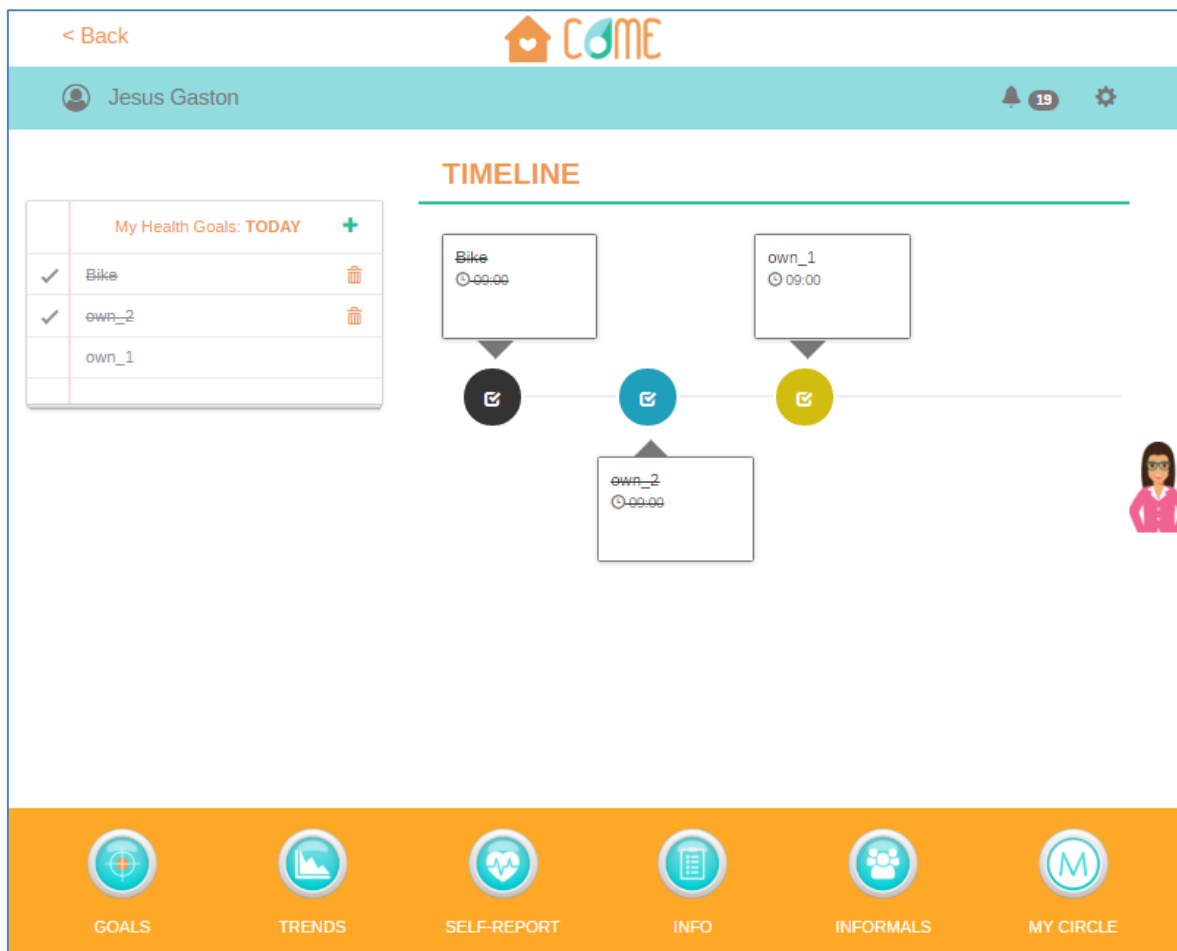


Figure 3 Home Page

Once in the Home Page, the user will be able to:

- Goals: Create and modify Goals
- Trends: See results from monitorization – This section is static now
- Self-Report: See questions for auto-evaluation – This section is static now
- Informals: See your informals group – This section is static now
- My Circle: See people which who you are connected through MyGuardian
- Interact with the CoME agent

2.3.1. Add Goals to the Timeline

To create a new goal, in the Home Page clicks on the “+” button of the notebook:

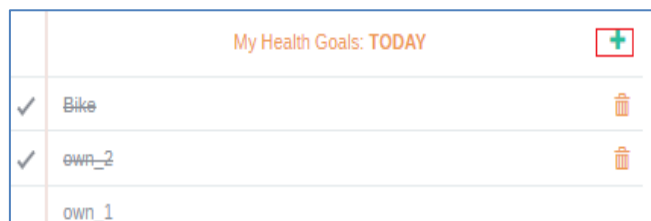


Figure 4 Create a new goal

Once there (see below figure):

- Select the type of goal you want to add to the timeline:
 - If you want to add a goal created by you, complete the “Write your own goal” field.
 - If you want to add a goal already predefined by the platform, choose one of them from the “Select a default goal”.
- Select the periodicity that you want this goal to be repited.
- Click on the “Save” button.

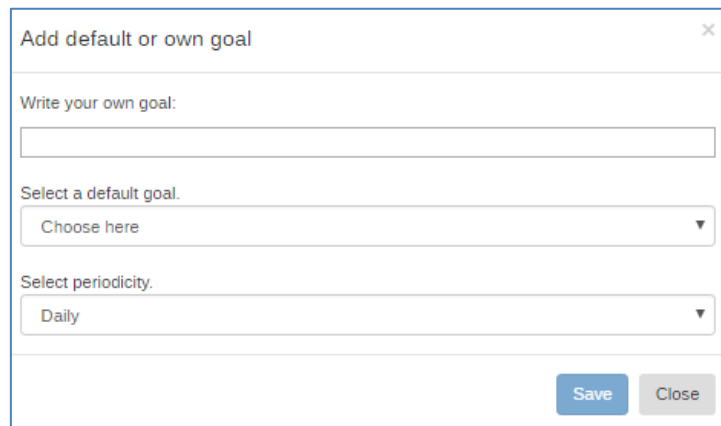


Figure 5 Create a Goal

Once created, the goal will appear in the timeline at the right side of the Home Page.

2.3.2. Edit a Goal

Once created, you will be able to check, edit, mark as achieved or delete your goals, both



predefined and own goals. To proceed in this way, click on **GOALS** icon in the Home Page. The following page will appear:

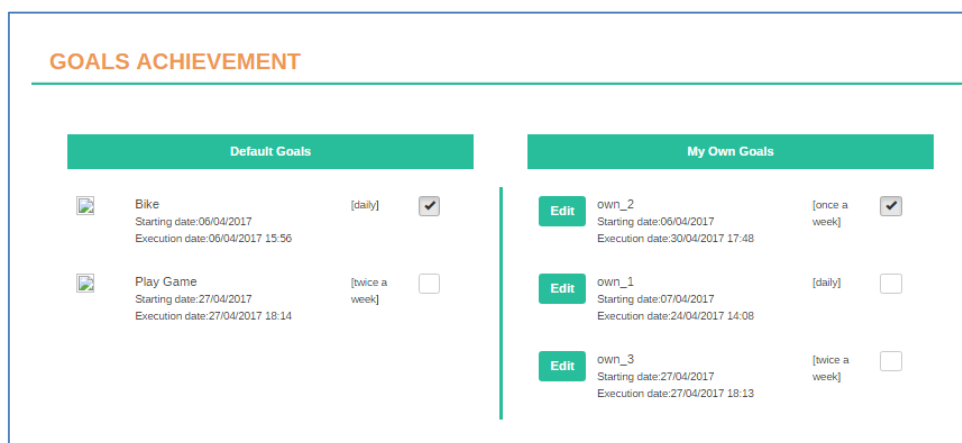


Figure 6 Goals Achievement

2.3.2.1. Edit a Goal

To edit a goal you have created, click on the **Edit** button. After this, you will be able to (see picture below):

- Modify the name of the goal
- Modify the execution date
- Modify the execution hour
- Modify the periodicity

Figure 7 Modify Goal

2.3.2.2. Mark Goal as Achieved

To Mark a Goal as Achieved, you can:

1. Access to the “Goals” icon the Home Page, as mentioned in section **¡Error! No se encuentra el origen de la referencia.**, click on the checkbox at the right of the goal:

2. Click on the goal icon attached to the goal in the Home Page:

My Health Goals: TODAY		+
✓	Bike	🗑️
✓	own_2	🗑️
	own_1	
✓	own_3	🗑️
	Play Game	

2.3.2.3. Delete a Goal

To delete a goal, after marking it as achieved as shown in the above section, clicks on the trash icon (see figure below):

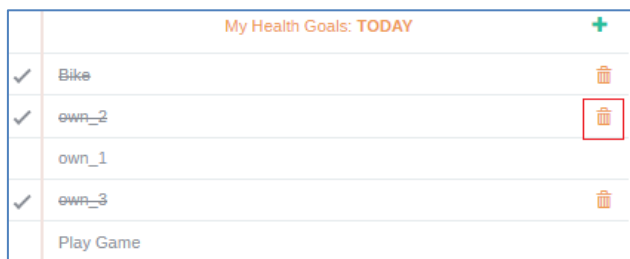


Figure 8 Delete a Goal

2.4. Profile

To access to the profile, click on your username at the top left corner of the Home Page:

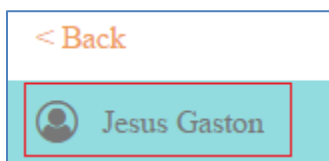


Figure 9 Access to Profile

Once there, you will be able to:

- Modify your profile information
- Change the look & feel of the page
- See your informal caregivers or send “Request to other informals” (this page is still static)
- Configure the wearable device to use in CoME
- Access to MyGuardian Circle (this page is still static)

2.4.1. Profile Information

To access to your profile information, after accessing to your profile as explained in section 2.4, clicks on “Profile Information”

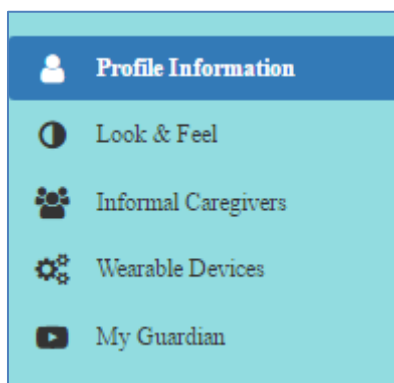


Figure 10 Profile Information

Once there, you will be able to modify (see picture below):

- Your First and Last Name;

- Your Date of Birth;
- Your Current Location;
- Your personal history (important illnesses)
- Your Profile Picture

After modify this information, click on “Save” button.

PROFILE INFORMATION

First Name:
Jesus

Last Name:
Gaston

Date of birth
08/01/2000

Current Location:
Madrid Madrid Spain

Important Illnesses:
Nothing important

Cancel Save

Figure 11 Profile Information

2.4.2. Look & Feel

To modify the “Look&Feel” of the page, after accessing to your profile as explained in section 2.4, clicks on “Look&Feel” section:

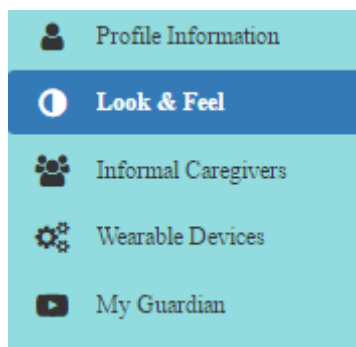


Figure 12 Look&Feel

Once there, you will be able to modify (see picture below):

- The language of the platform
- The font type of the platform
- The font size of the platform
- The theme of the platform (not available now)

After modify this information, click on “Save” button.

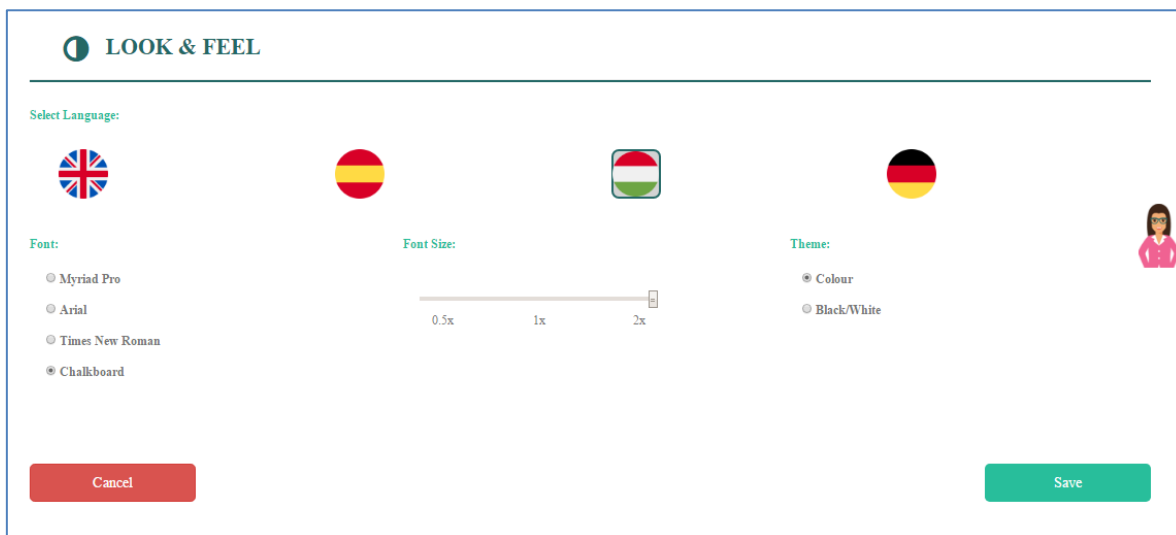


Figure 13 Look&Feel Page

2.4.3. Informal Caregivers

This section is not available yet.

2.4.4. Wearable Devices

To modify the “Wearable Devices” of the page, after accessing to your profile as explained in section 2.4, clicks on “Wearable Devices” section:

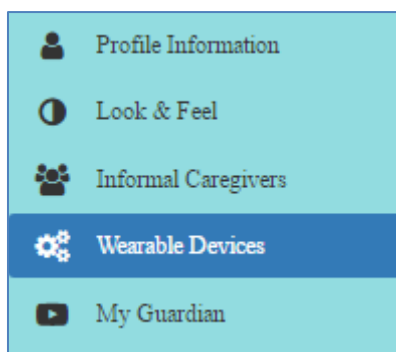


Figure 14 Wearable Devices

Once there, you will be able to configure the wearable device to use in CoME. The process is the following:

1. Select the wearable device to use

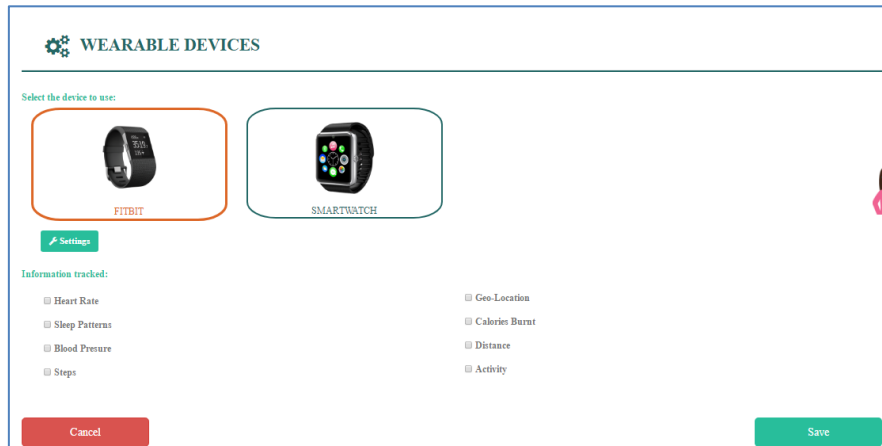


Figure 15 Wearable Device Selection

2. Connect the wearable device with the platform by clicking on “Settings”

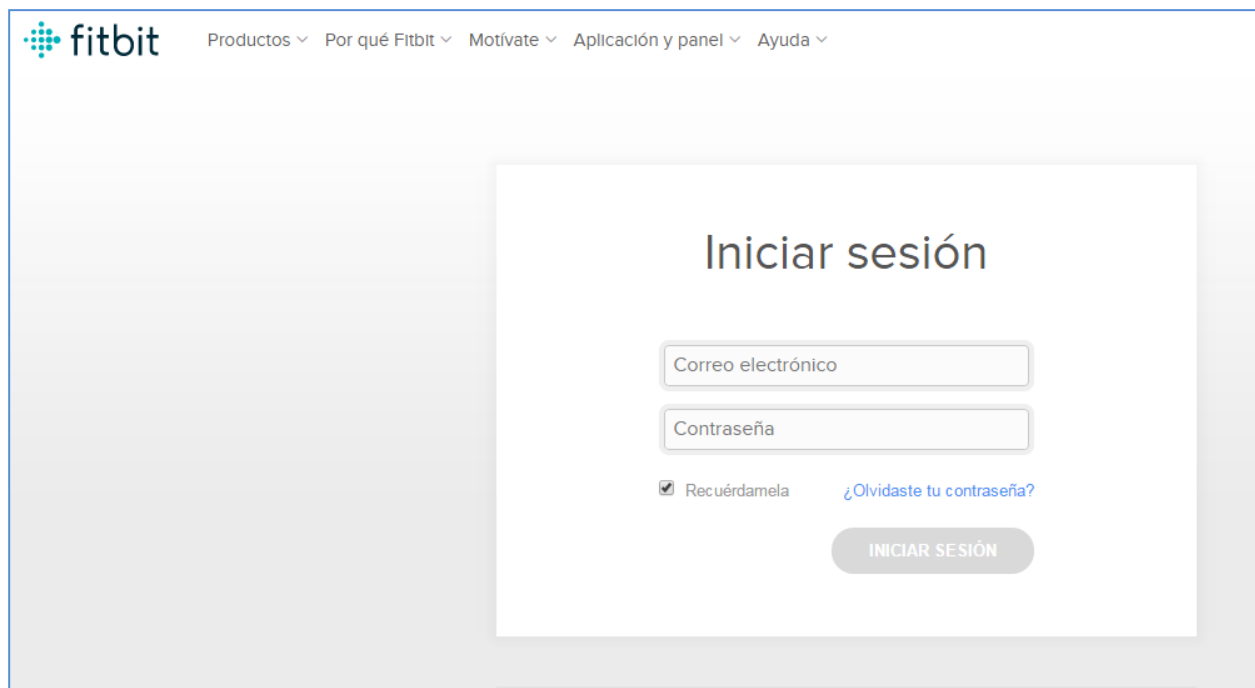


Figure 16 Wereable connection

You will be directed to the Fitbit webpage, where you will be asked to insert the email and password of your Fitbit account (previously created as shown in section 2.5.1). After this, you will receive a message confirming that everything went fine.

3. Select the data you want to monitorize with the wearable device.

Information Tracked:

- | | |
|---|---|
| <input type="checkbox"/> Heart Rate | <input type="checkbox"/> Geo-Location |
| <input type="checkbox"/> Sleep Patterns | <input type="checkbox"/> Calories Burnt |
| <input type="checkbox"/> Blood Pressure | <input type="checkbox"/> Distance |
| <input type="checkbox"/> Steps | <input type="checkbox"/> Activity |

Figure 17 Information tracked from the wereable

After modify this information, click on “Save” button.

2.4.5. MyGuardian

This section is not available yet.

2.5. Mood Collection App: Setup and Install

For the initial trial and test, data from the smartwatch will be collected and used through the Experience Sampling Method (ESM) to collect information about the mood of the seniors along the days of the first trial. To do this, each senior must:

- Wear one Fitbit Charge 2 device;
- Install the Fitbit app in his/her smartphone and register a new Fitbit account (see 2.5.1);
- Install the CoME Mood Collection app (see 2.5.2);
- Associate the Fitbit Charge 2 with the senior account on the CoME platform (see 2.4.4);

2.5.1. FitBit Installation

To connect the smartphone of the senior to the Fitbit device, the following steps must be done:

1. Access to Google Play Store and install the Fitbit application;
2. Once downloaded, open it and select ‘Join It’.
3. In the next screen, select the Fitbit Charge 2.
4. Create an account
 - a. Insert the email and password of the senior
 - b. Click on “Create an Account”

Important. Remember to activate bluetooth in the smartphone, otherwise no connection will be possible.

5. The last check it is necessary to do is:
 - a. Open the settings menu (Top right corner in the last version of the application);
 - b. Click on the ‘Charge 2’ device and check that ‘All-Day Sync’ is activated. This will ensure that data will be uploaded to Fitbit servers without the need of the senior to open the Fitbit app.

Important. If necessary, adjust settings like ‘Wrist Placement’ (where the fitbit device will be worn by the senior), and the ‘Handedness’ (which is the dominant hand). This will ensure higher precision data.

2.5.2. CoME Mood Collection app

The application for mood collection can be downloaded from the Google Play Store searching for CoME Mood Collection developed by the QoL group. The steps to be taken are:

1. Install the mood collection app from Google Play Store.
 - a. Searching for “CoME Mood Collection”
 - b. Following this link:
<https://play.google.com/store/apps/details?id=ch.unige.qol.comemoodcollection>
2. Once downloaded, provide the username and password used to connect to the CoME platform by the senior.
3. Once logged in, the application will work in the background and will ask every two hours to the senior to rate his/her mood, choosing between different emotions. This will stop at 8pm and restart at 10am the next day. The first time the senior will answer, we will ask to rate even his sleep and provide an evaluation of the last night.

2.6. Logout

Once in the Home Page, click on the “Gear” button at the top right corner and select Log Out.

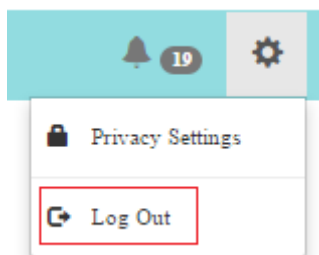


Figure 18 Logout