

myBigO app_(v3) - iOS installation manual

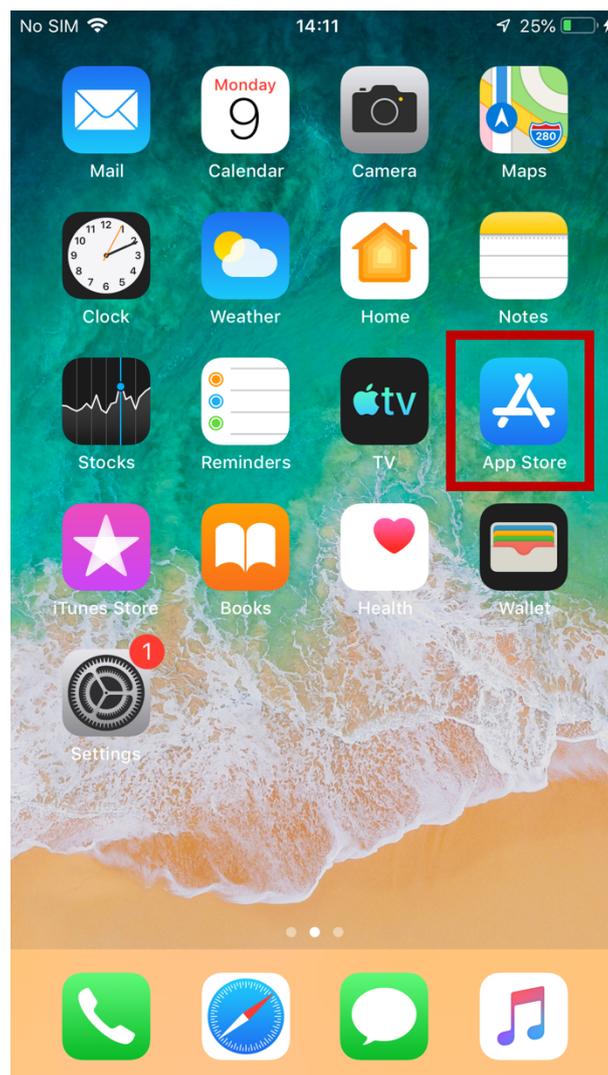
Installing myBigO app on your iPhone/iPad

Prerequisites

- iOS 10.0 and above
- Apple ID for accessing the App Store
- Internet connection (Wi-Fi or Mobile Data)

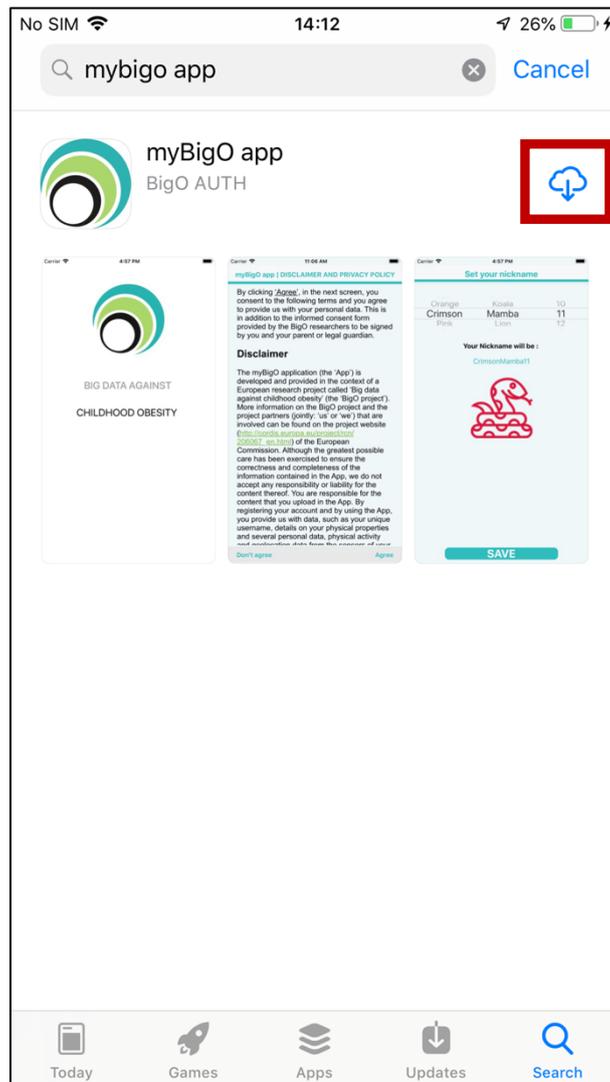
1. Open App Store

On your iPhone click on the App Store icon, displayed in the picture below.



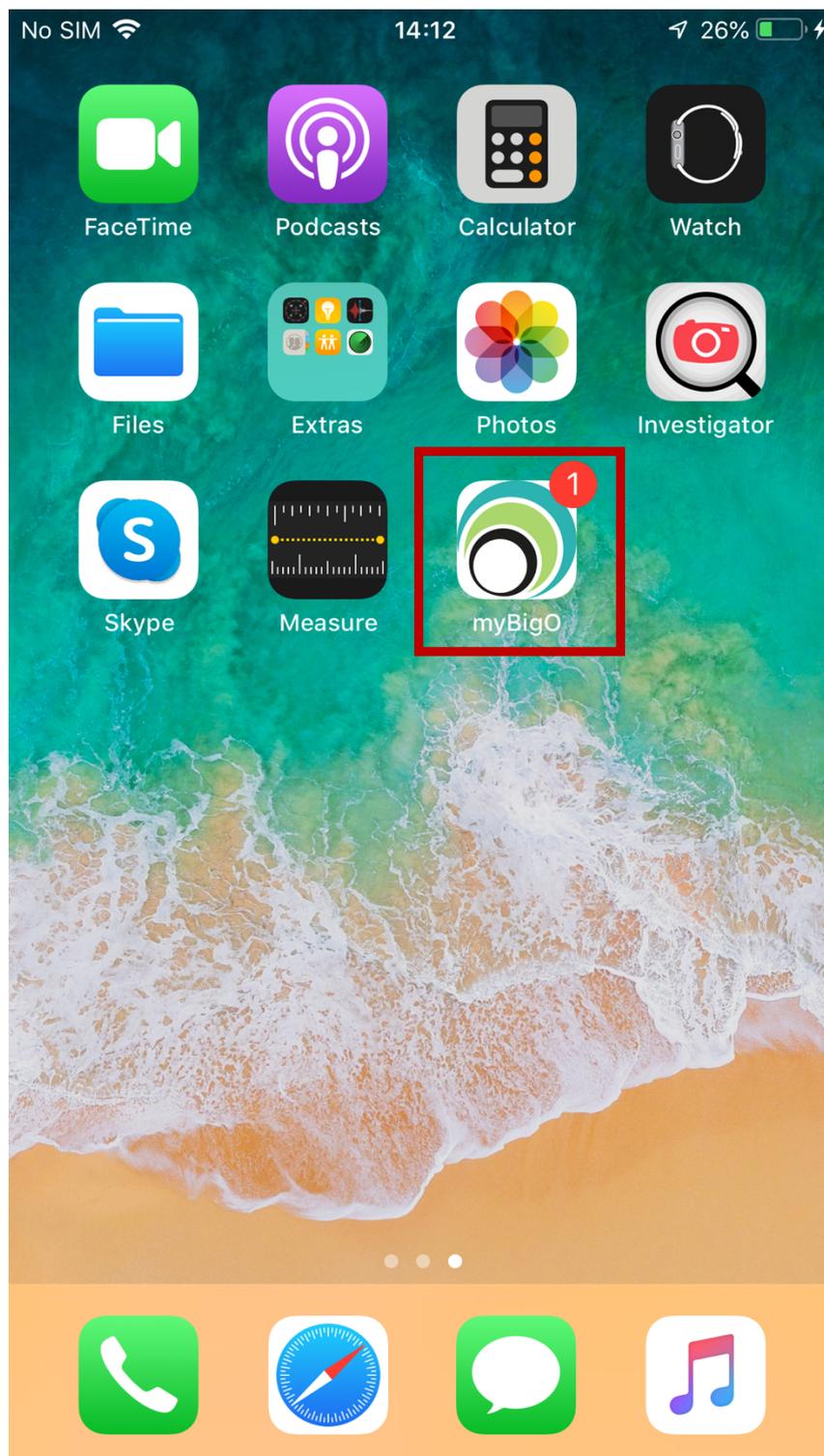
2. Search for myBigO app

Type in "myBigO app" in the search field then click the download icon displayed in the picture below.



3. Open myBigO app

After installation the myBigO app can be accessed by clicking on the "myBigO" icon on the home screen on your iPhone.

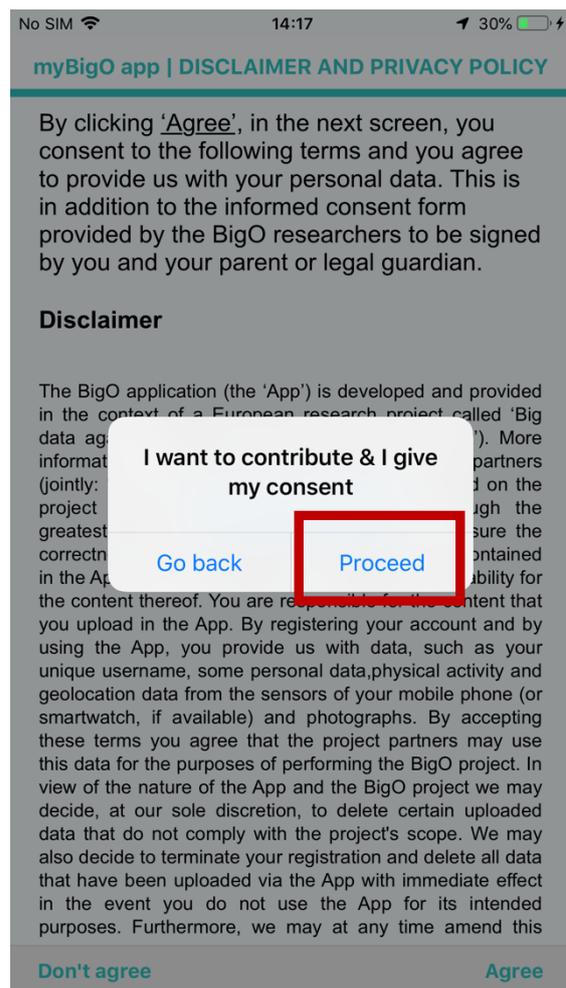
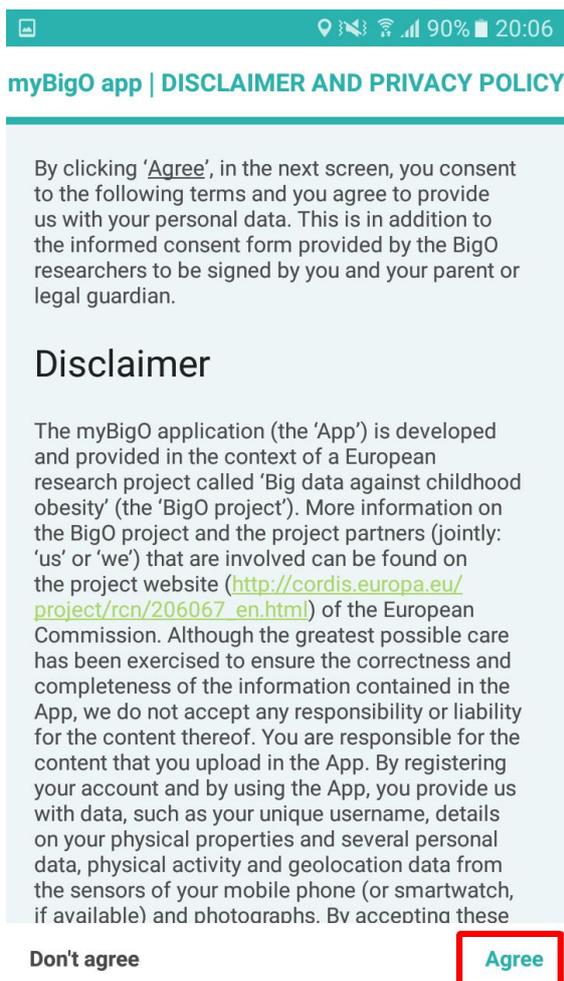


4. Disclaimer and privacy policy

The disclaimer includes information on what type of data will be collected by the myBigO app and the purpose of its collection. It also informs of the responsibilities of the user (you), developers and researchers in regards to the app use. **Read and understand this information before clicking the "Agree" or "Don't agree" button!**

If you disagree to the terms you will not be able to use the app.

If the "Agree" button was pressed in the Disclaimer window you will be asked one more time if you want to contribute data and give your consent. This is a second measure to ensure you, as a user, have not accidentally pressed the button, without reading the disclaimer.

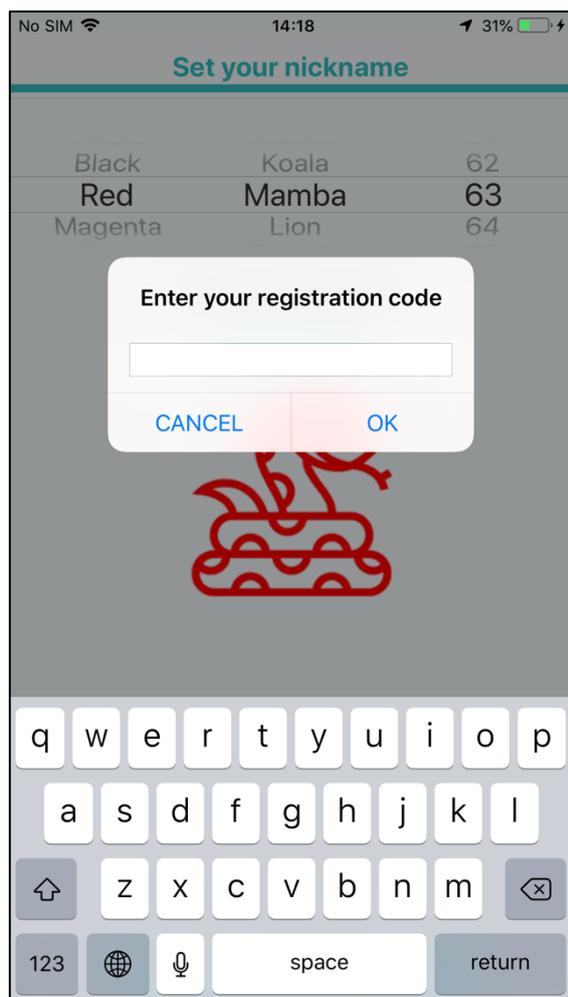
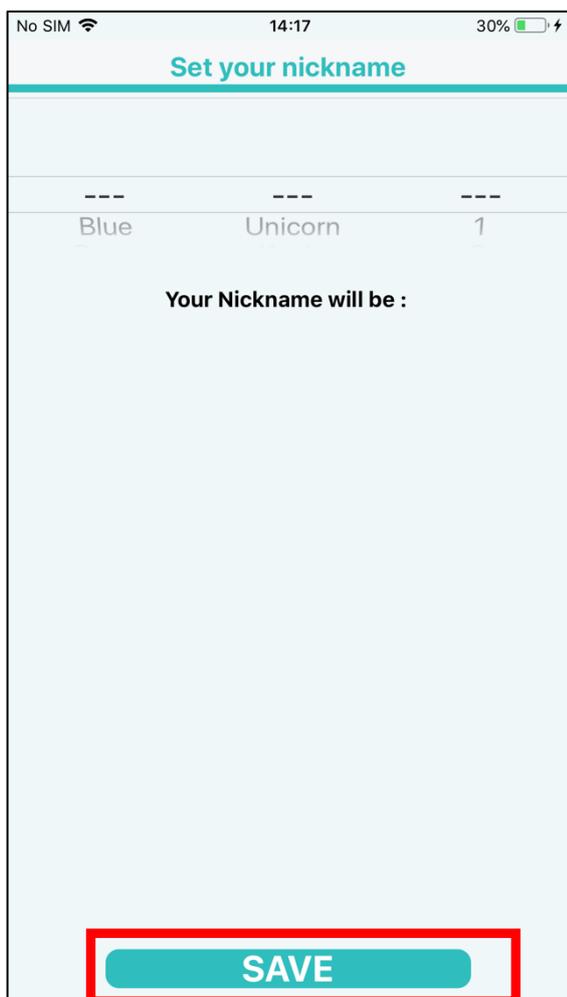


5. Registration

In order for the registration to take place, you need to

- a) choose a nickname. The nickname consists of a colour, an element and a number
- b) click on "Save"
- c) enter the registration code that was provided to you and click "OK"; this step exists to ensure your privacy

The above steps are displayed in the following screenshots.



6. About you

In the next screen please enter information regarding the city you live, your gender, your weight, height and age. After you click on “Save” the self-assessment questionnaire will begin.

The screenshot shows a mobile application interface for setting personal information. At the top, the status bar displays 'No SIM', signal strength, Wi-Fi, the time '14:19', and a 32% battery level. The app title 'Set your info' is centered at the top in teal. Below it, the 'City' section has a dropdown menu currently showing 'Thessaloniki, GR'. The 'Gender' section features three radio button options: 'Male', 'Female', and 'N/A'. The bottom section is a table for 'Height(cm)', 'Weight(kg)', and 'Age', with dropdown menus for each. A teal 'SAVE' button is located at the bottom center.

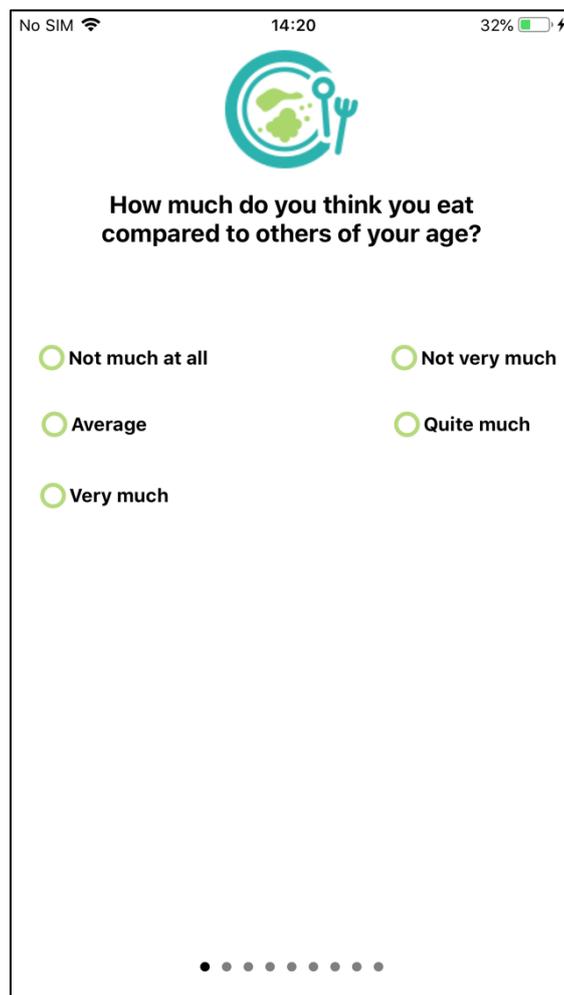
Height(cm)	Weight(kg)	Age
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100	25	9
101	26	10

7. Self-assessment questionnaire

Once you have reached the self-assessment questionnaire you have successfully installed the BigO app. Congratulations!

However, you need to answer all questions in order for the registration to be completed.

In the final question click on “Finish”.



No SIM 14:20 32%



How much do you think you eat compared to others of your age?

Not much at all Not very much

Average Quite much

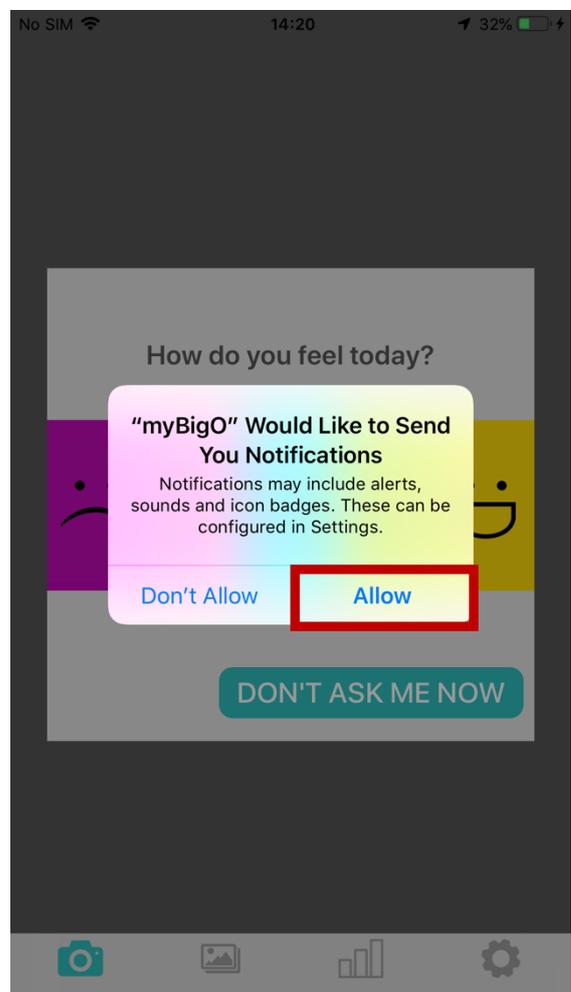
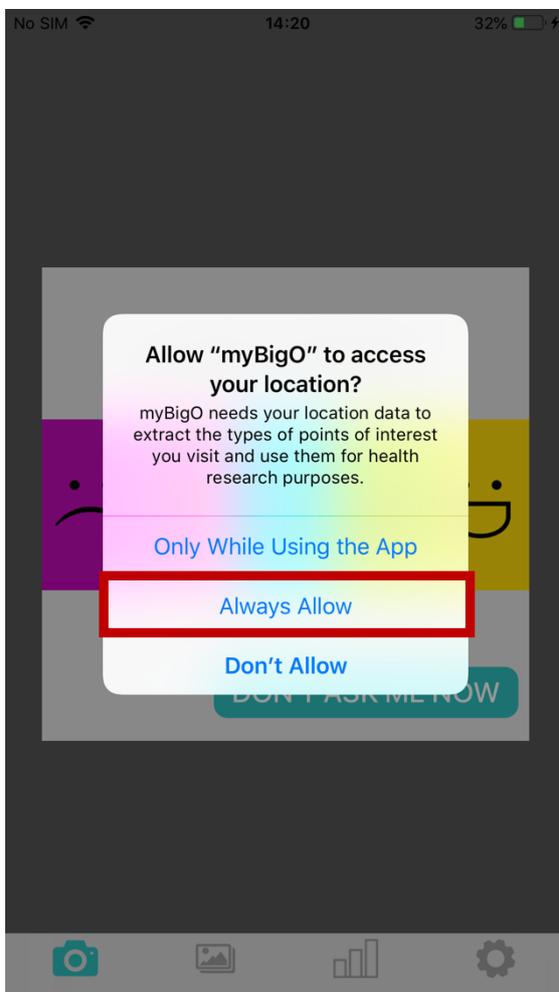
Very much

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8. Access to location information and notifications

The first time the main screen of myBigO app opens, you will be asked:

- a) to allow the app to access information on your location. If you do not allow this feature the app will not work! Select the option **“Always Allow”**
- b) to allow the app to send you notifications. If you do not allow this feature the app will not work! Select the option **“Allow”**



9. Access to background location information

myBigO app will also use your location information when the app is in the background. The first time the app will request to access your location information from the background, you need to select **“Continue”**.

