

# myBigO app – Android installation manual

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## Installing BigO app on your smartphone

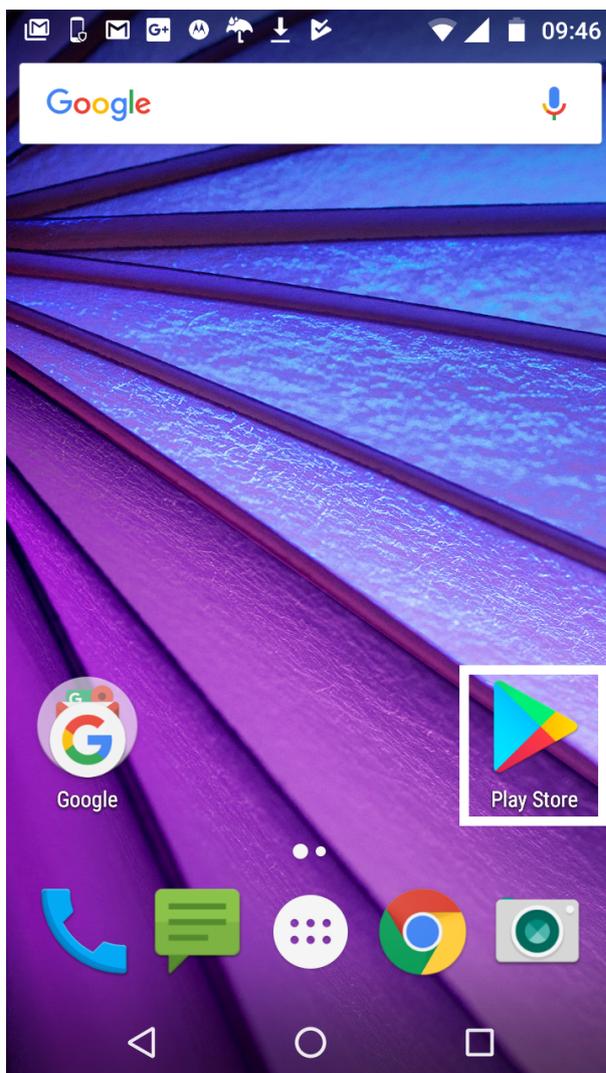
### Prerequisites

- Android OS 5.0 and above
- Google account for accessing the Play Store
- Bluetooth® turned on
- Internet connection (Wi-Fi or Mobile Data)

### 1. Open Google Play Store app

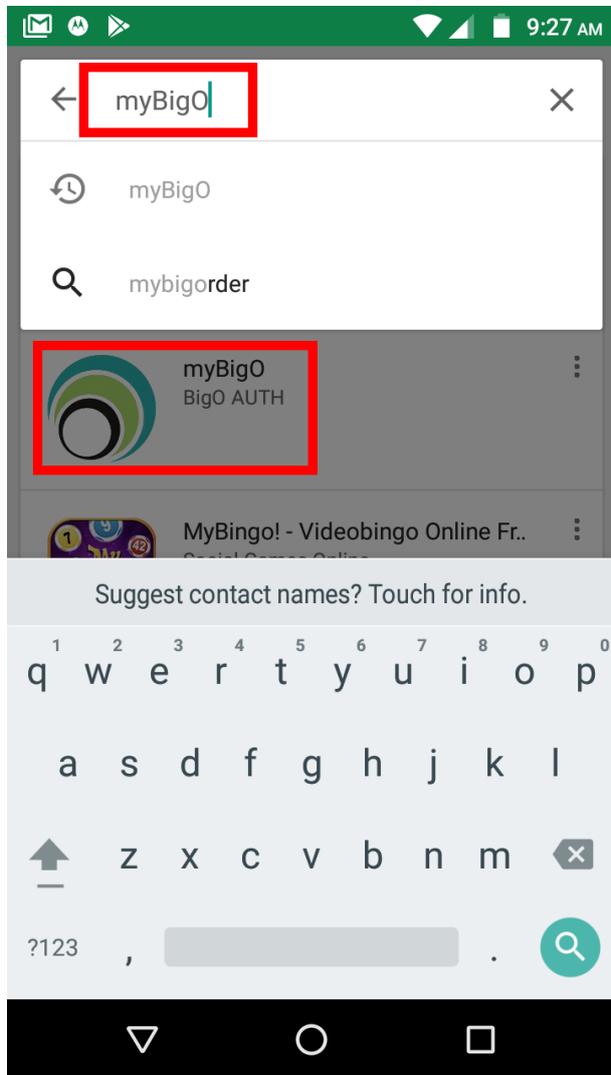
On your smartphone click on the Play Store icon, displayed in the picture below.

If you have a QR-code scanner you can use the provided QR-code, which will take you directly to page 3 of the installation guide.



## 2. Search for myBigO app

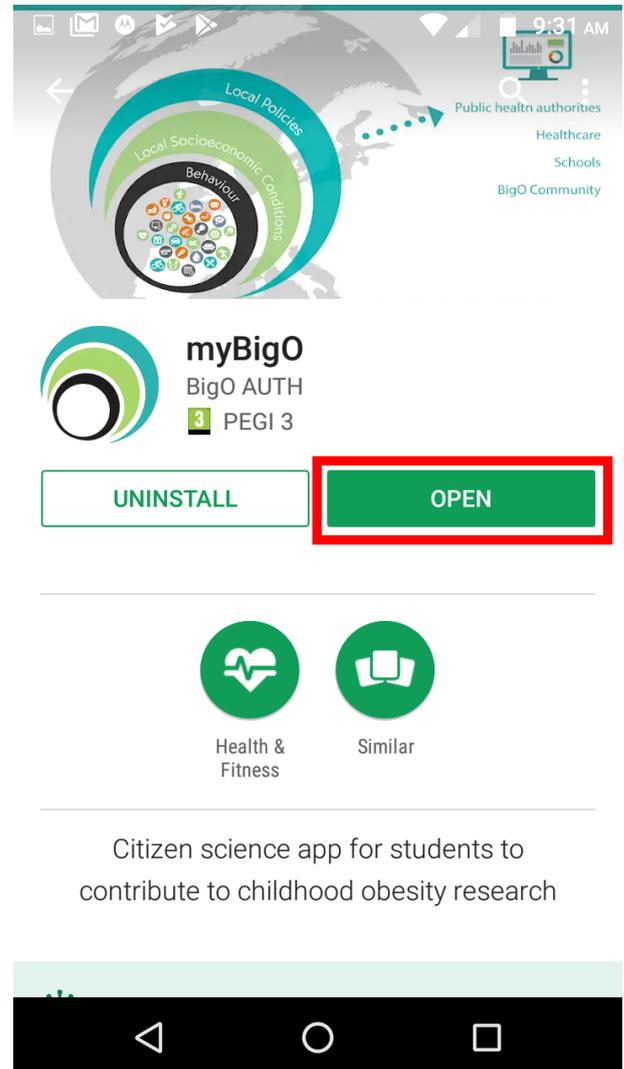
Type in "myBigO" in the search field then click the icon displayed in the picture below.



### 3. Install myBigO app

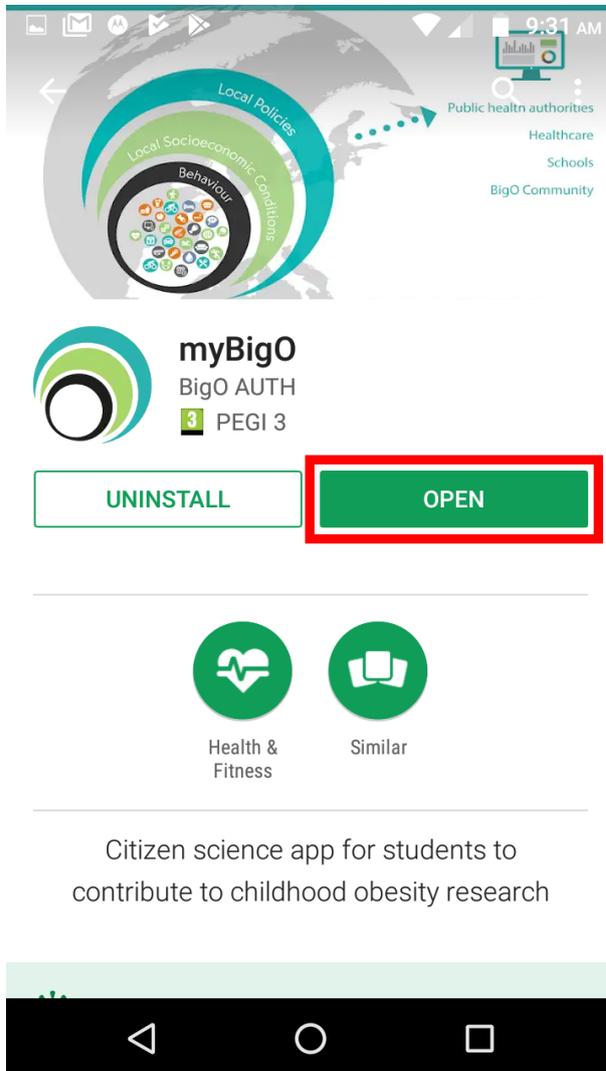
Click the "INSTALL" button and wait for it to turn into an "OPEN" button.

If you have an older version of the app, there will be an "UPDATE" button instead of an "INSTALL" one. Click on the "UPDATE" button in order to update the app in its new version.



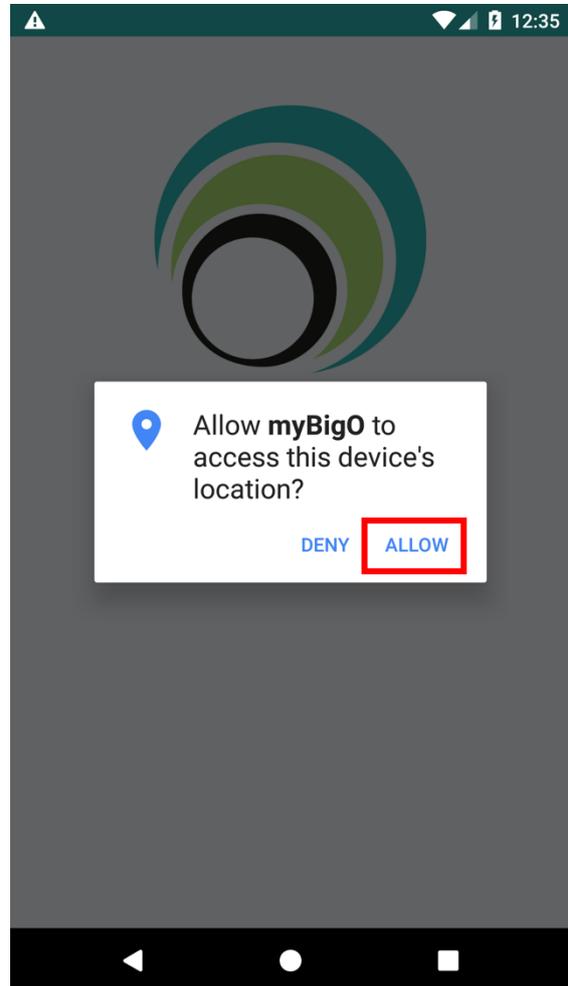
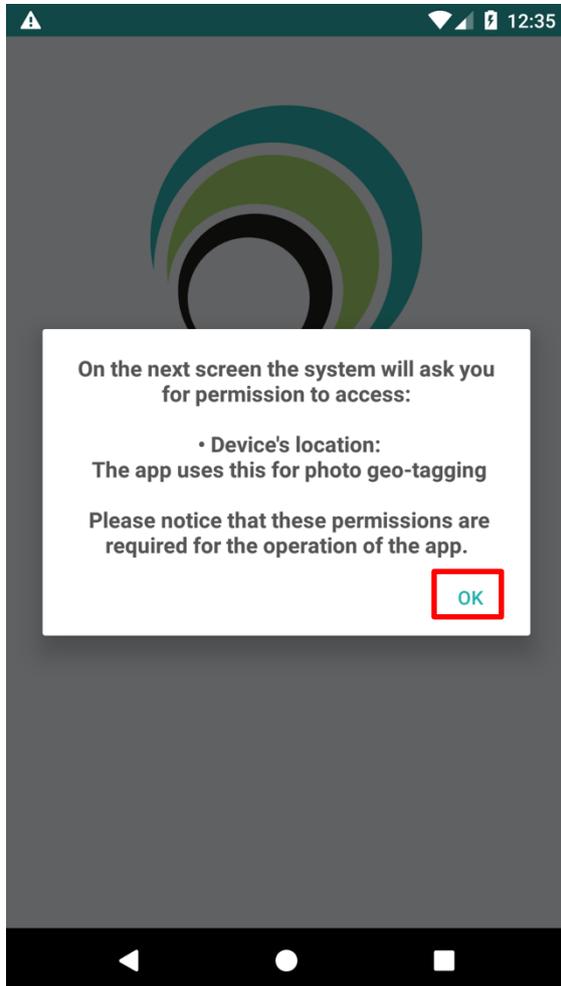
## 4. Open BigO app

After installation the BigO app can be accessed by pressing "OPEN" in Google Play Store. The app is also accessible by clicking on the "myBigO" icon on the home screen on your phone. Both ways are displayed in images below.



## 5. Access to location information

When opening the BigO app for the first time you will be asked if you want to allow the app to access information on your location. If you do not allow this feature the app will not work.

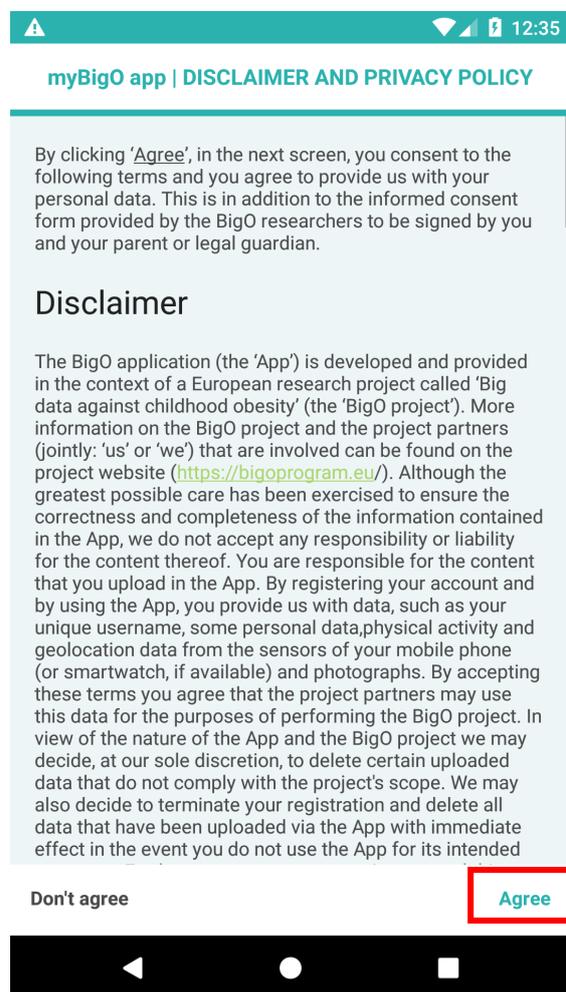
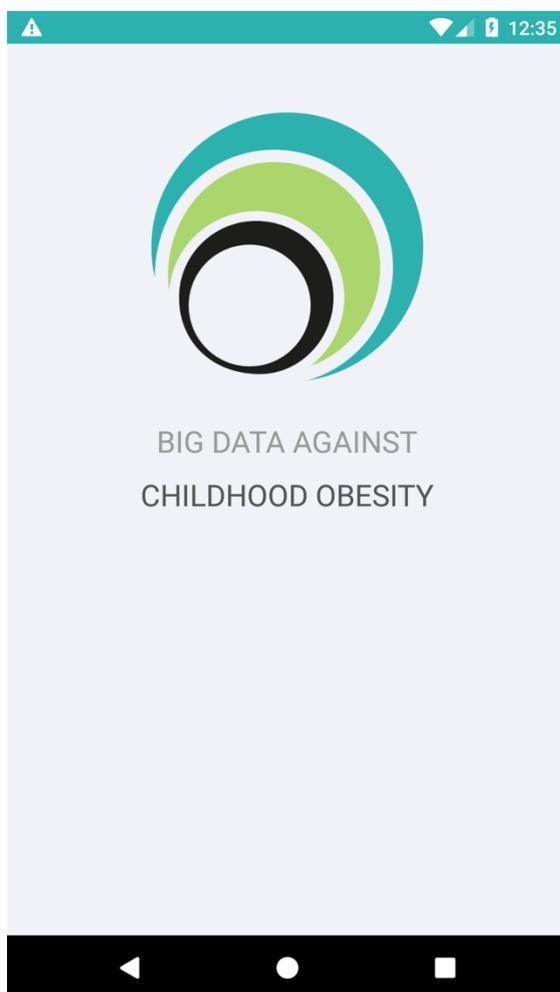


## 6. Disclaimer and privacy policy

The disclaimer includes information on what type of data will be collected by the BigO 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 Don't agree 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.

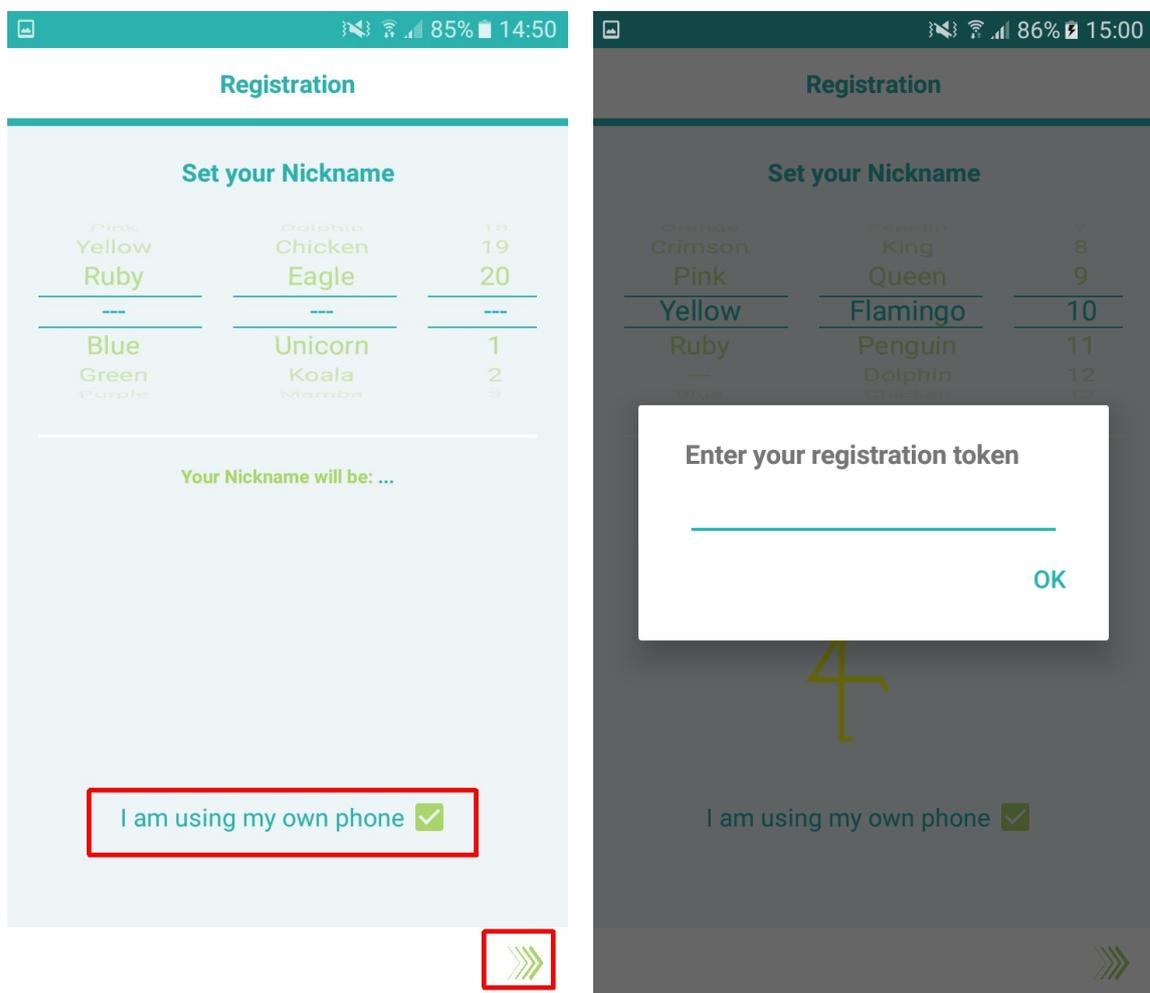


## 7. Registration

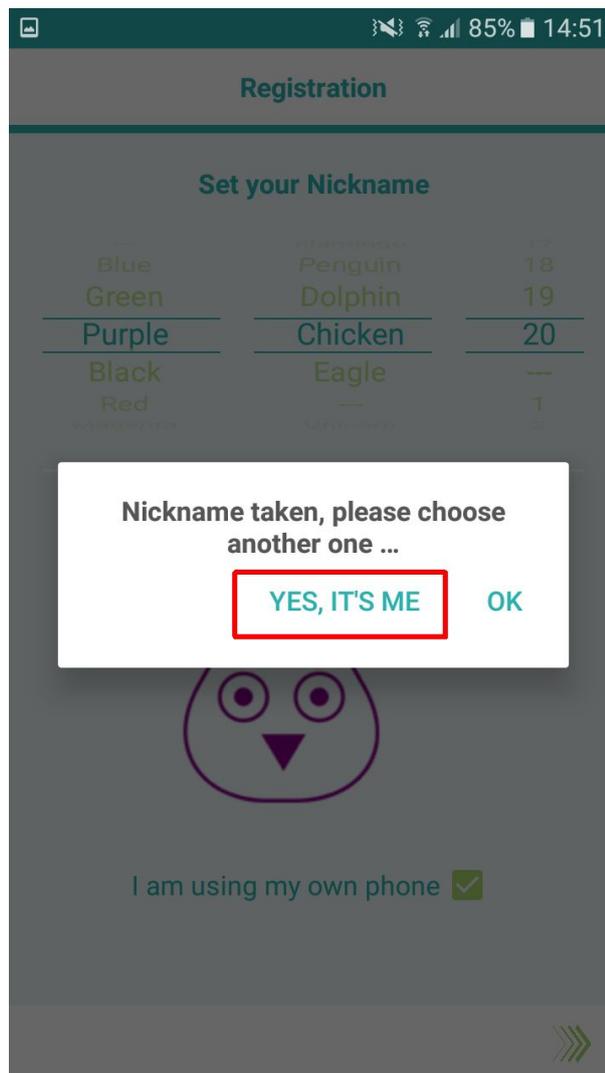
In order for the registration to take place, you need to

- choose a nickname;  
the nickname consists of a colour, an element and a number
- select if you are using your own phone
- click on the **green arrows** to proceed to next page
- enter the registration token that was provided to you and click "OK";  
this step exists to ensure your privacy

The above steps are displayed in the following screenshots.



**It is important to remember your nickname.** In case you accidentally uninstall the mobile app, you can request a new registration token (from your teacher/clinician) and register again with the same nickname:



## 8. About you

In the next screen please enter information regarding the City you live in, your weight, height and age

The screenshot shows a mobile application interface with a teal header bar containing a home icon, signal strength, Wi-Fi, 85% battery, and the time 14:51. The main content area is titled "Some things about you" and contains several input sections:

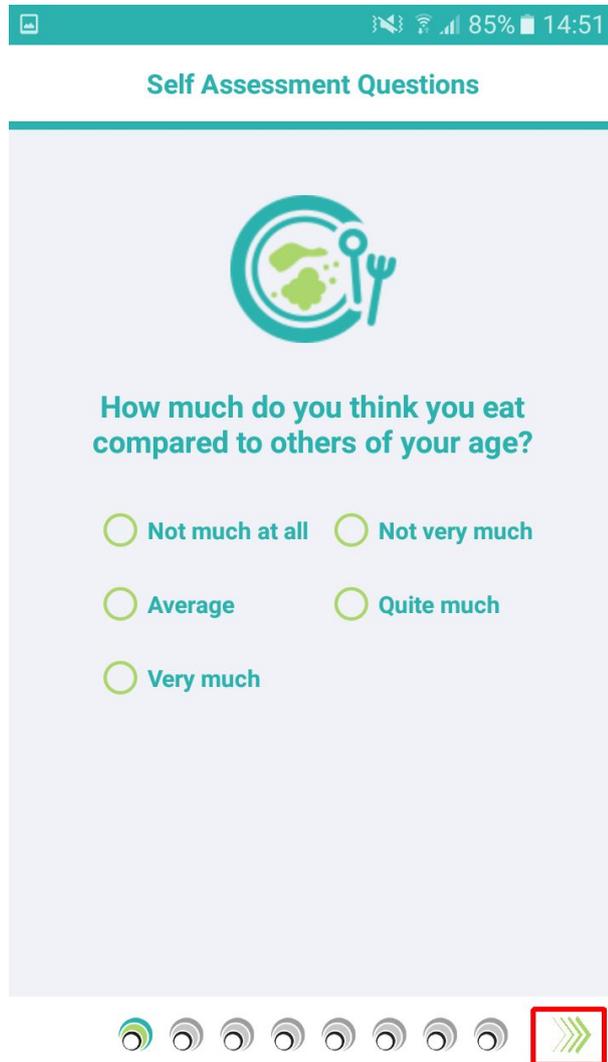
- City:** A list of city options including Dublin, Ireland; Wageningen, The Netherlands; Other; Thessaloniki, Greece; Athens, Greece; and Larissa, Greece. The "Other" option is currently selected.
- Gender:** Three radio button options: Male, Female, and N/A. None are selected.
- Height, Weight, and Age:** Three columns of input fields. The "Age" column has a value of 18 selected. The "Height" and "Weight" columns have values of 100cm and 25kg selected, respectively.

A red square highlights a green double arrow icon at the bottom right of the form, indicating a "Next" or "Continue" action.

## 9. Self-assessment questionnaire

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

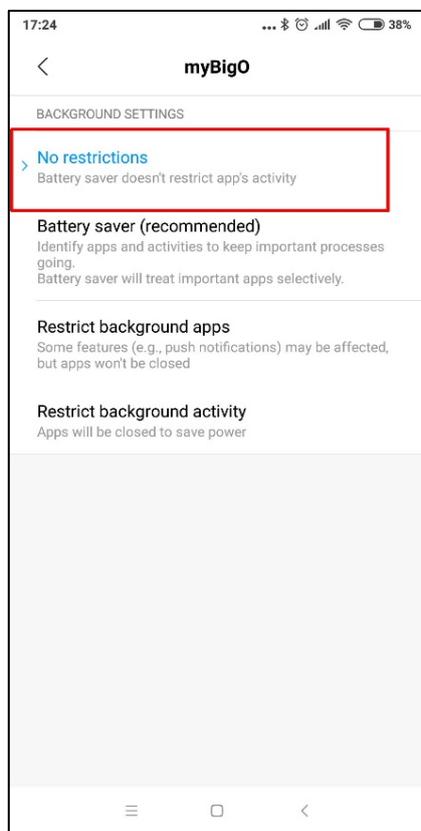
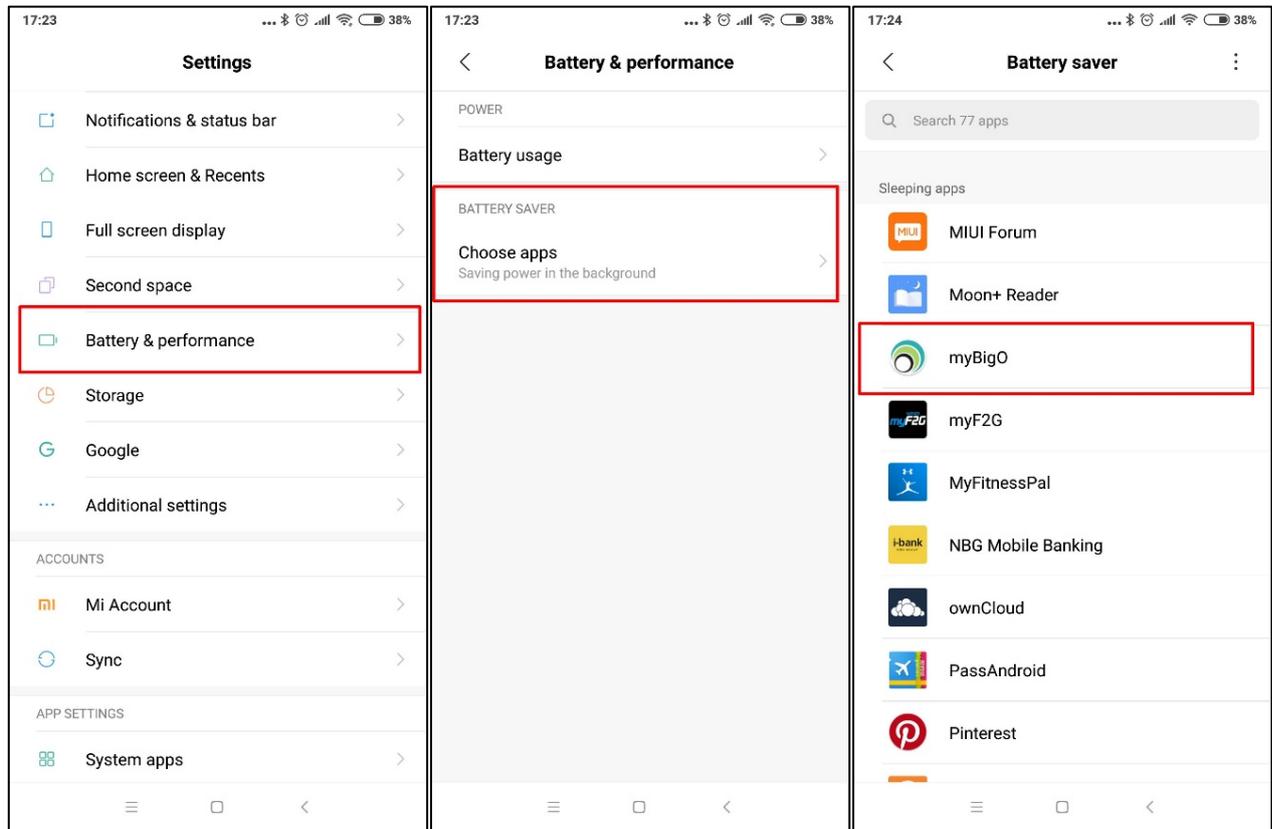
However, you need to answer all questions in order for the registration to be completed.



The screenshot shows a mobile app interface for a self-assessment questionnaire. At the top, there is a teal status bar with icons for signal, Wi-Fi, and battery (85%), and the time 14:51. Below this is a teal header with the text "Self Assessment Questions". The main content area has a light blue background and features a circular icon of a plate with a fork and a green splash. The question is "How much do you think you eat compared to others of your age?". There are five radio button options: "Not much at all", "Not very much", "Average", "Quite much", and "Very much". At the bottom, there is a progress indicator with eight circular icons; the first one is filled with green, and the last one is a red square containing three white chevrons pointing right.

## Note for XIAOMI phone users

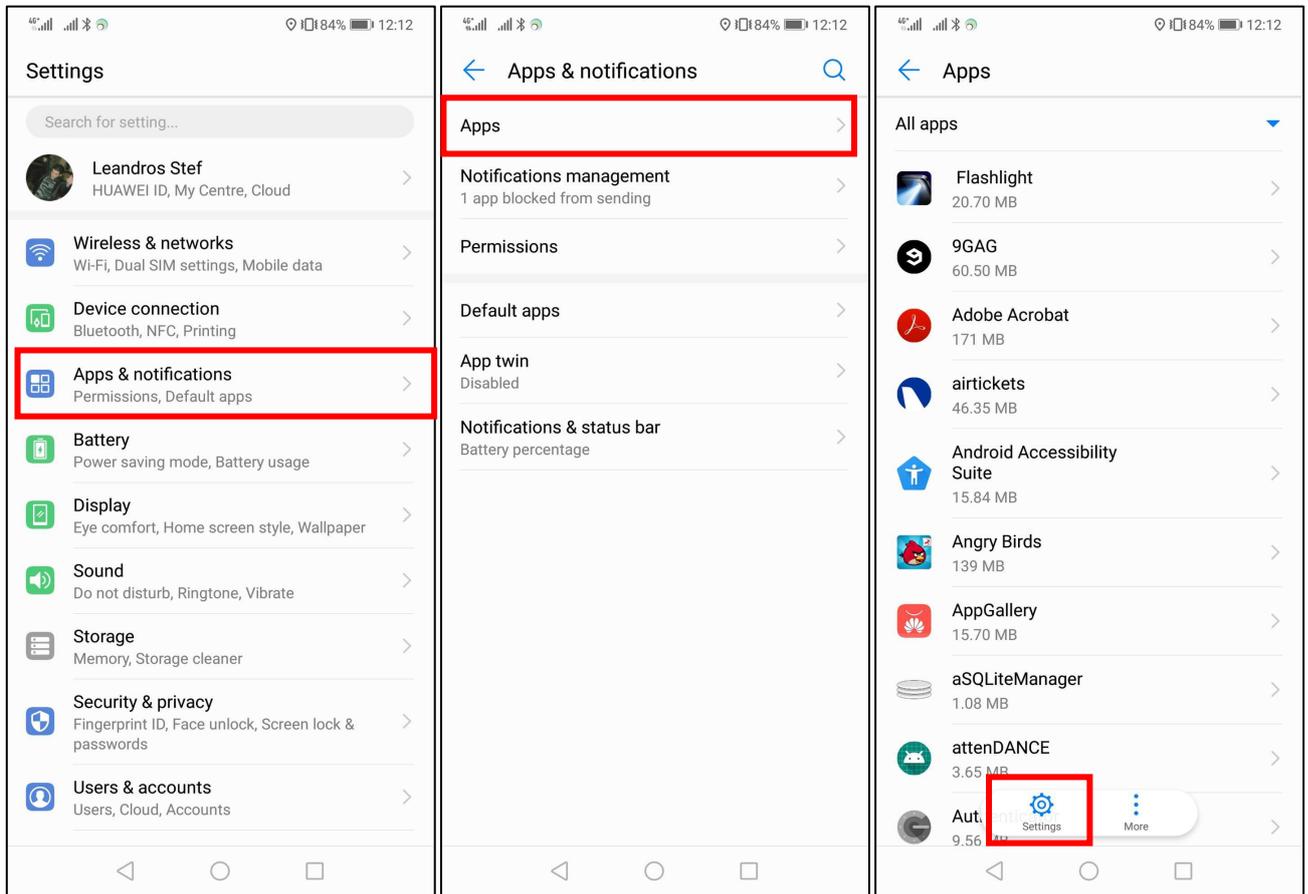
Xiaomi phone users need to follow the steps shown below in order to remove battery restrictions for the myBigO app to record:

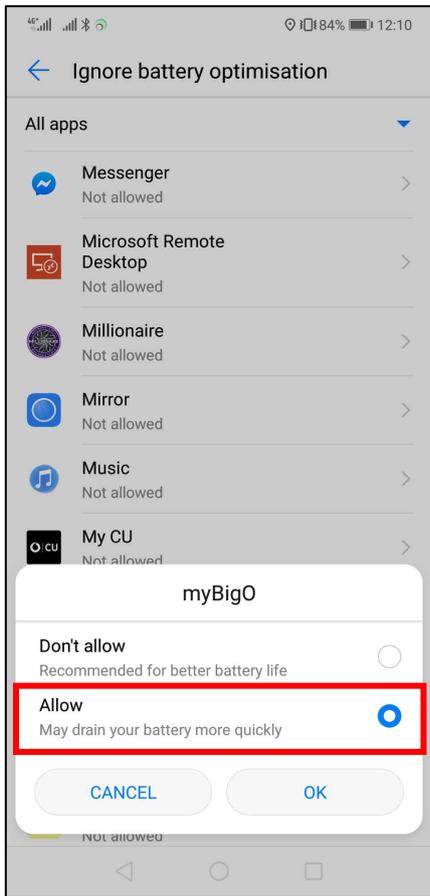
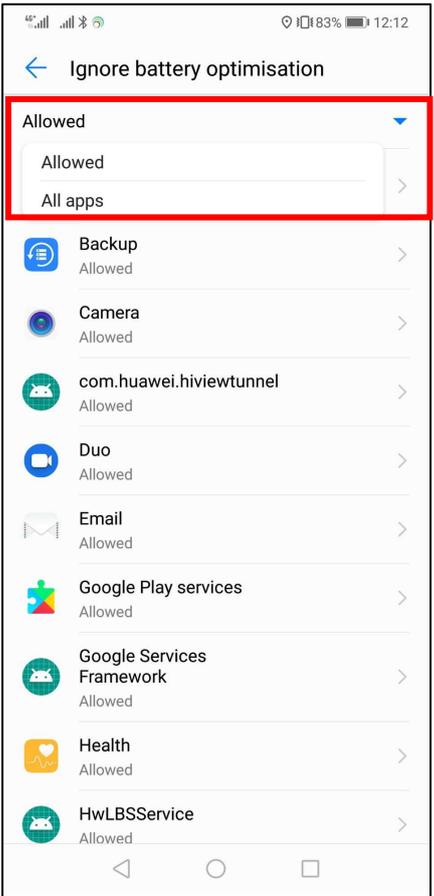
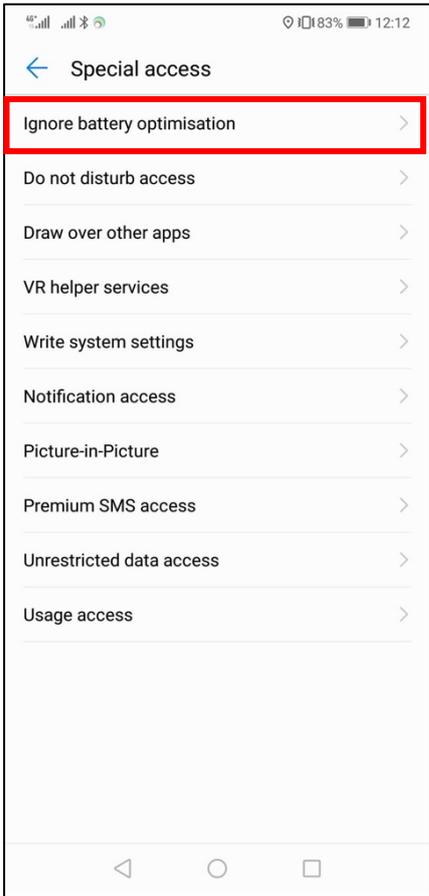
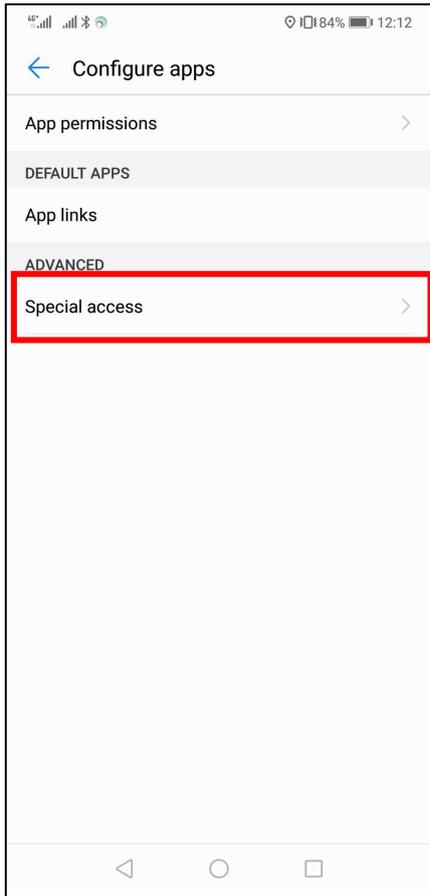


## Note for HUAWEI phone users

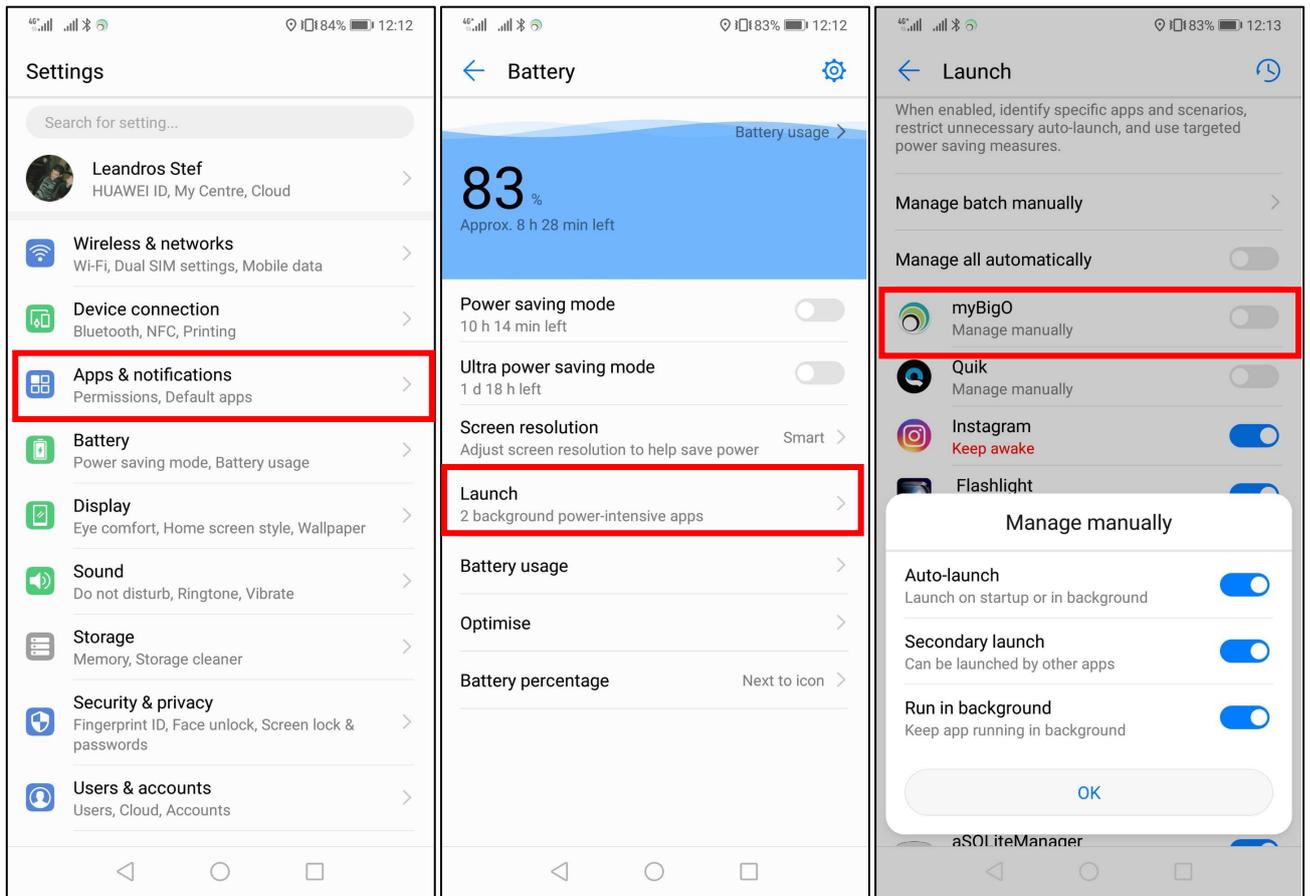
HUAWEI phone users need to follow the steps shown below in order to remove battery restrictions for the myBigO app to record:

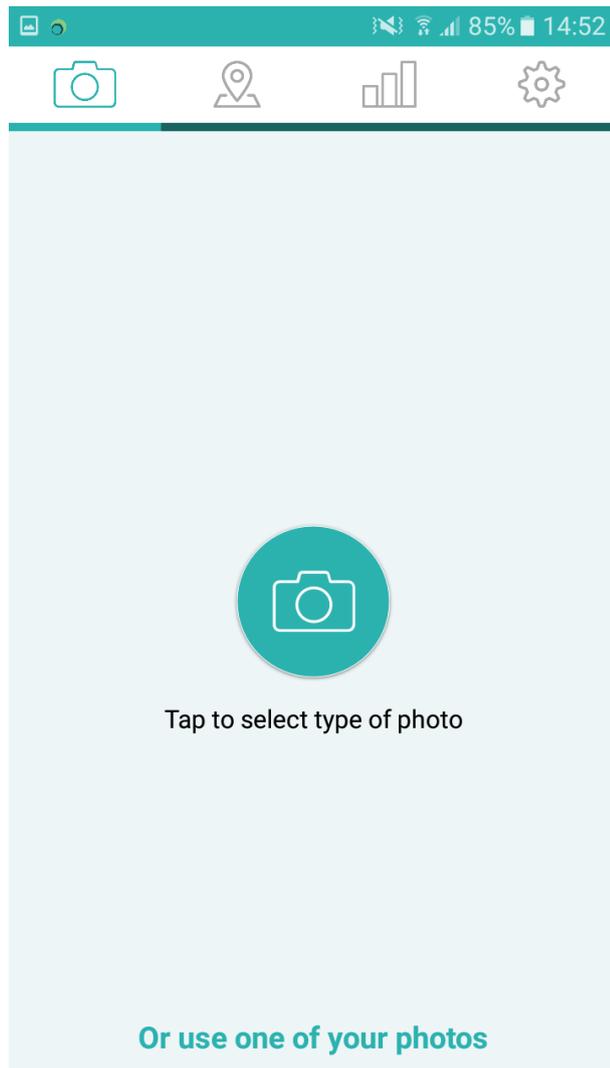
- 1) Settings->Apps & Notifications -> Apps -> Settings -> Special access -> Ignore battery optimisation -> All apps -> myBigO : Allow





## 2) Settings -> Battery -> Launch -> myBigO : Manage manually





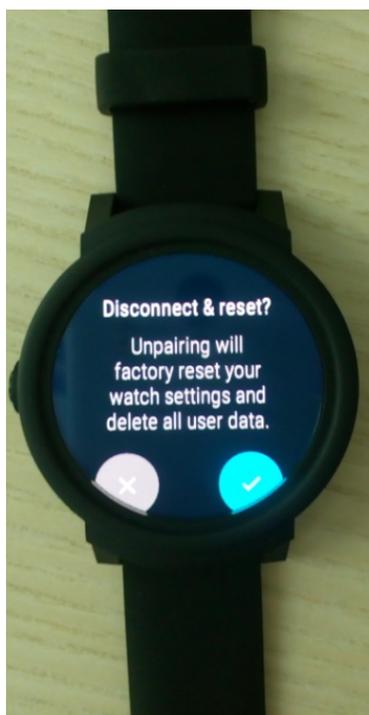
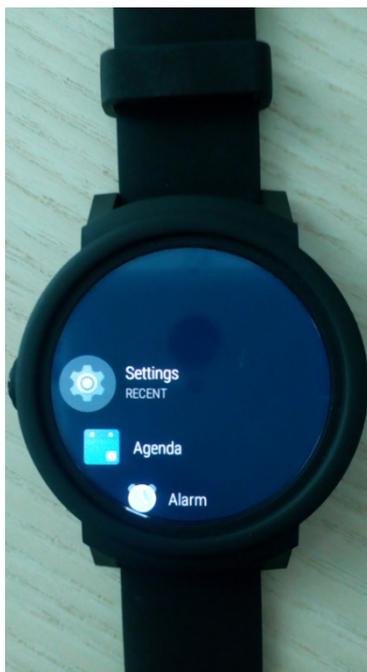
You are now ready to use the BigO app on your phone!

## Connecting BigO app to smartwatch

The smartwatch has a battery life of around 24 hours depending on use and a recharge time of 60 minutes. To enable data collection during specific periods of the day (i.e., sleep) make sure to charge the watch accordingly (e.g. from 19:00 to 20:00 each day).

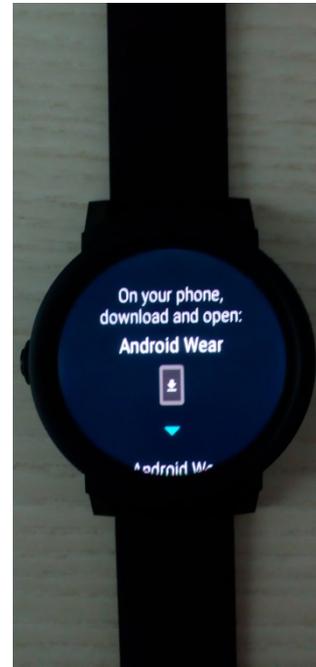
### 1. If the smartwatch is already paired with another phone

If the smartwatch is already paired with another phone it needs to be factory reset before connecting it to your phone. Enter **Settings** and select **System**, from **System** select **Disconnect & reset**. Accept unpairing and factory reset, you will be brought to the "Factory data reset" screen.



## 2. If the smartwatch is not already paired

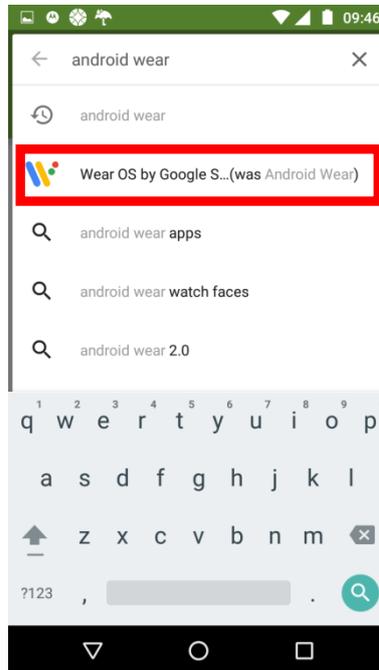
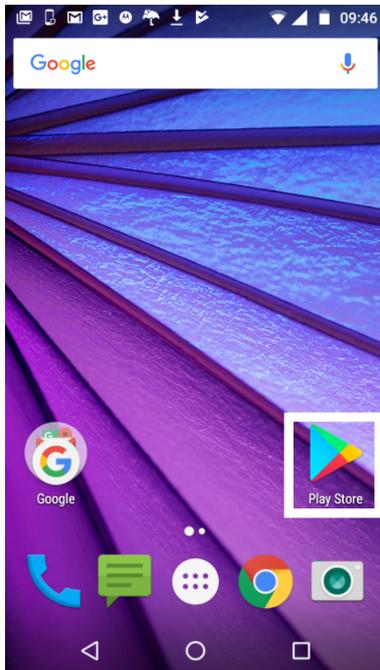
With the watch unpaired first select the preferred language. Then, after reading the end user license agreement provided, if you agree with the terms click on the circle on the bottom of the watch display. This will take you to a screen informing you to install the Android Wear app on your phone. If you do not agree with the end user license agreement you will not be able to use the smartwatch.



### 3. Install the Wear OS app on your smart phone

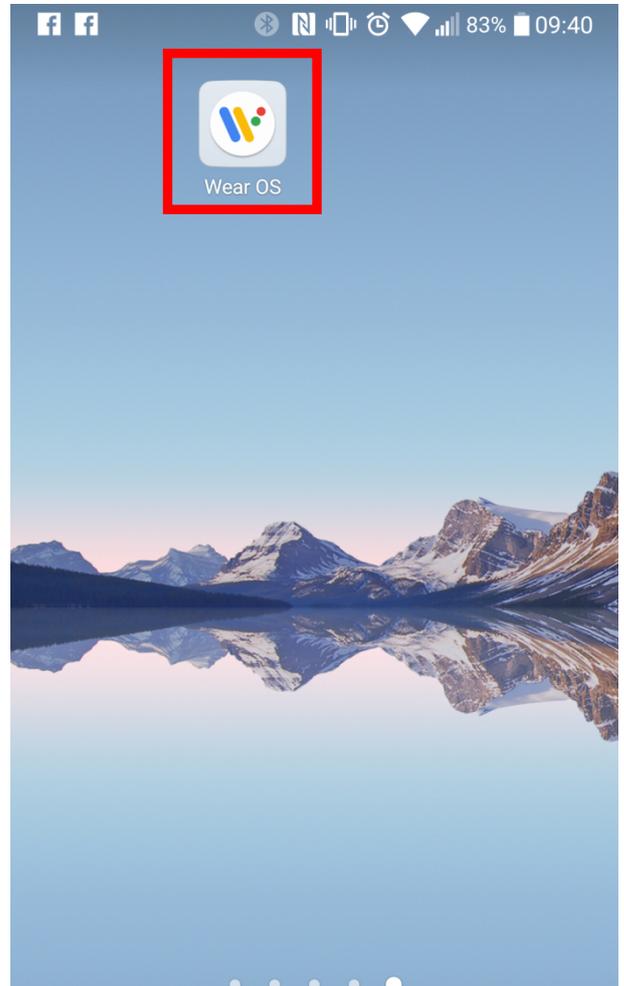
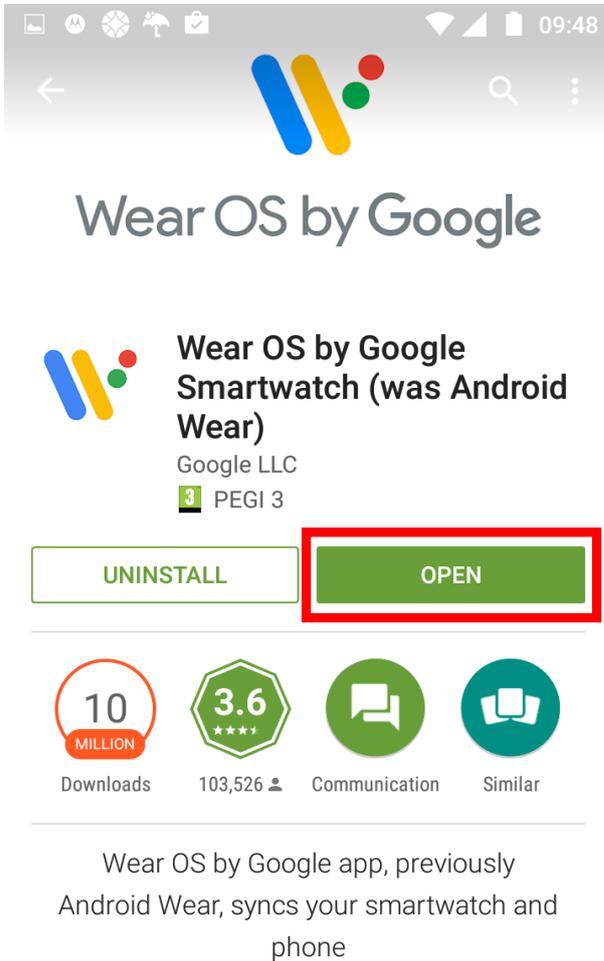
To install the Wear OS app, first open Google Play Store and search for "Wear OS", then click the "Wear OS by Google Smartwatch" icon in the search field.

Click on the "INSTALL" button to setup the app.



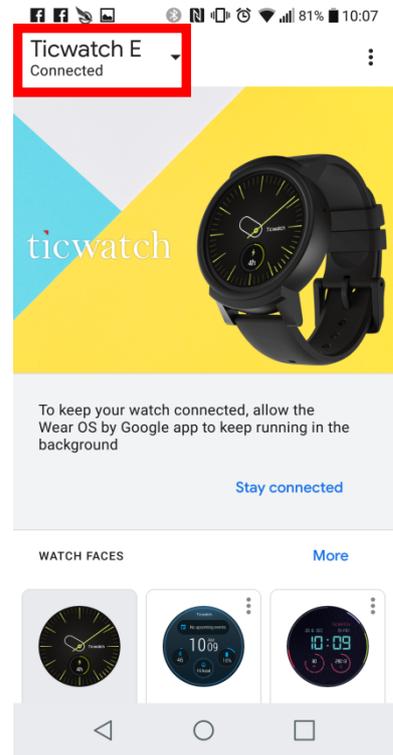
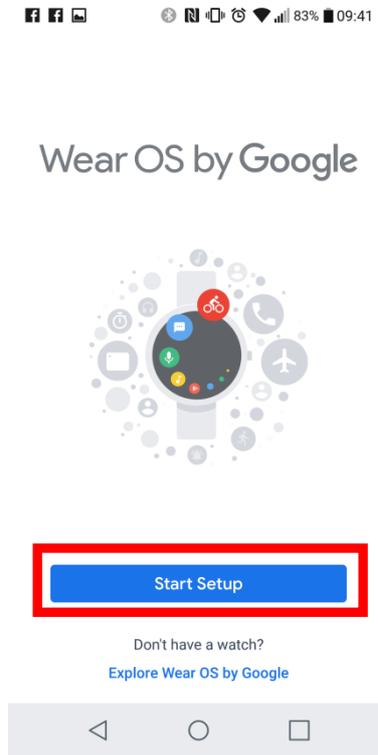
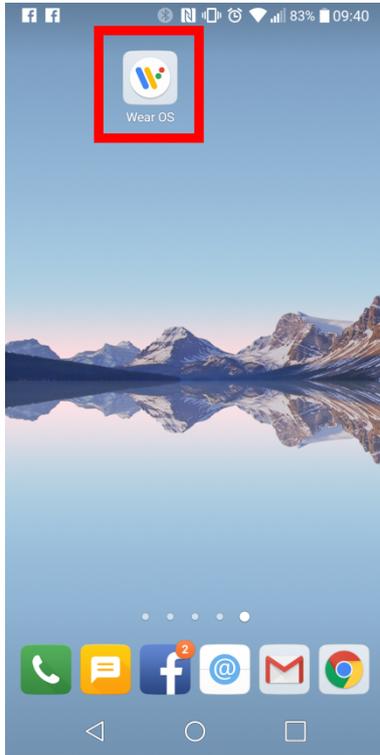
#### 4. Open Wear OS app

After installation, the Android wear app can be accessed by pressing "OPEN" in Google Play Store. The app is also accessible from the home screen on your phone.



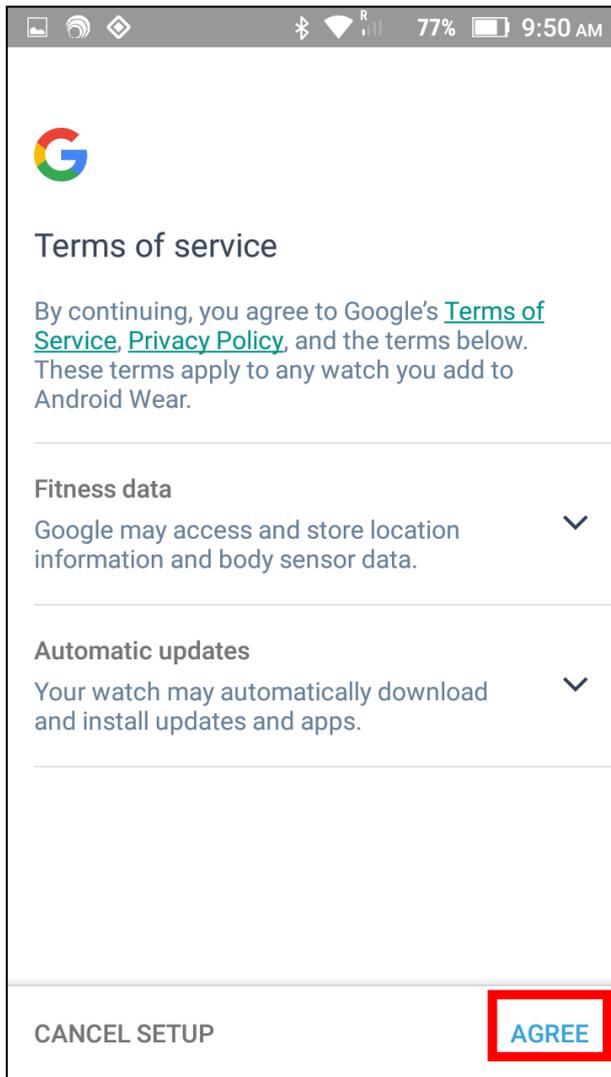
## 5. Connect the smart phone with the smart watch

When you open the Android wear app and no Smart watch has previously been connected to your phone, you will be asked if you want to set up a smart watch with the phone. If you have previously set up a watch on the phone you need to select the connected device in the top left corner of the android wear app and choose "add a new watch".



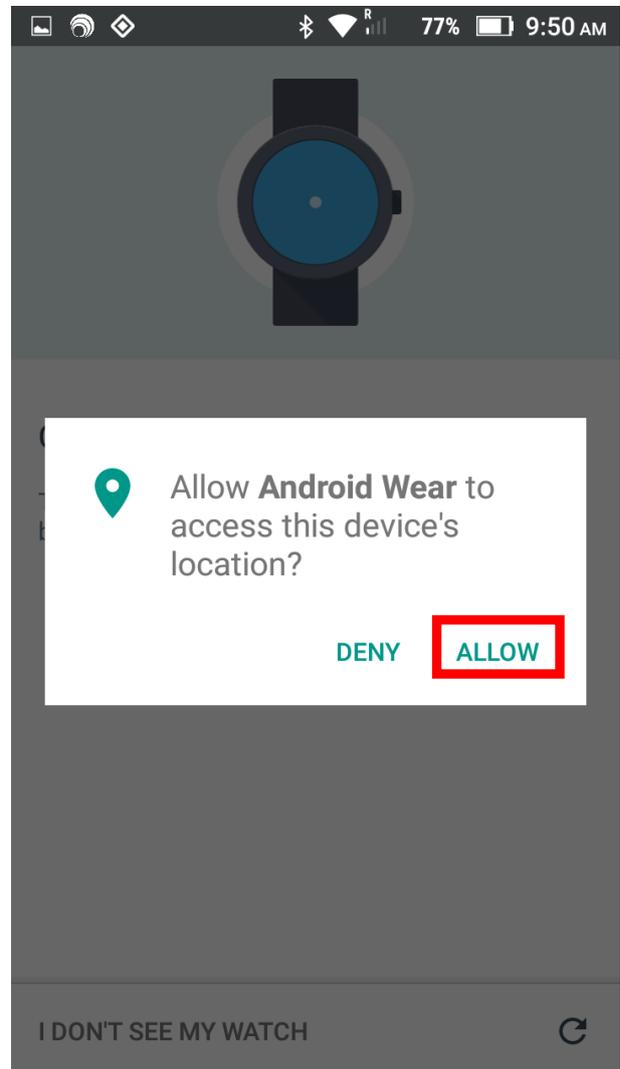
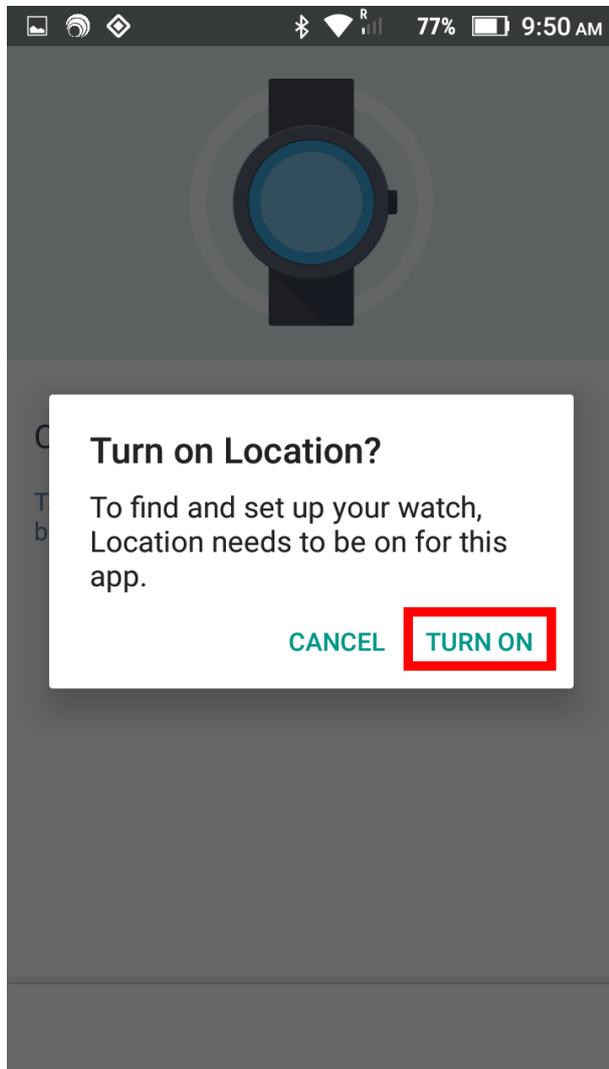
## 6. Accept terms of service

If this is the first time you set up a watch the terms of service will appear. If you agree to the terms of service click on the "AGREE" button. If you press "CANCEL SETUP" you will not be able to use the smartwatch.



## 7. Turn on and allow location tracking

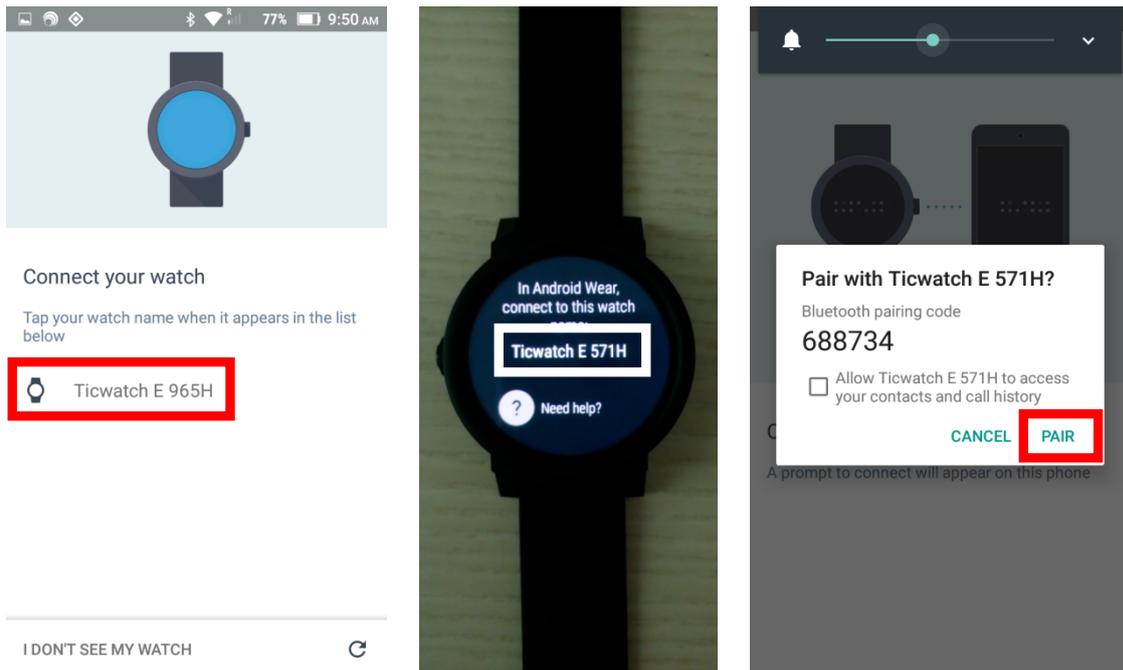
After accepting the terms of service the Android Wear app will require you to turn on location tracking (if it is not already turned on). If this is the first time you use the "Wear OS by Google" app you will also have to accept that the app uses the devices location. Without accepting location tracking you will not be able to use the smartwatch.



## 8. Connect the devices

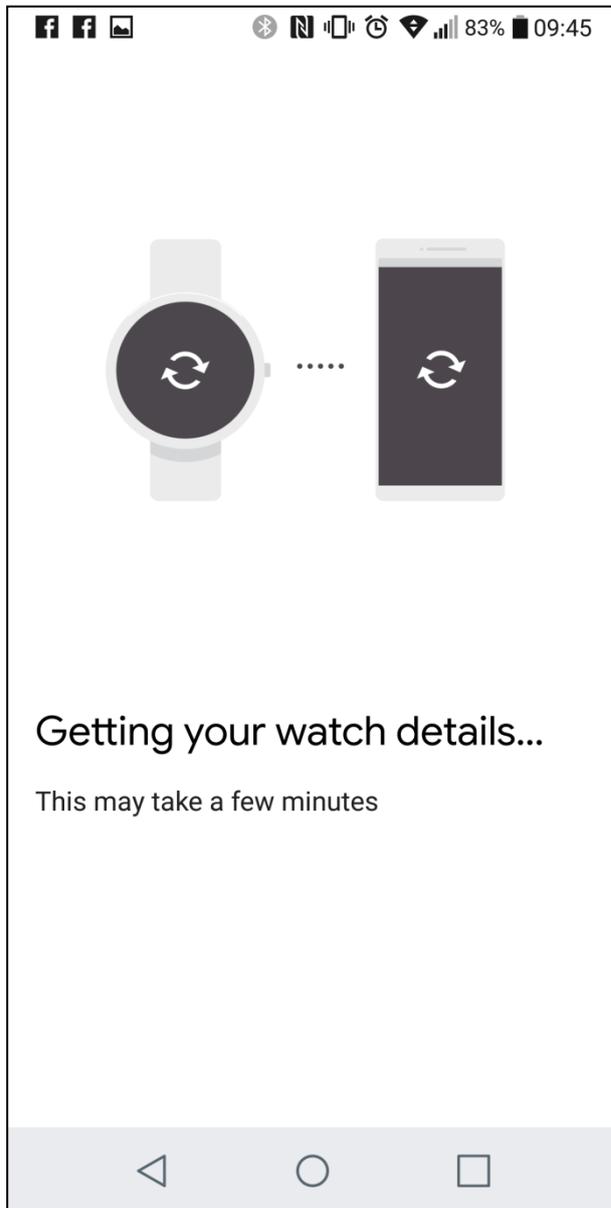
Once you have agreed to all the terms and features the Android Wear app will display the smartwatches that are available for connection. Once you have made sure that the ID of your watch is identical to that displayed in the Android Wear app, select the watch icon on the Android Wear app. When you get a pop-up message, if the Bluetooth pairing code displayed is identical in the watch and the phone, click on the "PAIR" button.

The pairing process should not last long. If pairing is not completed within 1 minute, you should repeat the process.



## 9. Updating the Smartwatch

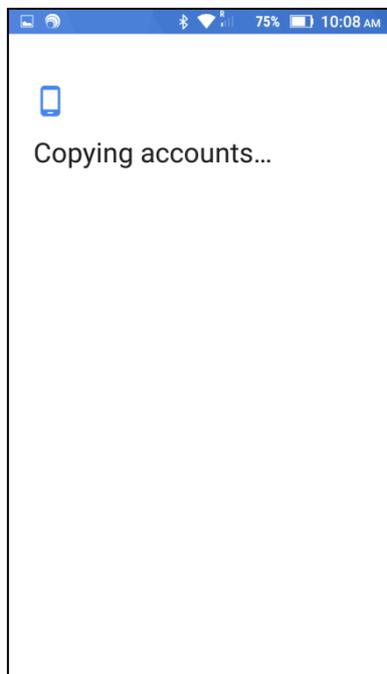
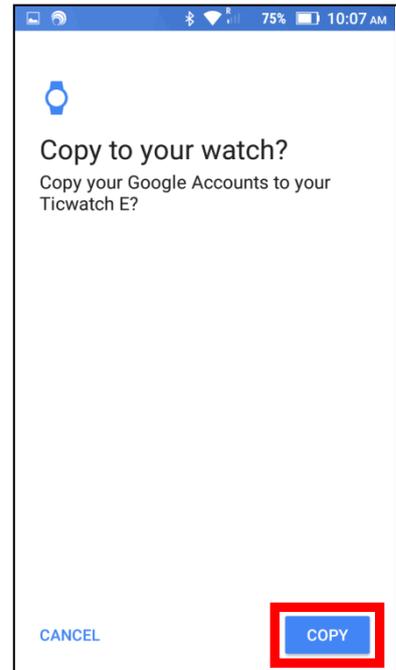
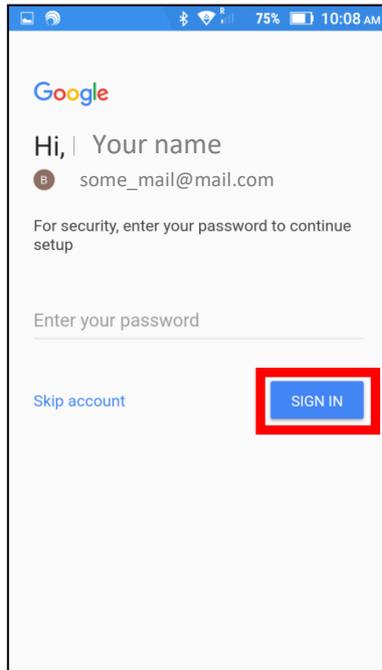
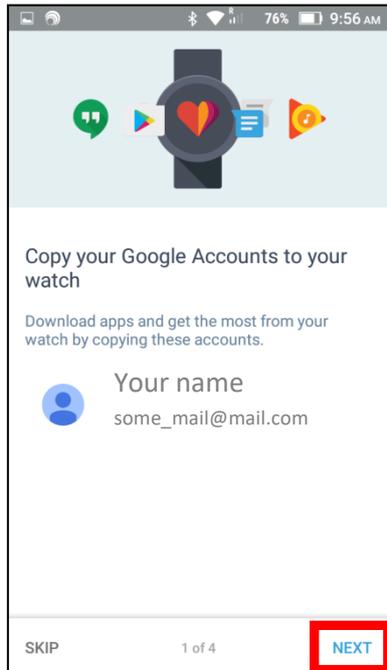
After pairing the phone with the smartwatch, the smartwatch will automatically start updating. Once the "Getting watch details..." image is replaced with "Copy your Google Accounts to your watch" on your phone continue to the next step.



The watch update process should not last long. If the watch update is not completed within 5 minutes, you should repeat the process.

## 10. Copying Google account

On the first screen of this stage select the Google account you want to copy and press "NEXT", then sign in to your Google account with your user name and password (in some cases other login options may be available). This will bring up the "Copying accounts..." screen. Once finished copying the accounts you will get the option to copy other features to the watch, see next page.

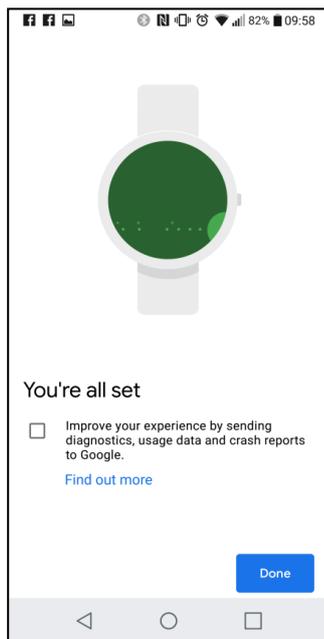
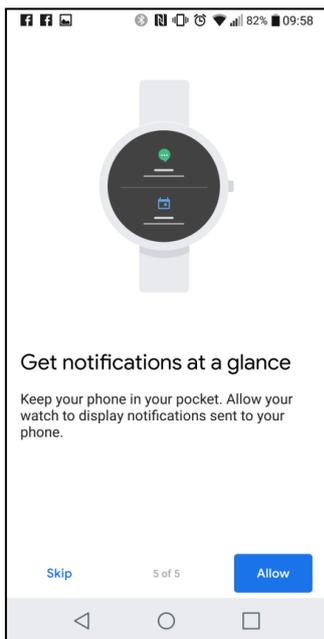
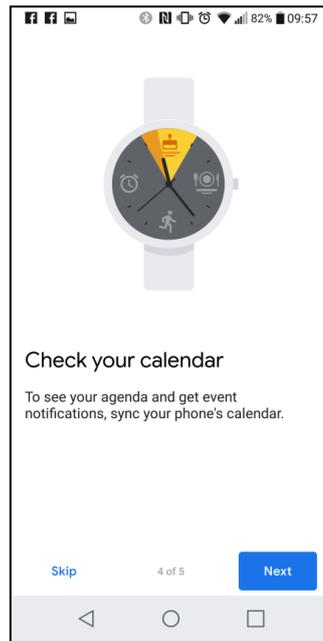
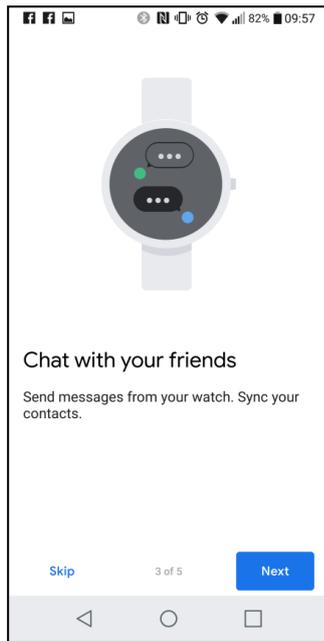
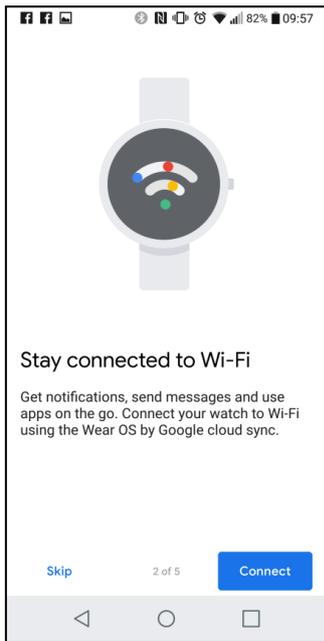


## 11. Connecting various features to the Smartwatch

Next the app will ask if you want to connect additional features from your phone to your watch. These are optional, i.e., not required for the functioning of the BigO app. If you do not want one of these features to be transferred from your phone press the "SKIP" button.

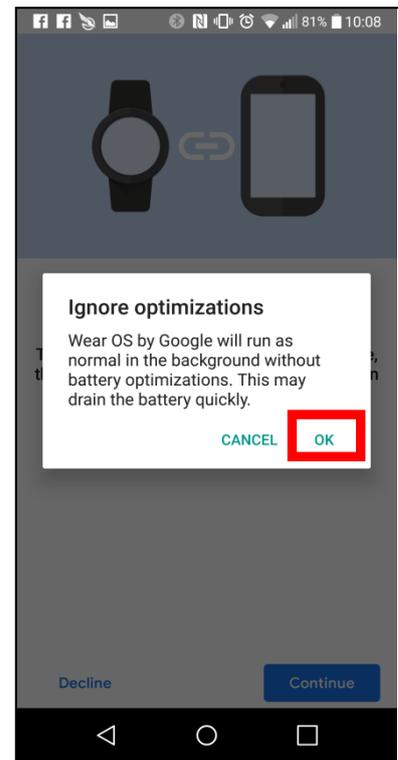
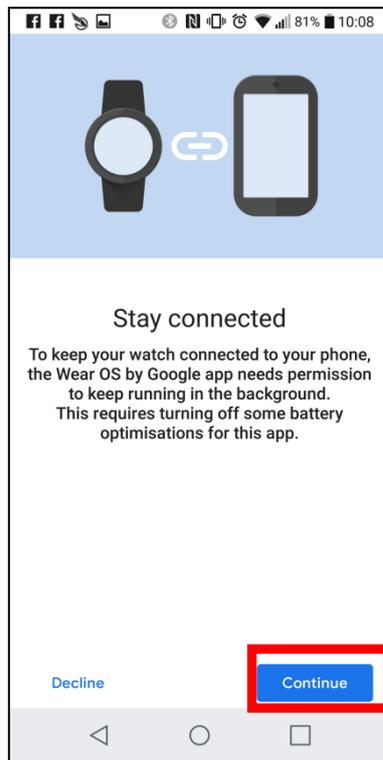
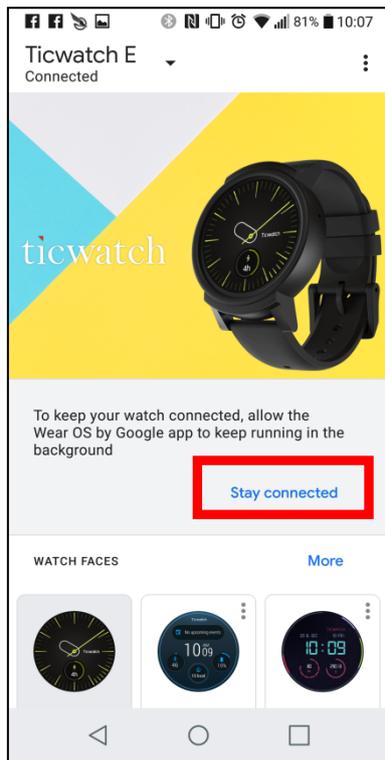
**These features are NOT required for the BigO app to function.**

Once you have passed all of these steps wait a few seconds and the watch face should look similar to the one in the picture below.



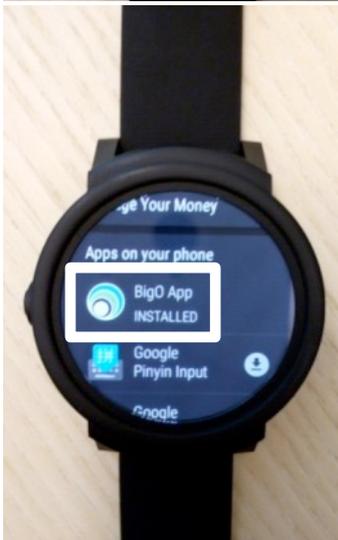
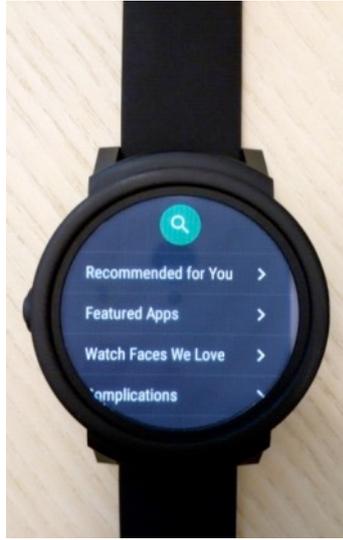
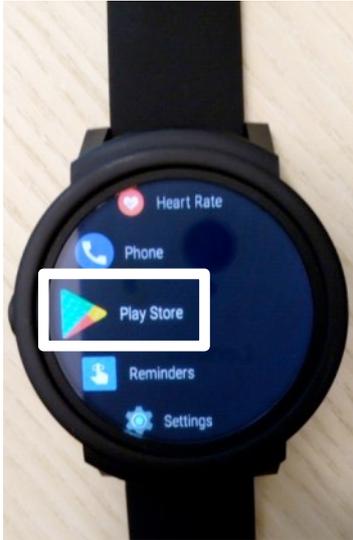
## 12. Stay connected

For the BigO app to collect data requires that you let Android Wear "Stay connected". To do this, open the Android Wear app, select the "Stay connected" button. On the next screen select "Continue" and finally press "OK" when the app asks if you want to "Ignore optimizations".



### 13. Install myBigO on the smartwatch

Open Play Store on the watch, pressing the button on the side of the watch to bring up the app menu and finding the app named "Play Store". Once inside the "Play Store" app you will be presented with a list. Scroll down to the tab "Apps on my phone", click the download icon next to the "myBigO app", to start installation. Once installation is complete the text will change from "INSTALLING.." to "INSTALLED".



## 14. Open the BigO app on your smartwatch

The app can now be opened by selecting the "myBigO App" either in Play Store or in the app menu. Click on the accept button to allow the myBigO app to access location data, after which you have successfully installed the myBigO app to your smartwatch. Congratulations!





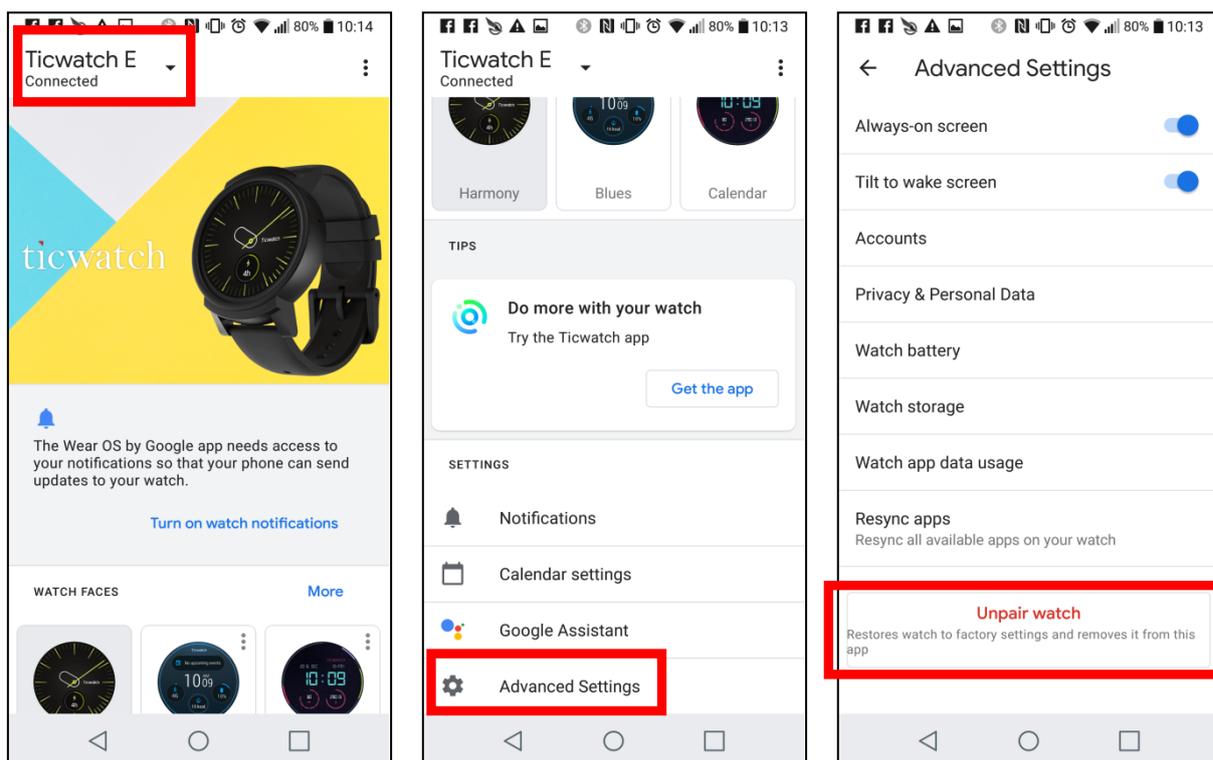
You are now ready to use the BigO app on your watch!

# Unpairing the smartwatch but keep running the BigO app on the mobile

## 1. Unpair the smartwatch from the phone (phone actions)

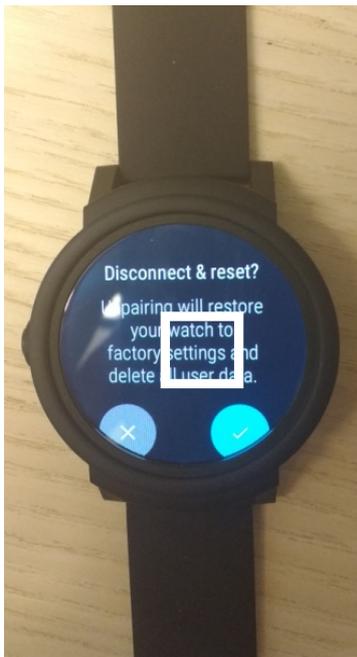
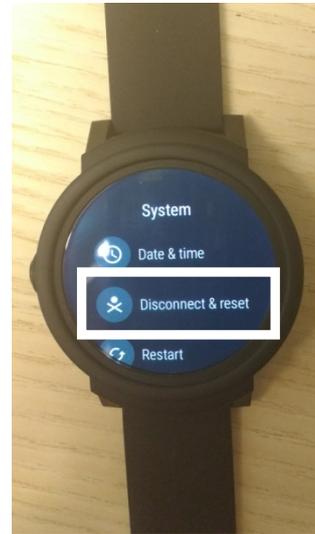
To unpair the smartwatch, but continue using the BigO app on your phone, first open your "Wear OS" app, make sure the correct android wear device is selected. Then scroll down and click "Advanced Settings". In the settings screen click on the button "Unpair watch". Accepting to unpair the watch will cause it to factory reset and enable its pairing with other smartphones.

More actions may be needed from the watch side (see below)



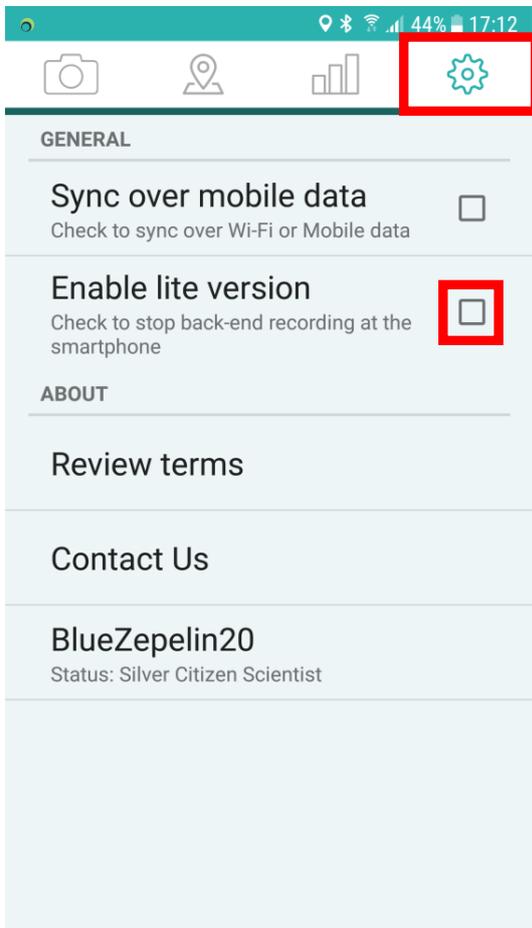
## 2. Unpair the smartwatch from the phone (watch actions)

After completing the actions on the phone, please check the smartwatch as well. Go to "Settings", select "Systems", then "Disconnect & reset". Just as in the previous step, accepting to unpair the watch will cause it to factory reset and enable its pairing with other smartphones.



### 3. Turn off "lite" mode

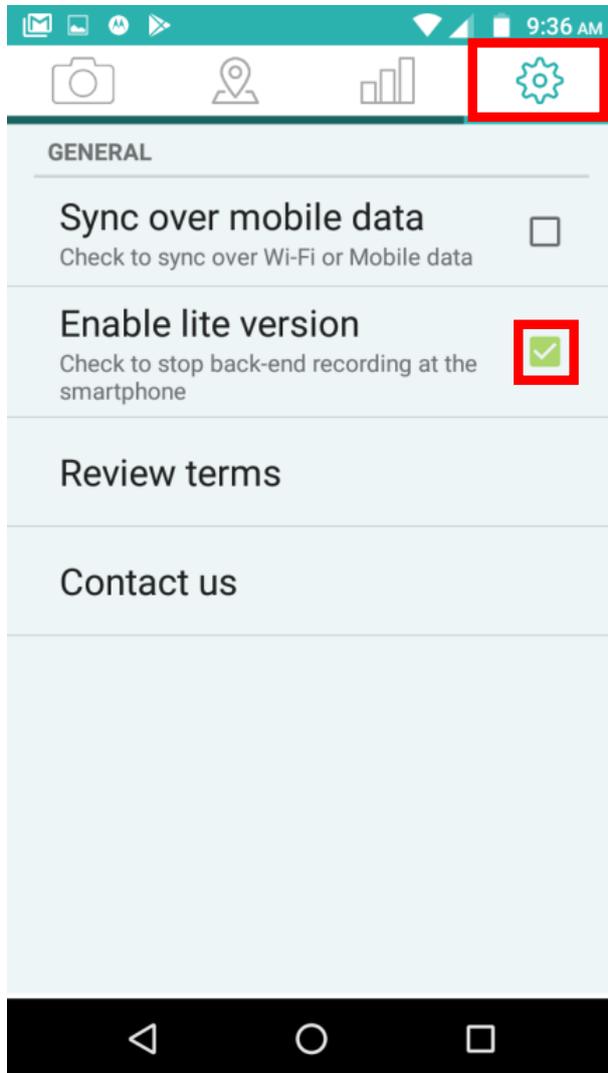
Finally, after unpairing the watch, and if you continue with the study, in order to ensure data is collected from the phone you need to **uncheck** the "Enable lite version" option in the BigO app settings.



**This is an important action!!!!  
Please remember to do it,  
otherwise no data will be  
collected by the phone for the  
remainder of the BigO app use**

## After the completion of the study

Once the study is completed, enter settings and make sure the "Enable lite version" option is **checked** in the BigO app. Try to keep the BigO app on your phone for as long as possible.



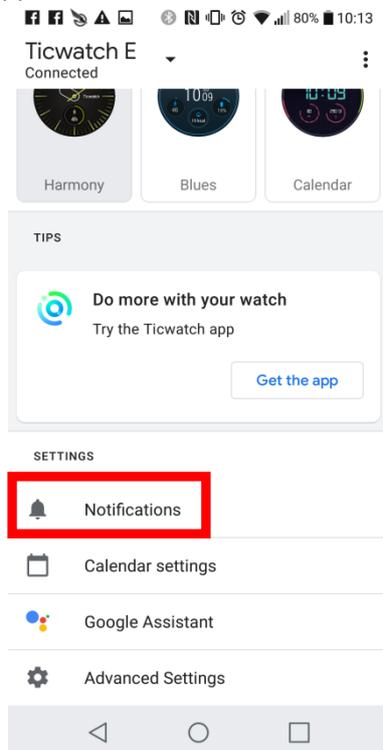
**Caution for the teachers!!!**

**Please remind that step to your students / parents. It's voluntary and we will not record any additional data, but it will help us with the development of the next version of the app.**

## Frequently Asked Questions

### **Notifications from my mobile phone are displayed on the smartwatch.**

In order to ensure this does not happen please disable synchronization with other applications. This can be set through the Wear OS app, as shown in the following screenshots, where you can choose which applications will not send notification to the smartwatch:



### **How does the BigO application connect to the smartwatch?**

Connection is via Bluetooth

### **Do my personal data from my phone or smartwatch get transferred to the BigO app?**

NO personal data are transferred from the smartwatch or the smartphone to the BigO application. Only location (GPS) and sensor data are transferred, such as accelerometer and gyroscope.

### **How long should I wear the Smartwatch for?**

You should wear the watch as long as it feels comfortable. If for any reason it bothers you, please remove it.

### **Why did you choose this specific smartwatch and not a simpler model?**

We need a smartwatch that records GPS and offers open source software. Wear OS's open source software is supported by smartwatches such as Sony, LG, Huawei, and Ticwatch. Ticwatch was the most economical solution at the time of the selection.

### **Should I also install the ticwatch app in my smartphone?**

No this is not needed

### **Is my phone number secured?**

Absolutely. The myBigO app accesses only the phone camera and location.