

# myBigO app<sub>(v3)</sub> - iOS installation manual

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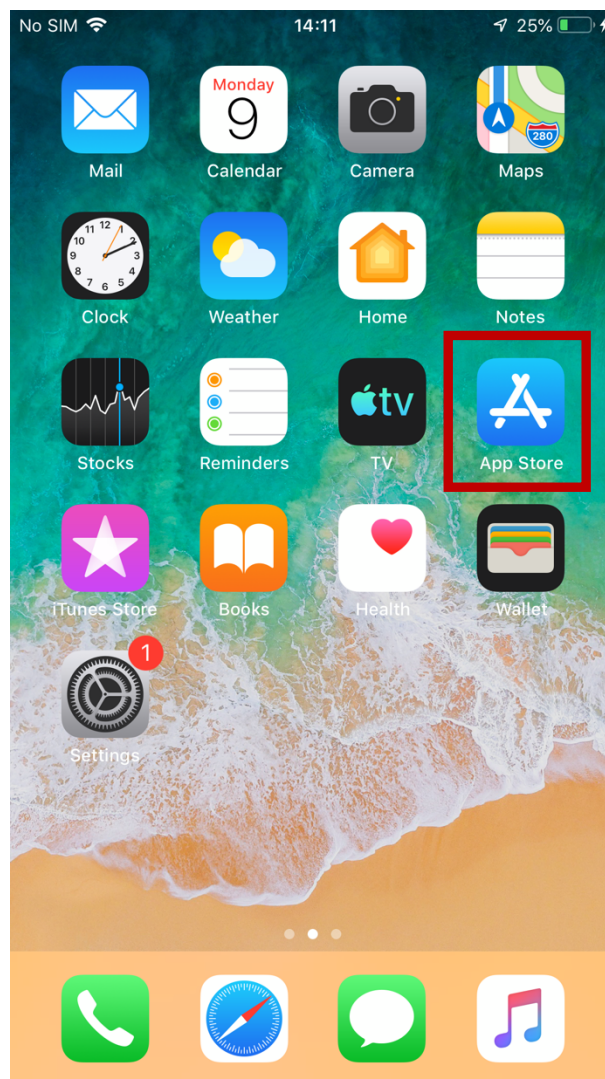
## Installing myBigO app on your iPhone/iPad

### Prerequisites

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

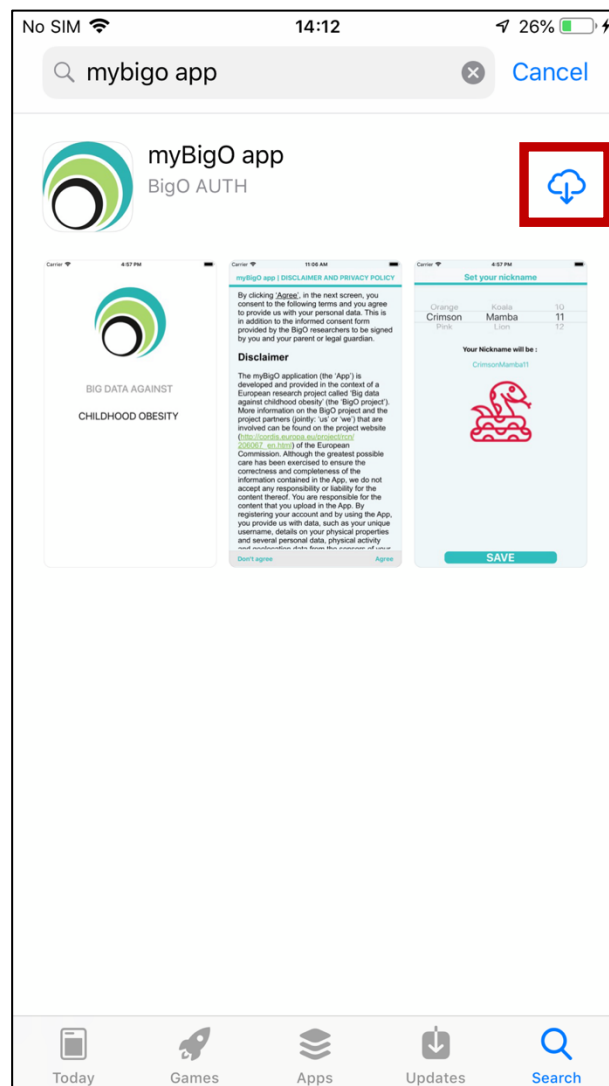
### 1. Open App Store

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



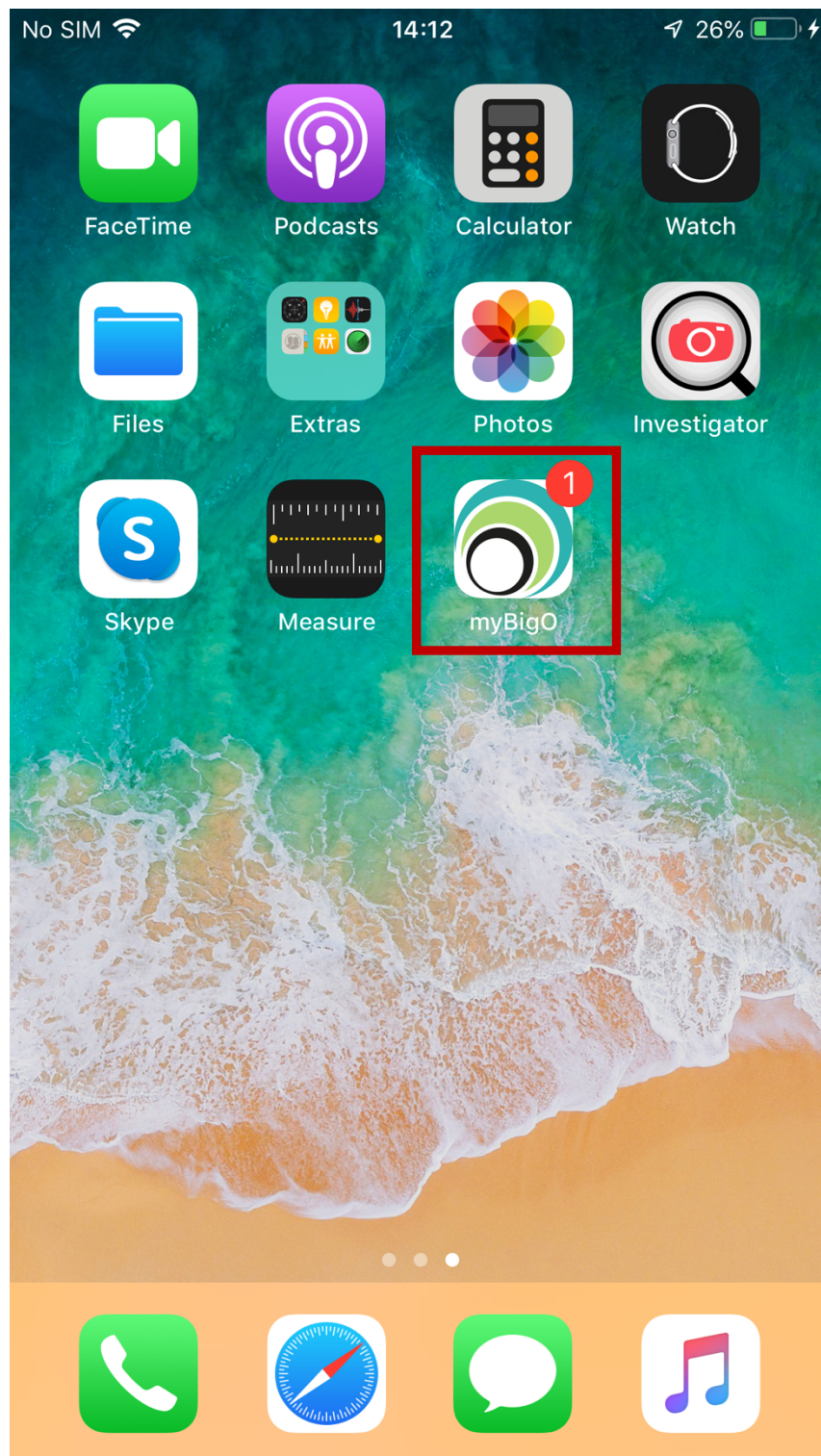
## 2. Search for myBigO app

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.

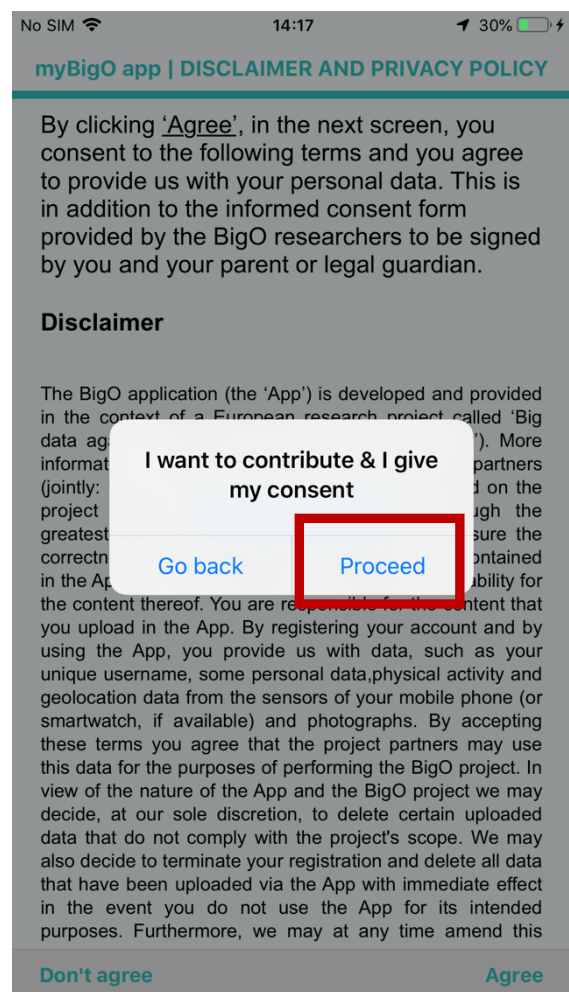
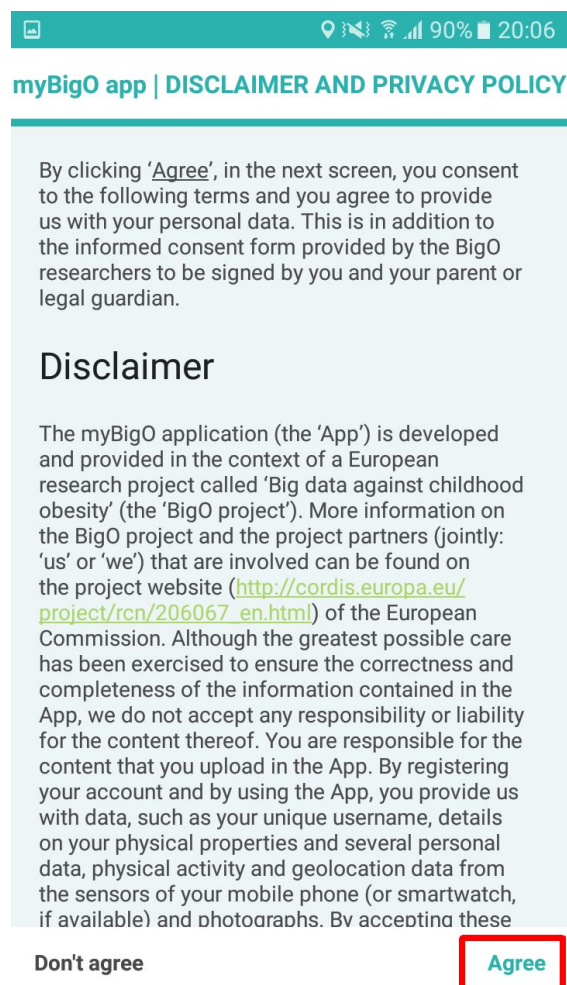


## 4. Disclaimer and privacy policy

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.



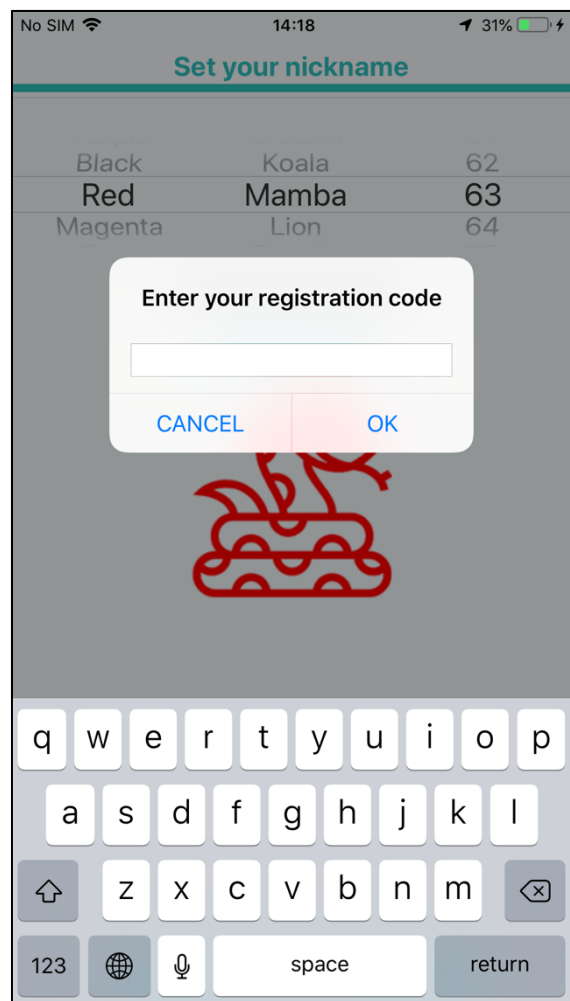
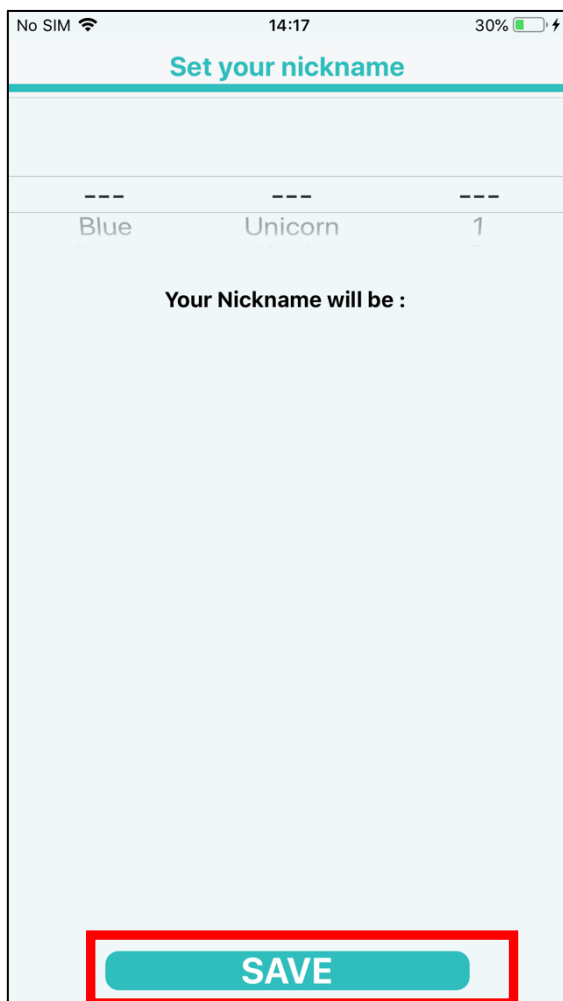


## 5. Registration

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

- choose a nickname. The nickname consists of a colour, an element and a number
- click on "Save"
- 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 app interface for setting user information. At the top, the status bar displays 'No SIM', signal strength, time '14:19', and battery level '32%'. The app title 'Set your info' is centered at the top in teal. Below it, the 'City' section has a dashed line placeholder and the text 'Thessaloniki, GR'. The 'Gender' section features three radio buttons labeled 'Male', 'Female', and 'N/A'. The bottom section contains three input fields for 'Height(cm)', 'Weight(kg)', and 'Age', each with a dashed line placeholder and a list of suggestions (100, 101 for height; 25, 26 for weight; 9, 10 for age). A large teal 'SAVE' button is at the bottom.

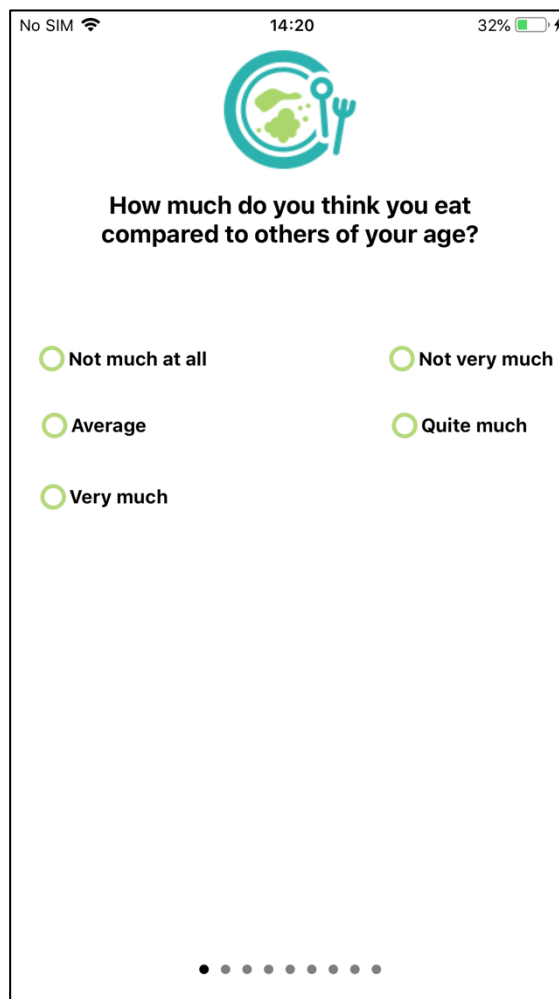
| Height(cm) | Weight(kg) | Age |
|------------|------------|-----|
| ---        | ---        | --- |
| 100        | 25         | 9   |
| 101        | 26         | 10  |

## 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”.

A screenshot of a mobile application interface for a self-assessment questionnaire. At the top, the status bar shows "No SIM", signal strength, time "14:20", and battery level "32%". Below the status bar is a circular logo with a green fork and a green plate. The question text reads: "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 consisting of ten dots, with the first dot filled in black and the others grey.

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

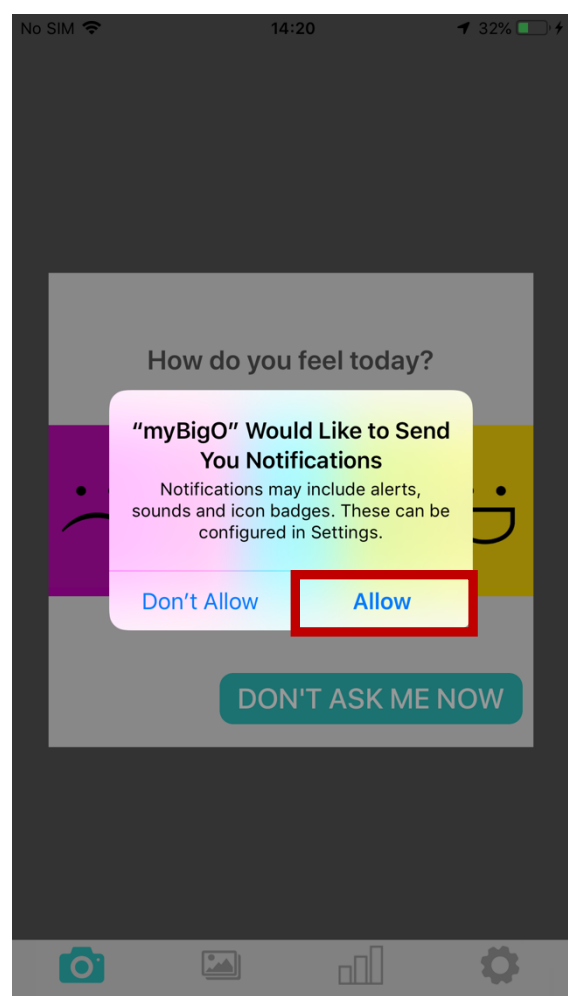
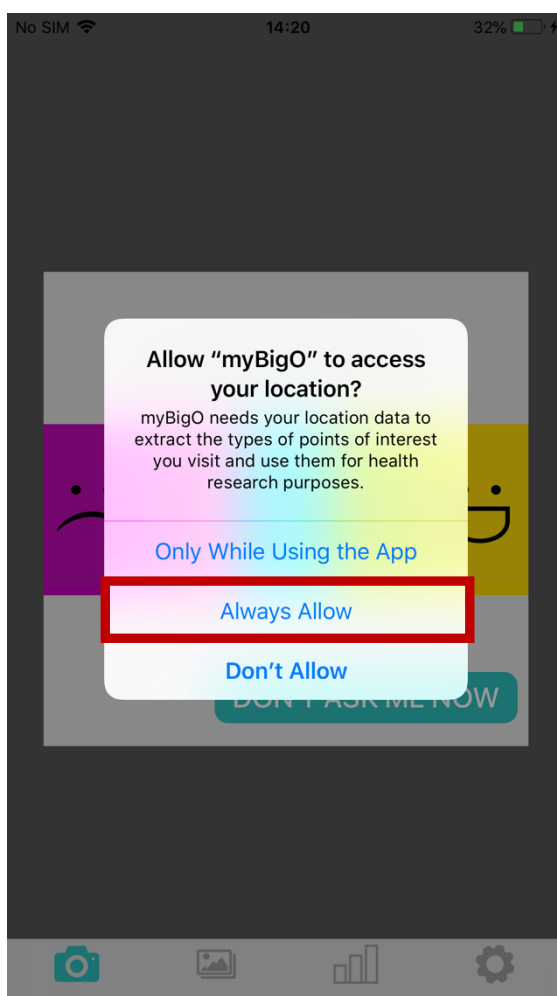
☐ Very much

● ● ● ● ● ● ● ● ● ●

## 8. Access to location information and notifications

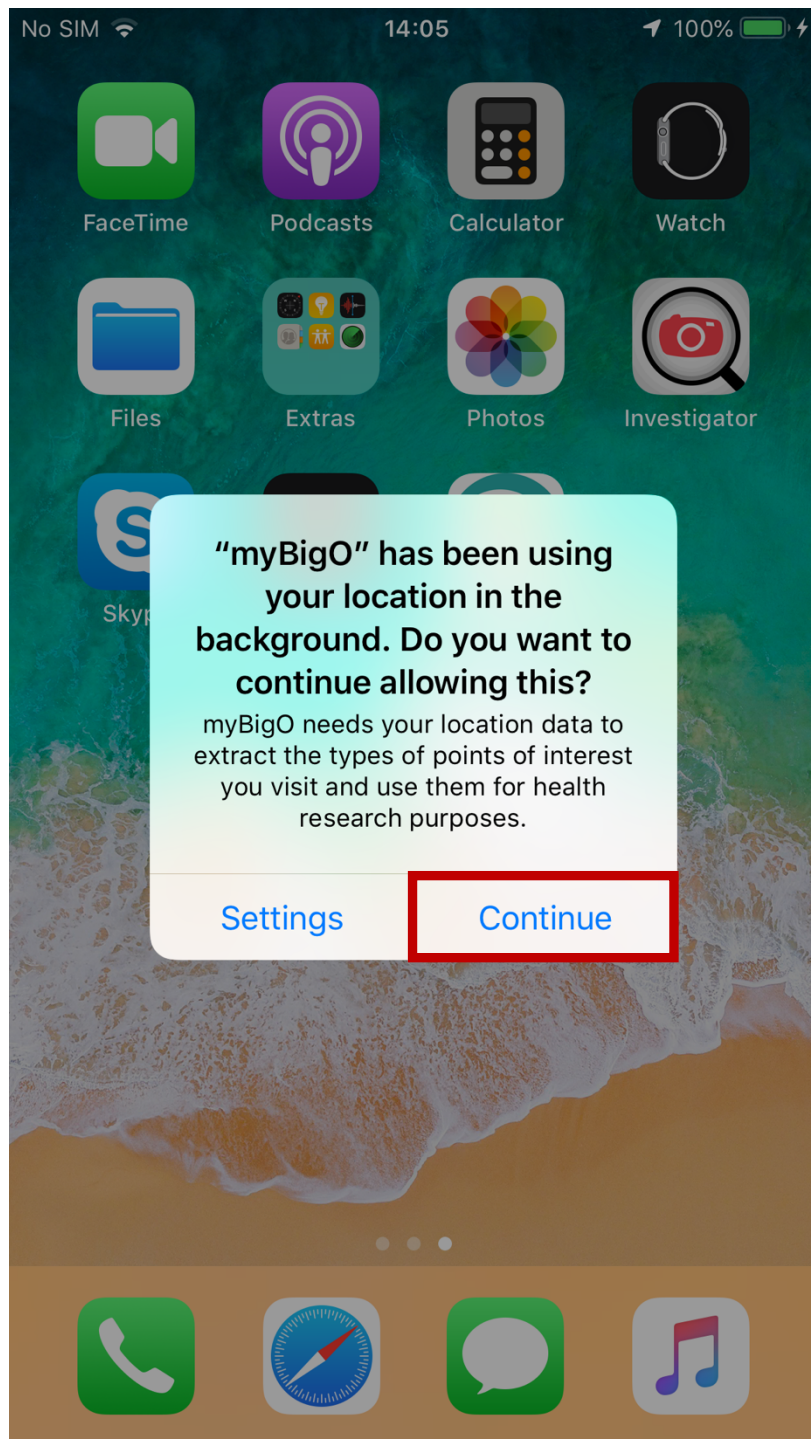
The first time the main screen of myBigO app opens, you will be asked:

- a) to allow the app to access information on your location.  
Please Select the option **“Always Allow”**
- b) to allow the app to send you notifications.  
Please Select the option **“Allow”**



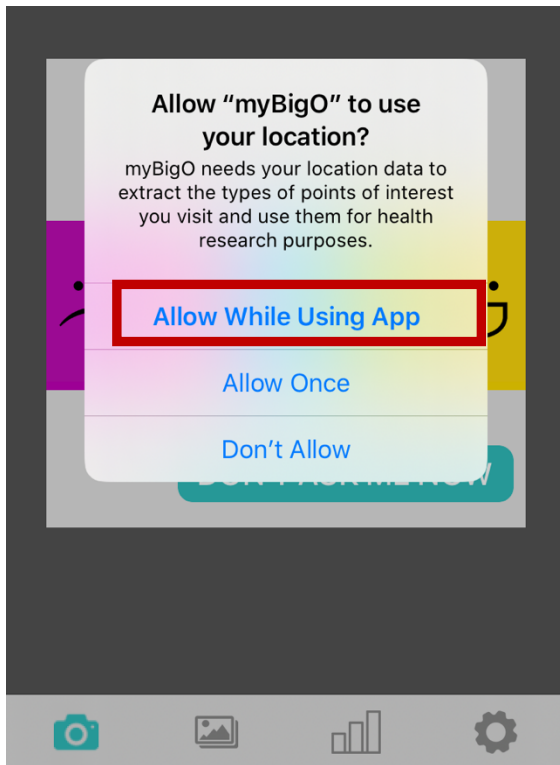


myBigO app will also use your location information when the app is in the background. The first time the app requests to access your location information from the background, you need to select **“Continue”**.

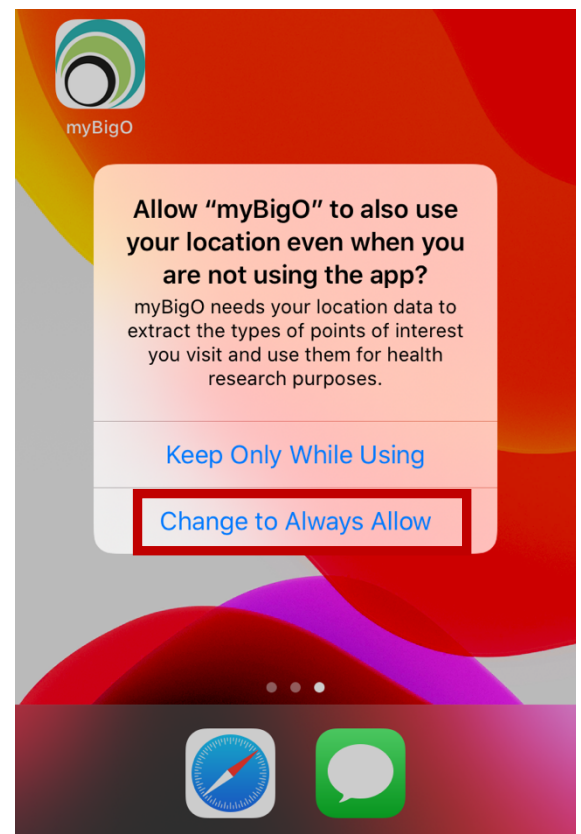


## Important. iOS 13.0 and above

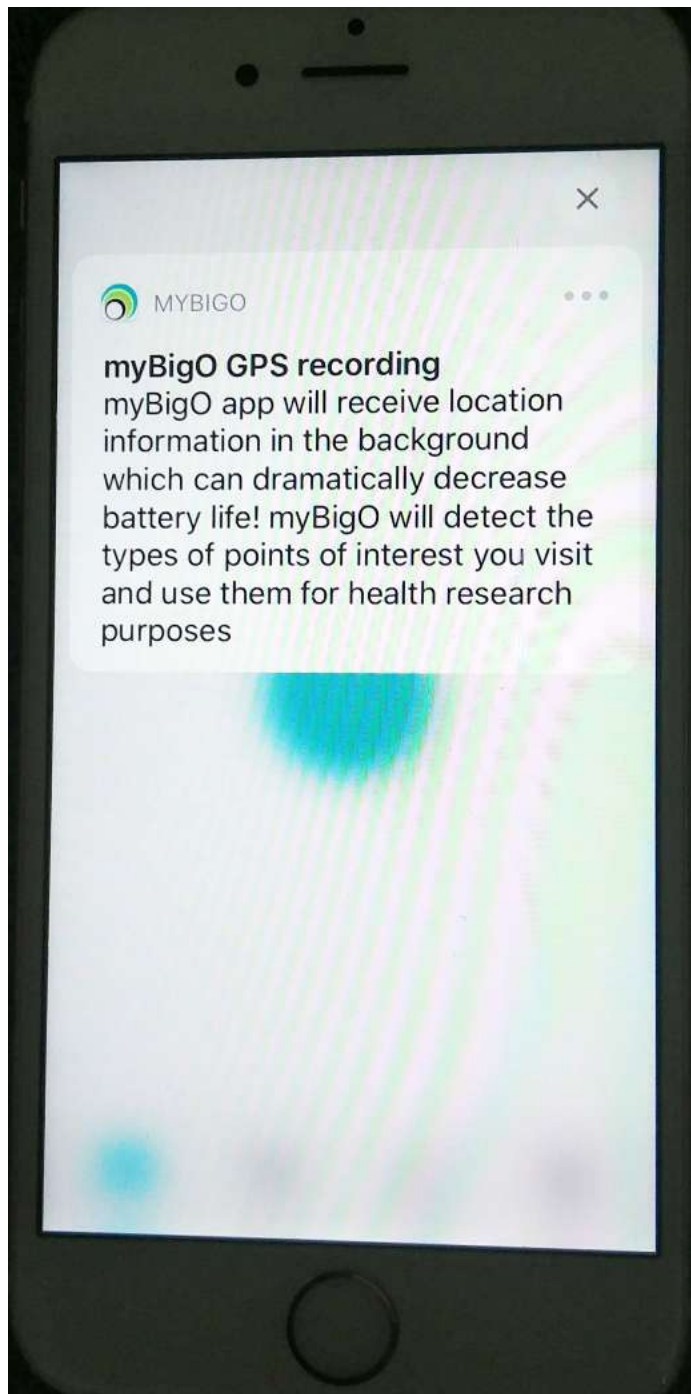
The messages have changed in newer iOS versions. The first time the main screen of myBigO app opens, you will be asked to allow the app to use your location. Please Select the option **“Allow While Using App”**



myBigO also needs your location data even when you are not using the app, so when the next window message appears, please select **“Change to Always Allow”**



**You might also get the following notification**



**Please continue with the GPS location ON and always grant permission “Always Allow” to location information when prompted, for the duration you are using myBigO as part of the study**