Physical Activity Tracker App Instructions

There are many different "Apps" available for tracking activity via smartphones.

If you are not currently using a smartphone app and would like to get started we are looking at the feasibility of collecting step data using a simple free app on smartphones.

We have chosen one of these to see (as an example) so we can seek some feedback on using such Apps but you may already be using another App which we will discuss with you at your visit.

Getting Started using Argus

1.   Download this free app from the app store (this is compatible with most Apple and Android devices)

2.   Open the app and on the mainscreen go to "More", scroll down to "Settings". Enter your e-mail address (this will enable you to log into your profile in order to access your data).

3. There are many functions to this App, however, we are hoping to just collect step information (like you get from a pedometer) with this application. Therefore, there are a few things which can be done to minimise the impact of running this application on your phone (ie. in terms of battery life).

4. When you first open the app you may be asked the following question:

- "Allow access to location services even when not using the app?" Answer 'Allow/Yes' (this can be changed in phone settings later if needed)
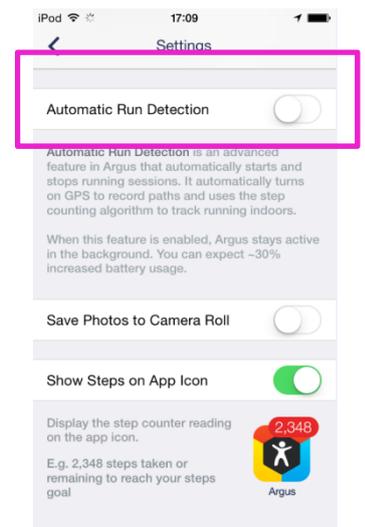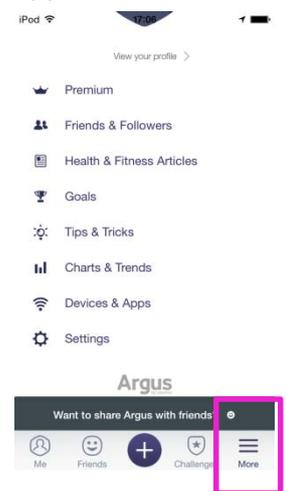
5. Within the App Settings screen:

 - Turn off automatic run detection *(can lead to increased battery drain)*

6. The main menu screen will run in the background and look like this.

- Daily steps will appear on the app icon (if this has been selected on the settings menu), otherwise, they will appear on the menu screen once the app has been opened.
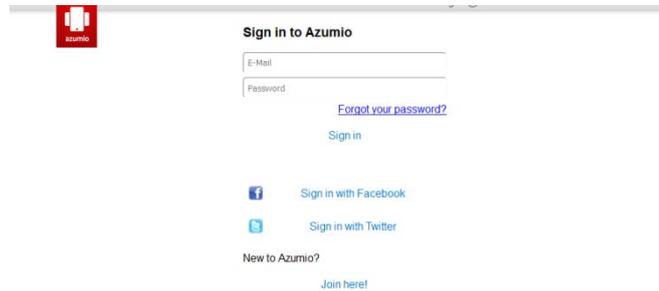
Downloading and sharing step data from the Argus App:

When you are ready to download your data after

- Go to this website:

http://www.azumio.com/site/

- Click "Log In" from the top menu.

- Once entered e-mail and password, you will see this screen.

Export your data in .csv format for use in other software(Excel, OpenOffice.com ...).

It will download into a file so check your Downloads folder.

Instant Heart Rate
Stress Check
Sleep Time
Argus steps
Weight

- Click on "Argus steps"

- Save the file to your computer or a temporary location.

- **NOTE: This file contains data (date and steps per day) which is anonymised information (ie. has no personal identifying information).**
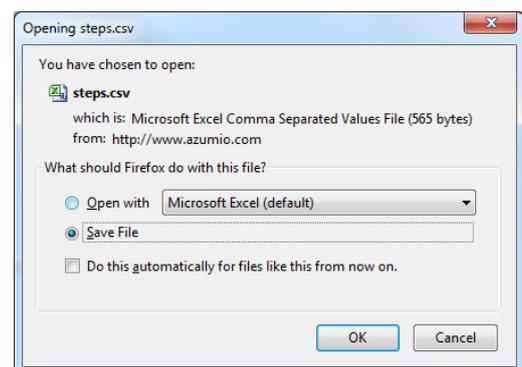
Please e-mail us the file, stating your ID number to:

biobankvalidation@mrc-epid.cam.ac.uk

We will ask you for some brief feedback on your experience of using an app at your 2nd visit.