Onboarding Participants before using TIIM

I. Check the compatibility of TIIM with the participants device

TIIM is compatible with iOS17.5 or later, iPadOS17.5 or later, or Android 14 or later.

Our recommendation is to check with the participants which operating system their device is using to ensure compatibility timely. In case the participant does not have a device which is compatible with TIIM, UT members can borrow devices for free from the BMS Lab, depending on availability.

II. Download TIIM & create an account

Once the app is downloaded and open, the participants will need to create an account. To create an account, they need to provide name, email address, create a secure password and press Register.

Caution: Please inform the participants to keep in mind when creating the password that after a few consecutive days of inactivity, the app will log them out and they will need to log in with their email and password again. Our recommendation is to log in with the web version of the app at https://app.tech4people-apps.bms.utwente.nl/login and save the password though the browser's password manager or in a password manager application of their choice, so they can access the password in case they don't remember it.

III. Configuring TIIM for the study

1. Using health data:
   a. TIIM can fetch health data (steps, heart rate and sleep data) from devices using Health kit. Ensure that the wearables that your participants will be using are compatible with TIIM. UT members can borrow devices for free from the BMS Lab, depending on availability.
   b. Once you are certain that the device and TIIM are compatible, please instruct the participants to allow TIIM to read and write the health data for steps, hear rate and/ or sleep when applicable from the health applications on their devices.
   c. The participants should switch on the "Activate biometric data collection" in the settings of TIIM.
2. Using notifications:
   a. Please instruct the participants to allow TIIM to receive (push) notifications from the settings of their device.
   b. In the TIIM app, the participants should switch "Push notifications" on.
3. Using microphone and camera
   a. If the study asks participants to send audio, photos or videos, participants will need to give TIIM permissions to access the camera, microphone or the photos app on their device form their device's settings.

IV. Receiving new modules (content, questionnaire or instructions)

1. Participants may need to refresh the app to see the questionnaire for which they received a notification.
2. Tapping on the notification will take the participant to the last place visited in the app- so please instruct them to navigate to the study to answer.

V. Updates

TIIM is constantly developed and improved. To have the latest version, *we recommend instructing the participants to turn on auto updates for smoothest use.*