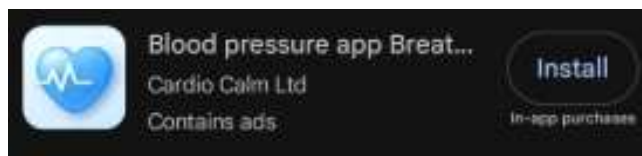


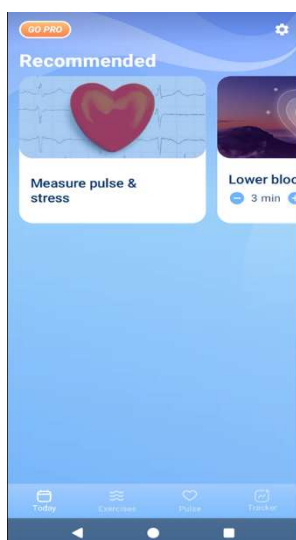
Installing and setting up BreathNow for Android

If your own phone is an Android device, it is important that you ensure the [Health Connect app](#) has been downloaded first (you only need to download the app). **You can download the BreathNow app for Android devices [via this link](#).** Alternatively, you can search for the app in the Play Store (type breathnow into the search bar).

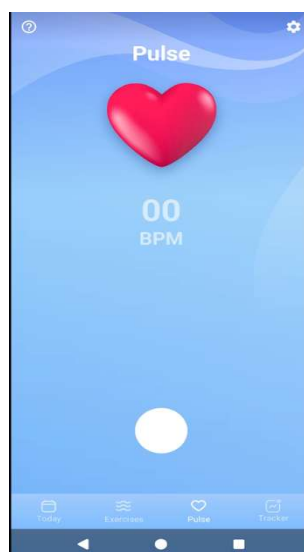


1. BreathNow is an ever-evolving app and so may not look identical to the video or instructions.
2. You need to skip past all the introductory screens.
3. Once you get to the 'BreathNow Pro' screen, tap on the very faint 'X' in the top left-hand corner – you are not expected to pay to use the app or use any of its features for the purposes of this study.
4. Then tap on 'I Got it' for all the pop ups to get to the home screen. If “Pulse” appears, treat this as the home screen and follow the steps below.
5. Please do not do the step test through the app

Home Screen



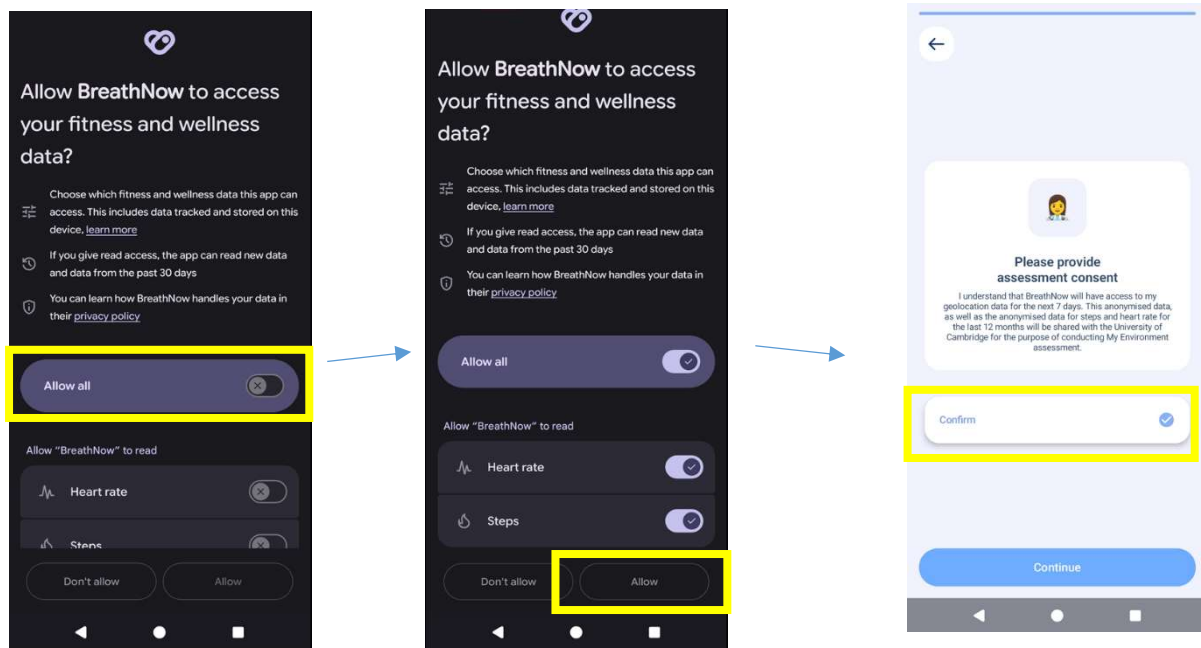
Pulse Screen



6. Tap on 'Exercises' at the bottom scroll **down** to 'Insights & community' then scroll **across** to 'Nature time assessment'.



7. Tap on 'Tell me more' then 'Start assessment'.
8. At this point you will need to enter your 'FRAS ID' from our email into the 'Participant id' box and then enter 'Fenland' in the 'Study' box.
9. You can then skip entering in your details as that is not necessary for this to work.
10. When asked regarding Health Connect data please toggle the 'Provide access' button then tap on 'Allow all' then tap on 'Allow' then on 'Continue'. Confirm your consent then tap on Continue.



11. Follow the rest of the instructions on the screen & tap on 'While Using the App' then tap on 'Allow all the time'. Press the back arrow (top left hand corner) to continue after location permissions.

12. To check if the location tracking session has started, go to “Nature time assessment”
13. You should now see the following screen telling you the assessment has started.
14. Your movements will be tracked over the next 7 days and the assessment will automatically stop at this point and send the file to our secure server. Only then will your location data be displayed in the LAVA webtool.
15. There is nothing else you need to do with the app
16. Please do not delete the app until we let you know if is safe to do so.

