

Installing and setting up BreathNow for iPhone

If your own phone is an iPhone, you can download the BreathNow app [via this link](#). Alternatively, you can search for the app in the App store (type breathnow into the search bar).



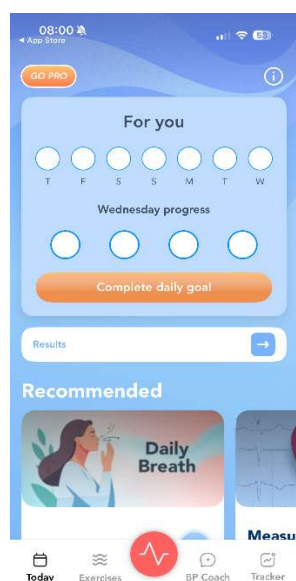
Blood pressure app BreathNow

Breathing, BP & pulse monitor

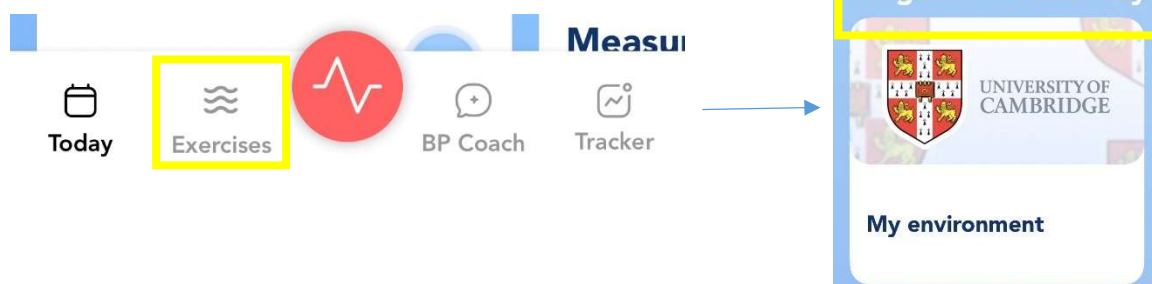
****Please DO NOT download the app on the device we have loaned to you. The app needs to go onto your own device****

1. BreathNow is an ever-evolving app and so may not look identical to the video or instructions. You do not need to use any of its features for the purposes of this study except for those below.
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 right 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.

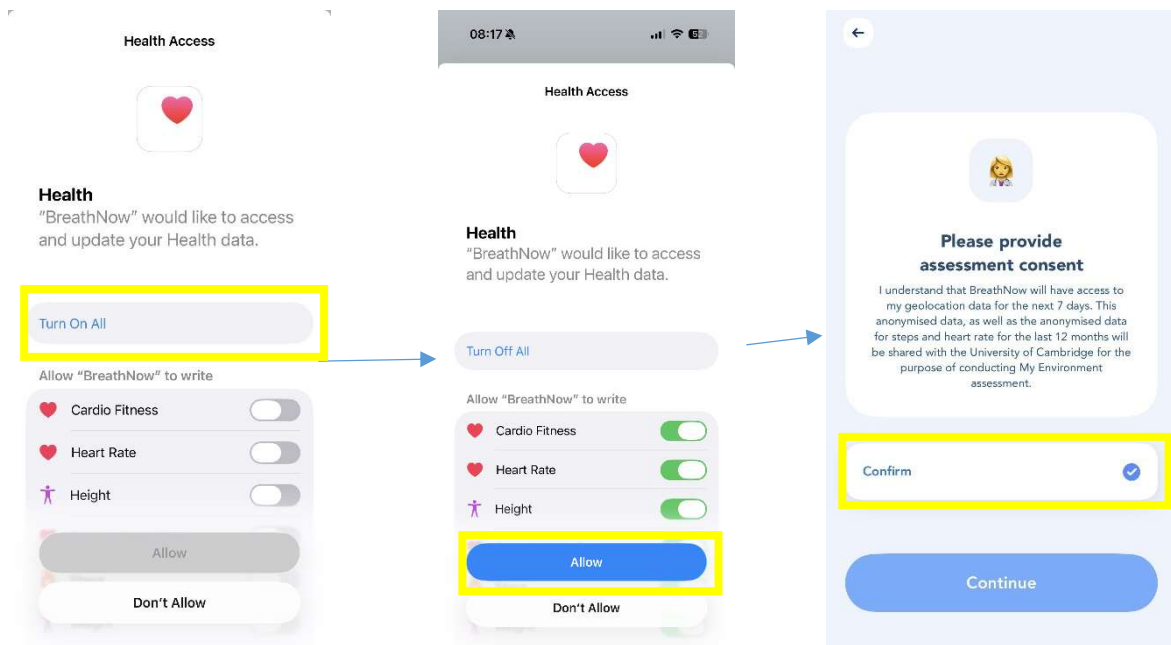
Home Screen



5. Please do not do the step test through the app
6. Tap on 'Exercises' at the bottom of the screen, scroll **down** to 'Insights & community' then scroll **across** to 'My environment'.



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 Apple Health data please toggle the 'Provide access' button then tap on 'Turn On 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 'Allow While Using the App' then tap on 'Change to Always Allow'.
12. To check if the location tracking session has started, go back to "My Environment"
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.

