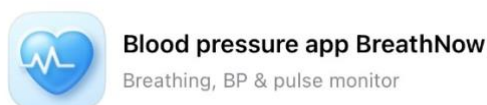


Installing and setting up BreathNow for iPhone

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.

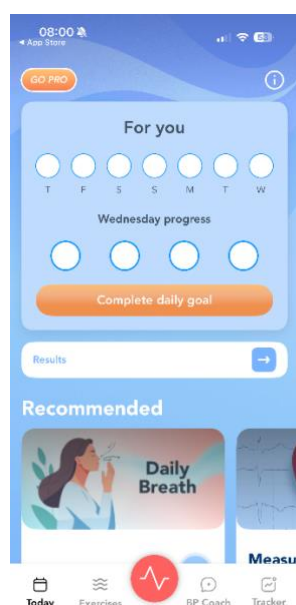


****Please DO NOT download the app on the device we have loaned to you.****

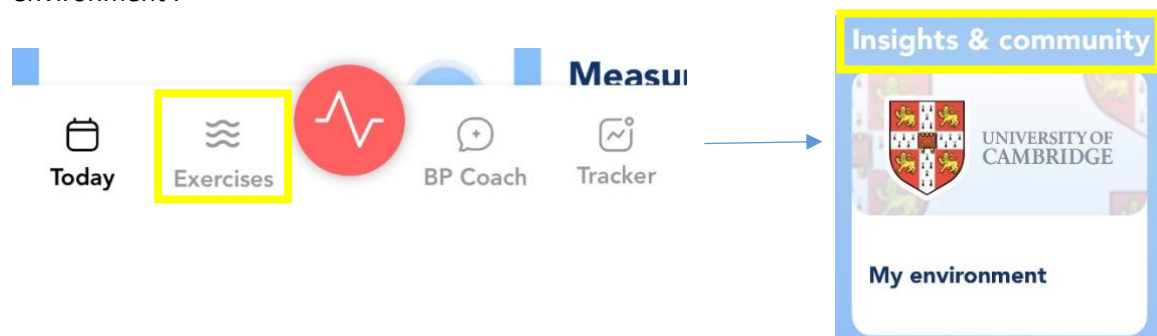
BreathNow is an ever-evolving app and so may not look identical to the video or instructions.

You need to skip past all the introductory screens and once you get to the 'Pro' screen, tap on the very faint 'X' in the top right hand corner. Then tap on 'I Got it' for all the pop ups to get to the home screen.

Home Screen

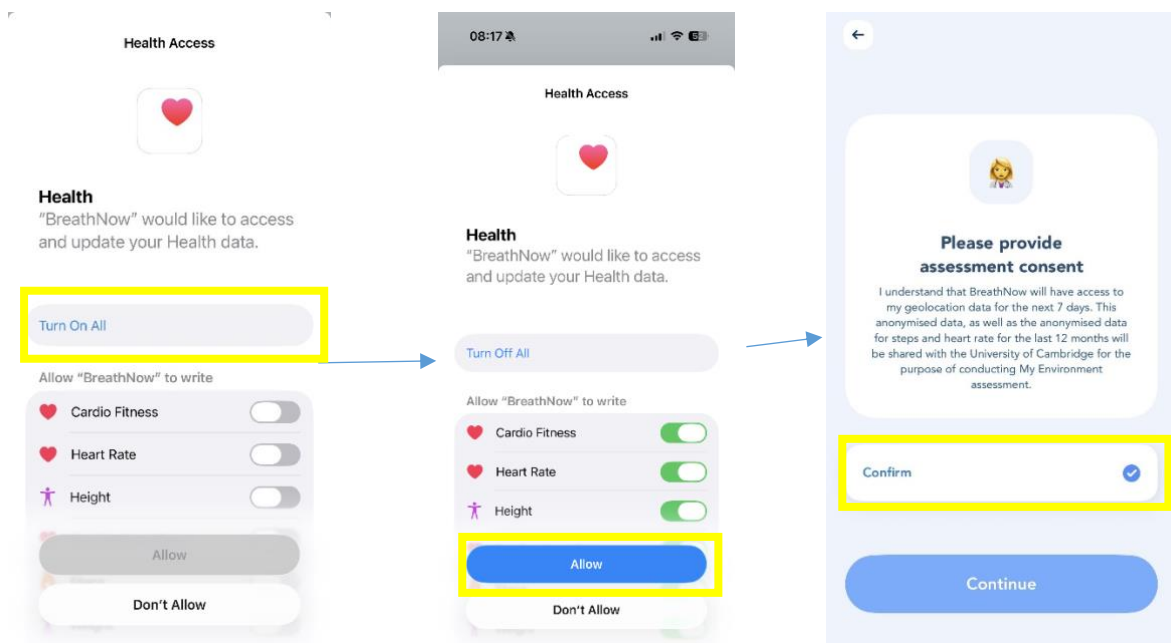


Tap on 'Exercises' at the bottom scroll **down** to 'Insights & community' then scroll **across** to 'My environment'.



Tap on 'Tell me more' then 'Start assessment'. At this point you will need to enter your 'FRAS ID' into the 'Participant id' box and then enter 'Fenland' in the 'Study' box. You can then skip entering in your details as that is not necessary for this to work.

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.



Follow the rest of the instructions on the screen & tap on 'Allow While Using the App' then tap on 'Change to Always Allow'.

If you go to "My Environment" again you should now see the following screen telling you the assessment has started. 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. Please do not delete the app until we let you know if is safe to do so.

