

# **Welcome to the DWN Healthcare Coach Guide!**

We're glad you're here.

This guide will walk you through everything you need to get started with the DWN app.

Username

Password

Sign in

[Reset Profile](#)

# Sign In

To get started using the app, just enter the username and password we provided for you.

Once you've typed them in, tap Sign In—and you're on your way!

## Terms and Conditions for Our App, the Digital Wellness Nurse

The purpose of this study is to test whether a mobile app, the **Digital Wellness Nurse (DWN)**, can help African American families with weight management adopt healthier lifestyles. Participants in this study will receive education and guidance on physical activity and healthy eating through weekly videos and online meetings with a community health worker (CHW) via the DWN app.

The study will last **12 weeks**, during which you (the teen) and your caregiver will set weekly goals and have opportunities to earn compensation and incentives for achieving them. While participating, you and your caregiver will be asked to wear a Fitbit to track physical activity and complete surveys about your eating and exercise habits.

### End User License Agreement (EULA)

#### Introduction

This End User License Agreement ("Agreement") governs your use of the **Digital Wellness Nurse (DWN) App**. By downloading, installing, or using the DWN App, you agree to be bound by the terms outlined in this Agreement. If you do not agree, please discontinue use of the application immediately.

#### License Grant

Machine and Human Interaction, LLC grants you a non-exclusive, non-transferable, revocable license to use the DWN App for personal, non-commercial purposes in accordance with this Agreement.

Accept

Decline

# Term and Conditions

If you're signing in for the first time, the app will ask you to review the Terms and Conditions.

When you're ready, just tap Accept to continue using the DWN app. If you'd rather not move forward, you can tap Decline.

# Digital Wellness Nurse

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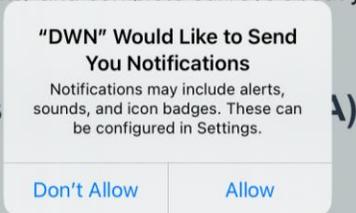
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### Restrictions

- Modify, reverse-engineer, decompile, or disassemble the DWN App.

Accept

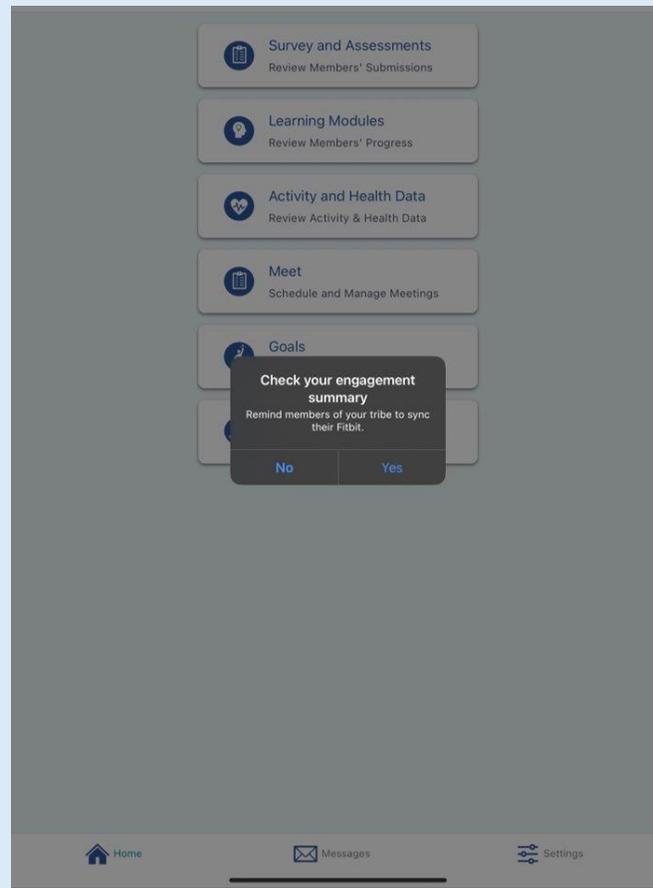
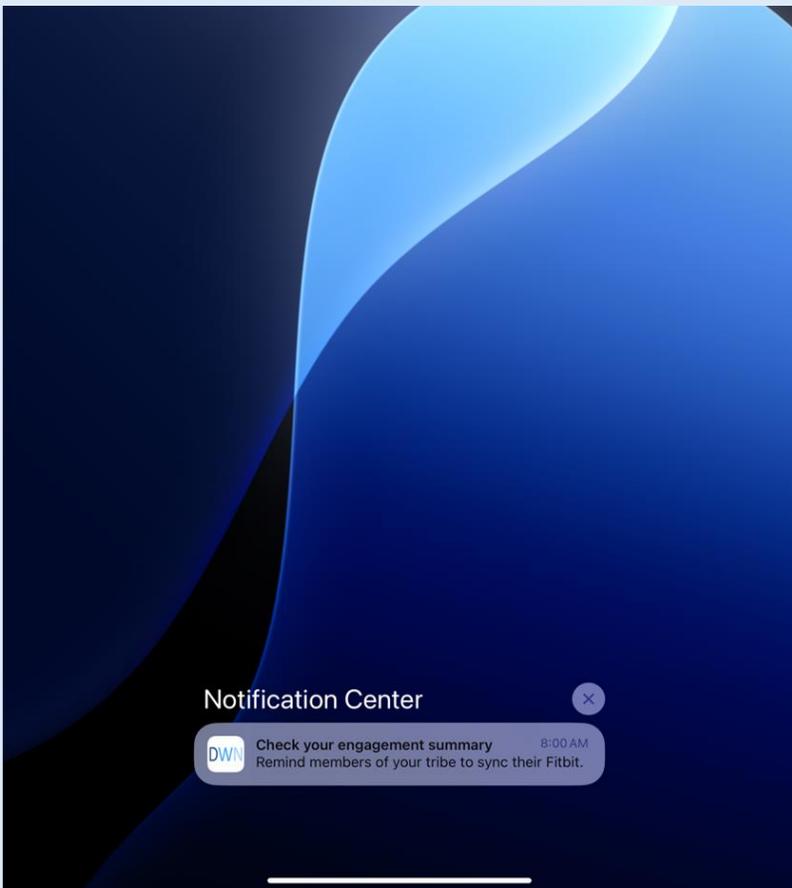
Decline



# Allowing Notifications

In order for the DWN App to be effective in delivering the intervention you must allow notifications.

Allowing notifications will alert you to messages from your healthcare coach or other members of your tribe. You'll also receive reminders for tasks to complete.



# Receiving Notifications

Throughout the study, you'll get helpful reminders—both push notifications and in-app alerts—so you never miss something important.

# First Sign In

If you are signing in for the first time, you may see a blank screen.

Once this happens, completely close the DWN app, then reopen it and sign in again.



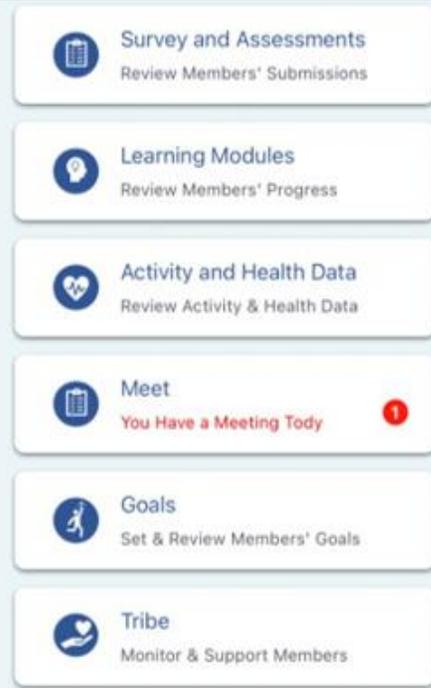
Home



Messages



Settings



# Home screen

After you sign in, you'll land on the **Home** screen.

If you see any red dots, that just means something new is waiting for you.



Home

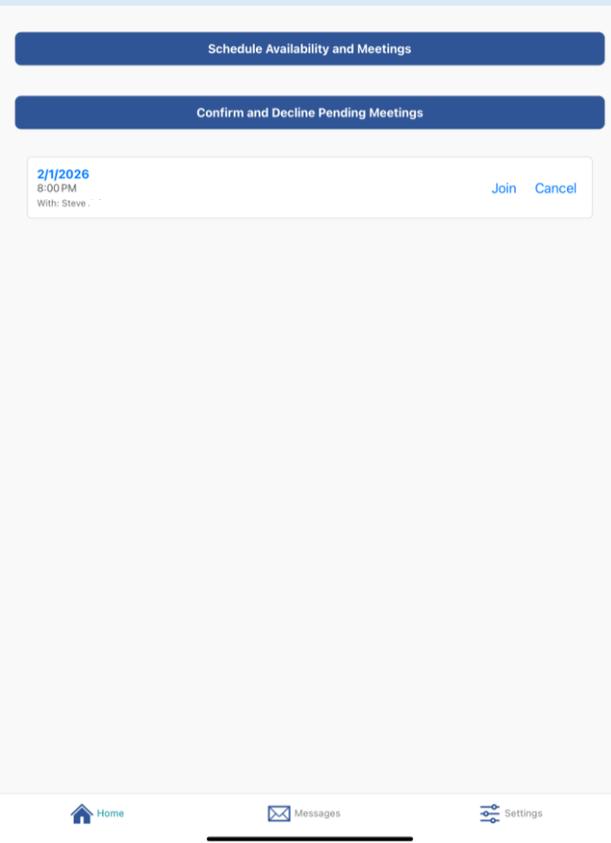


Messages



Settings

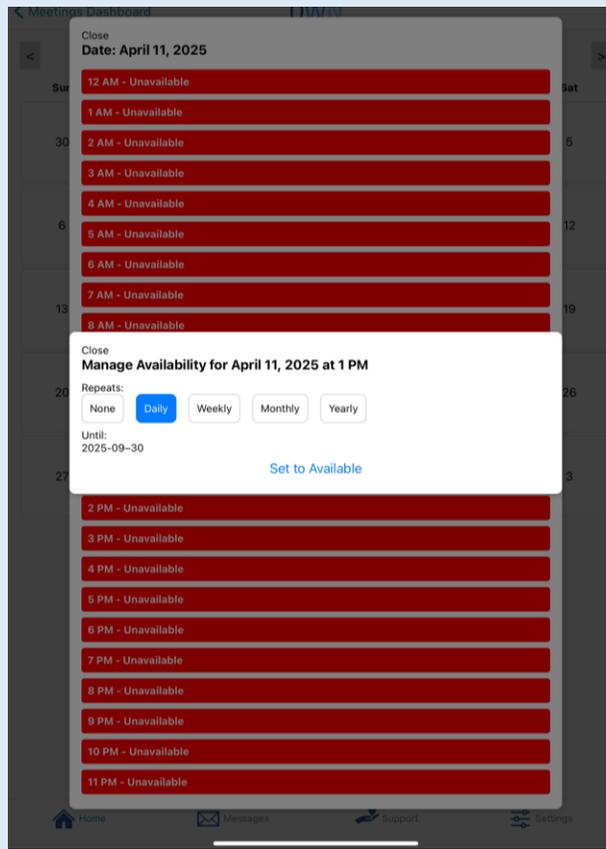
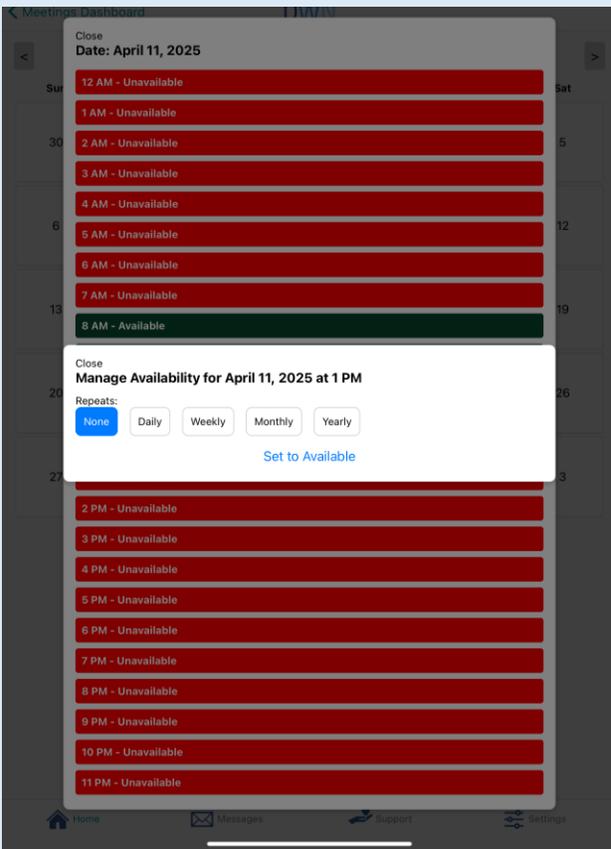




# Setting Meeting Availability

To set your meeting availability, tap **Meet** on the home screen, then select **Schedule Availability and Meetings** on the next screen.

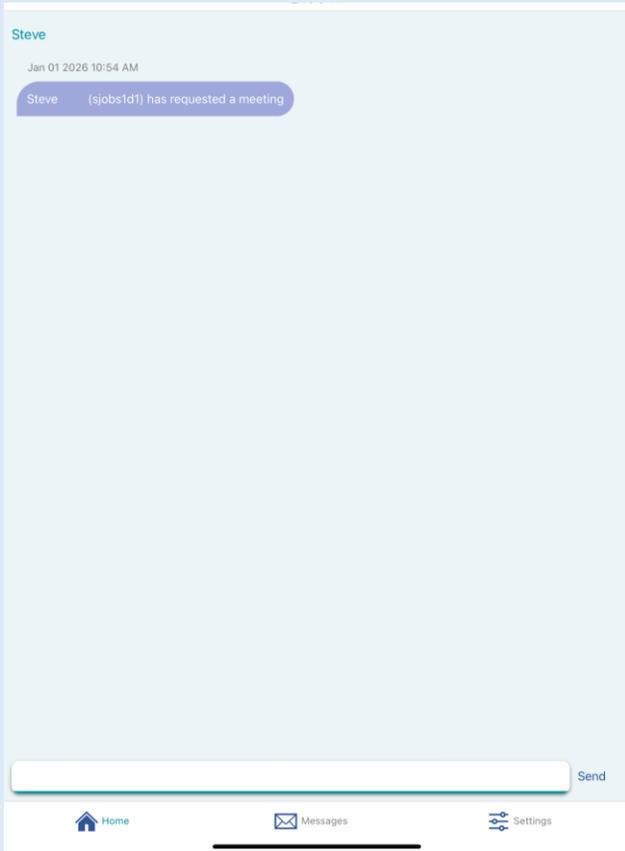
From the calendar, pick the date you want to make available.



# Setting Meeting Availability

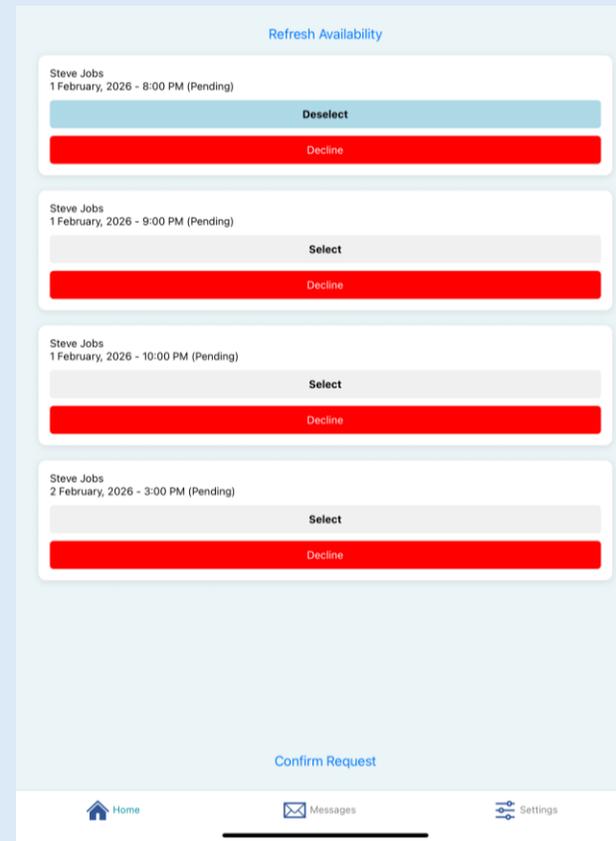
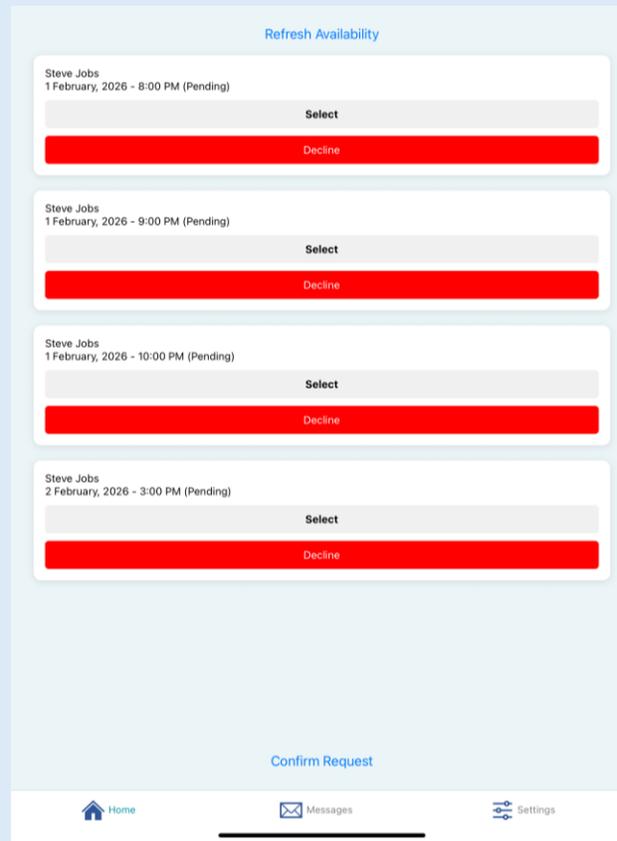
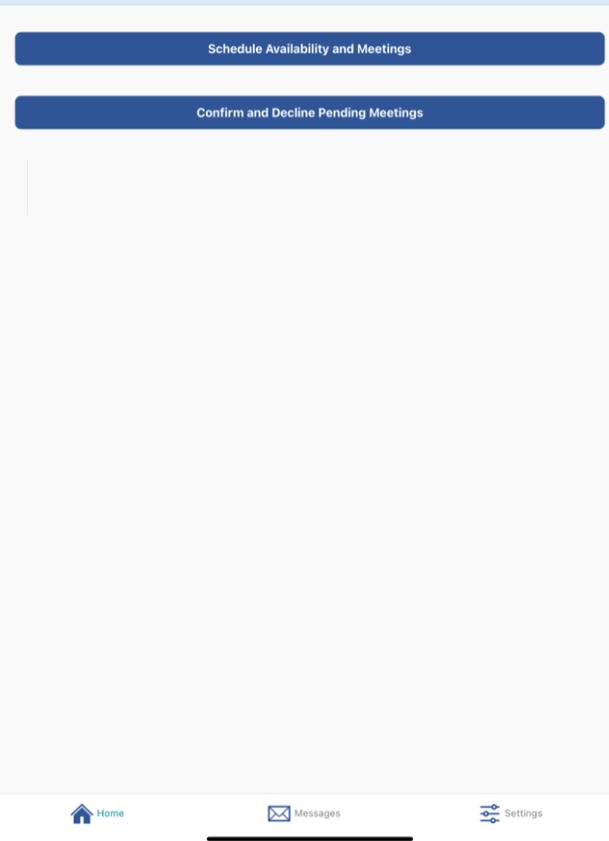
Next, choose the time or times that works best for you.

If you'd like, you can even set the availability to repeat daily, weekly, monthly, or yearly—whatever fits your schedule.



# Confirm and Decline Meetings

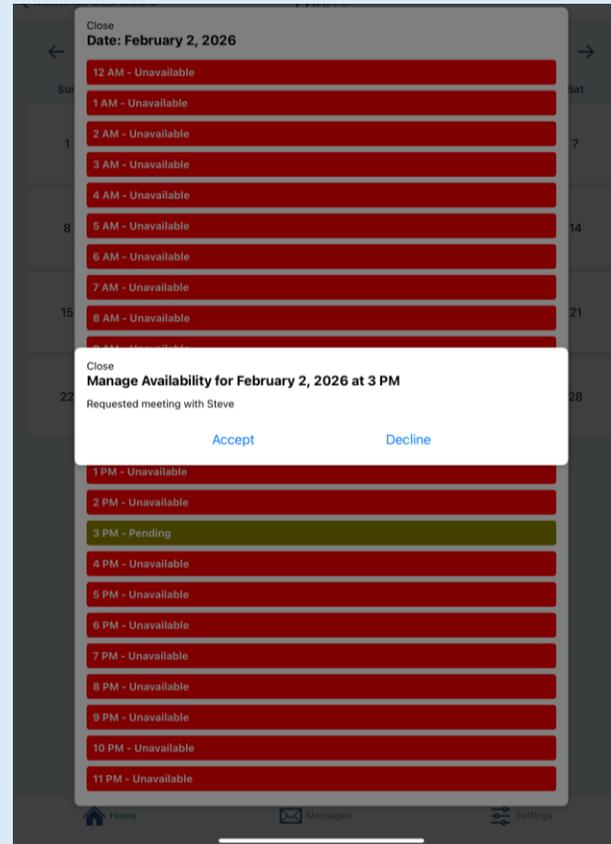
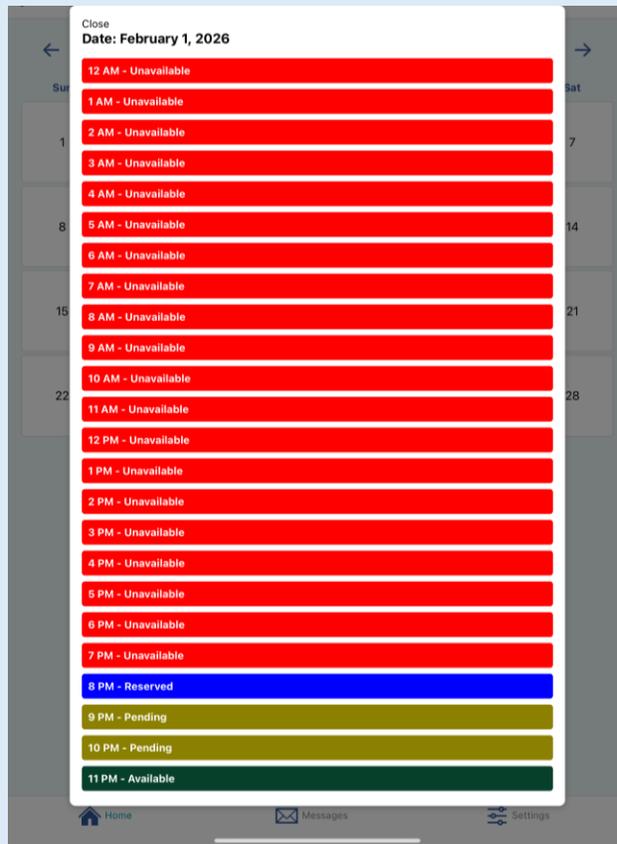
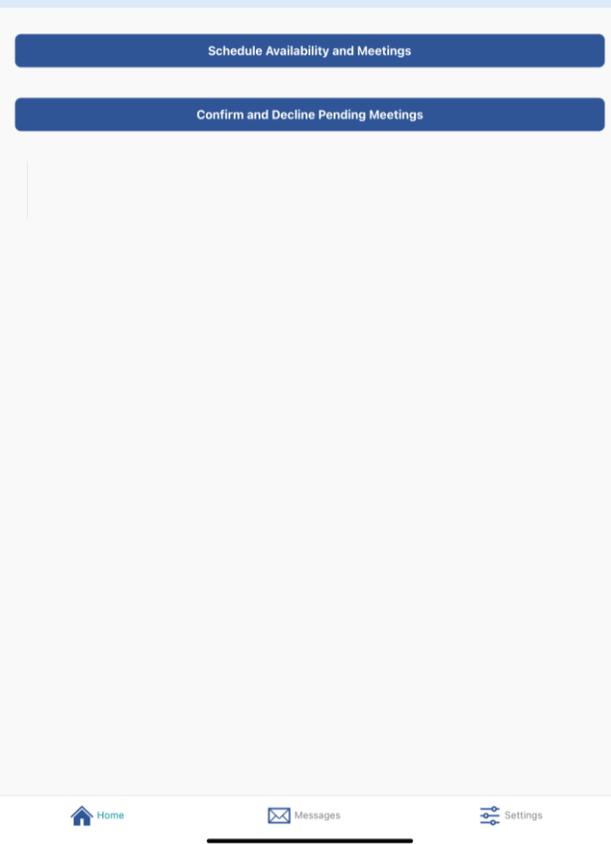
When a member requests a meeting with you, you'll receive a message letting you know. It's your cue to review the request and decide whether to confirm or decline.



# Confirm and Decline Meetings

To schedule a meeting, tap **Meet** on the home screen, then choose **Confirm and Decline Pending** on the next screen. On the Pending list, select the time that works for you and tap **Confirm Request** to book the meeting.

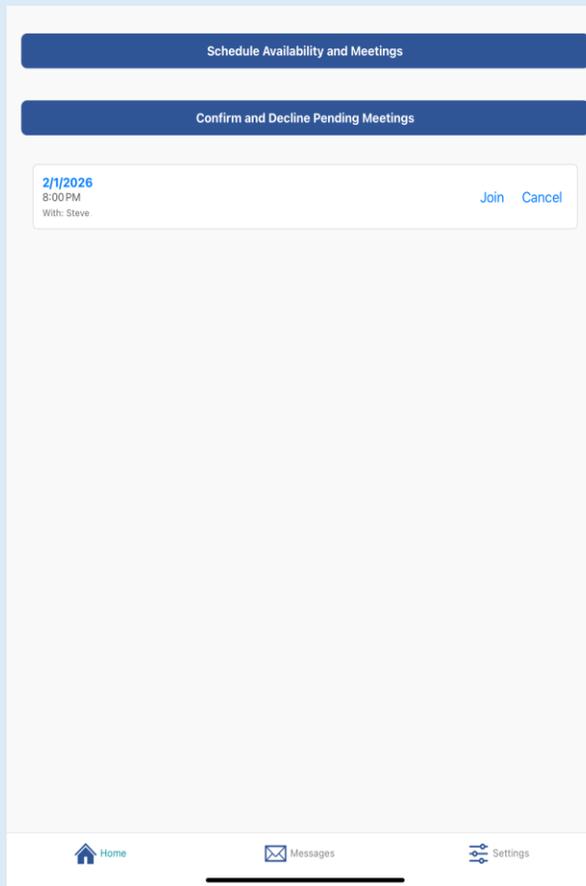
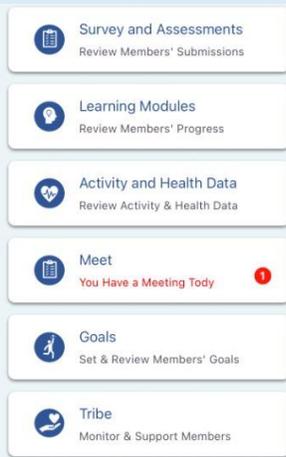
If the time doesn't work, just tap **Decline** instead and then **Confirm Request**.



# Confirm and Decline Meetings

You can also schedule a meeting by tapping **Meet** on the home screen, then selecting **Schedule Availability and Meetings**.

Choose a date and time on the calendar, then select the **Pending** timeslot to accept or decline the meeting request.



# Starting a Meeting

On the day of your meeting, you'll see an alert next to the **Meet** button on the home screen.

Just tap **Meet**, and you'll see all your upcoming meetings. When you're ready, simply hit **Join** to start your session with your coach.

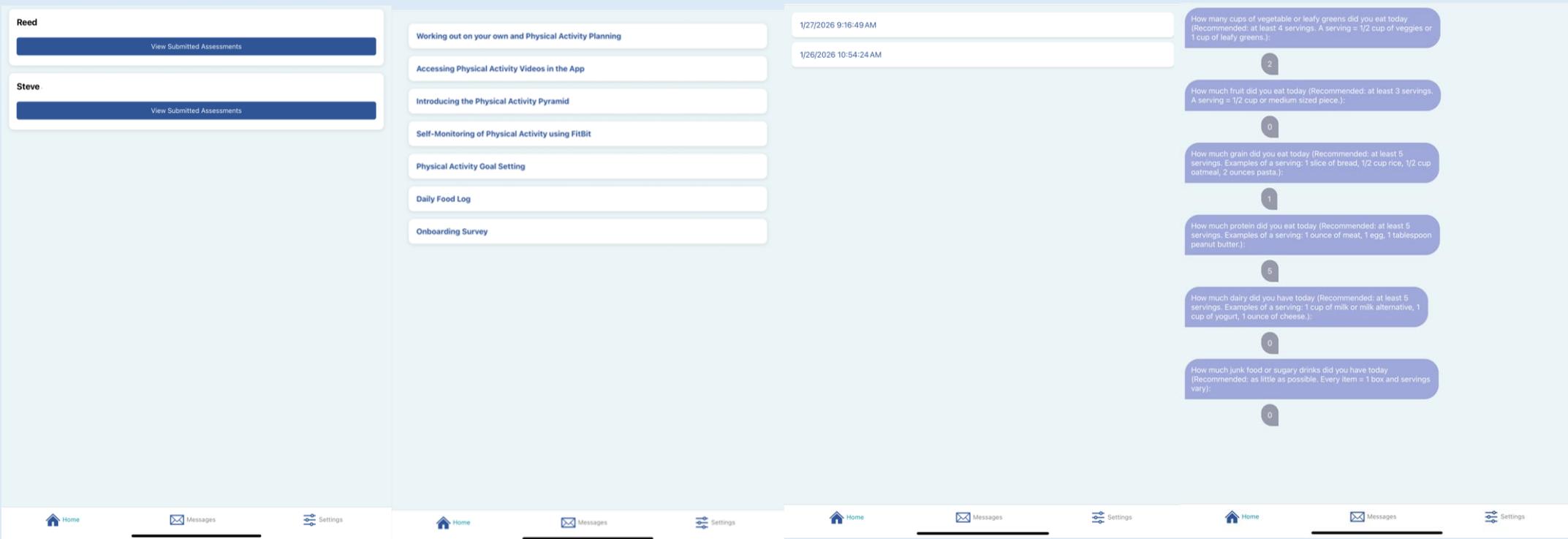
# Meeting with a Member



When it's time to meet with a member, the app will ask for permission to use your microphone and camera—go ahead and tap Allow so everything works smoothly.

Once you're in the meeting, your camera and microphone will turn on. If you want to view the controls to mute yourself, turn off your video, or leave the meeting, just swipe up from the bottom of the screen where your small video preview appears. This is shown in the video to the left.

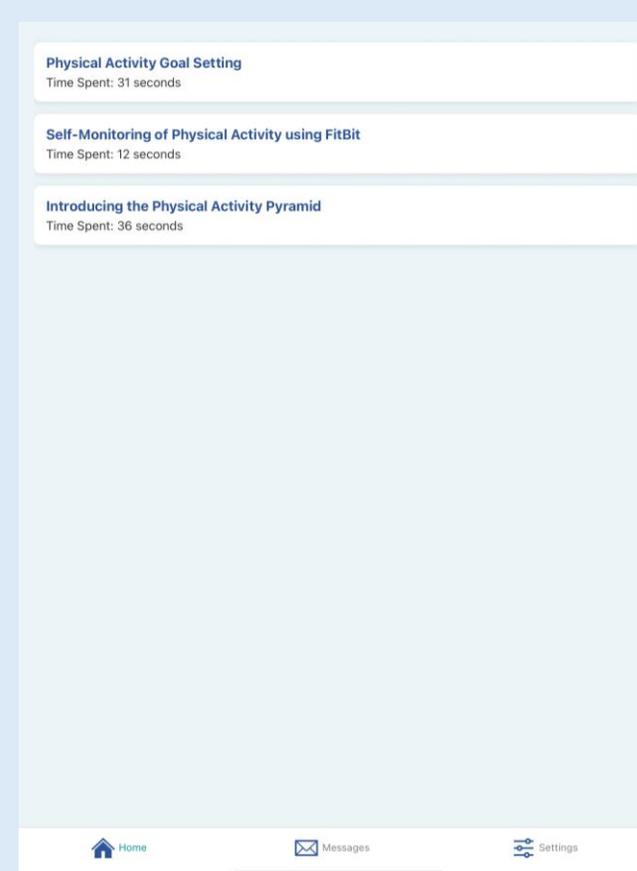
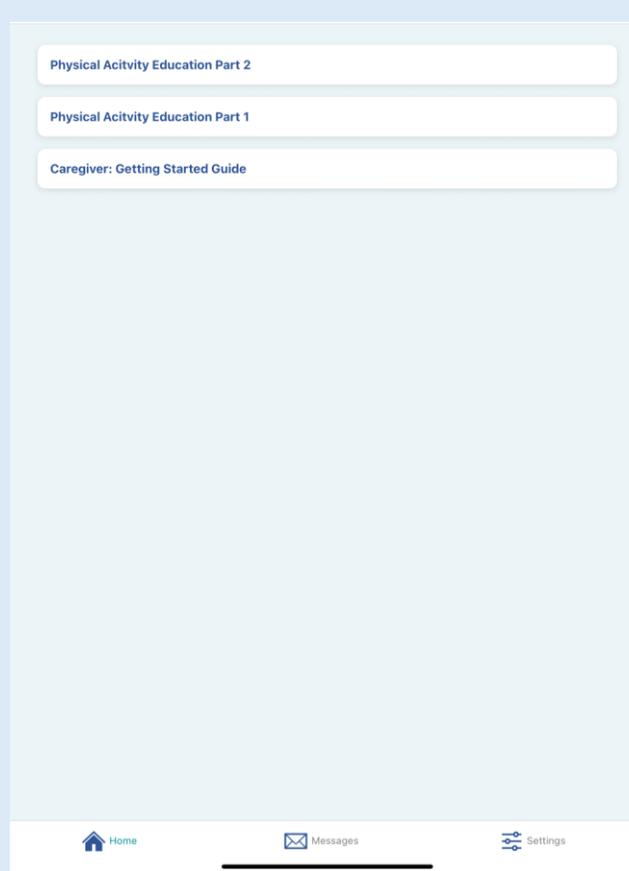
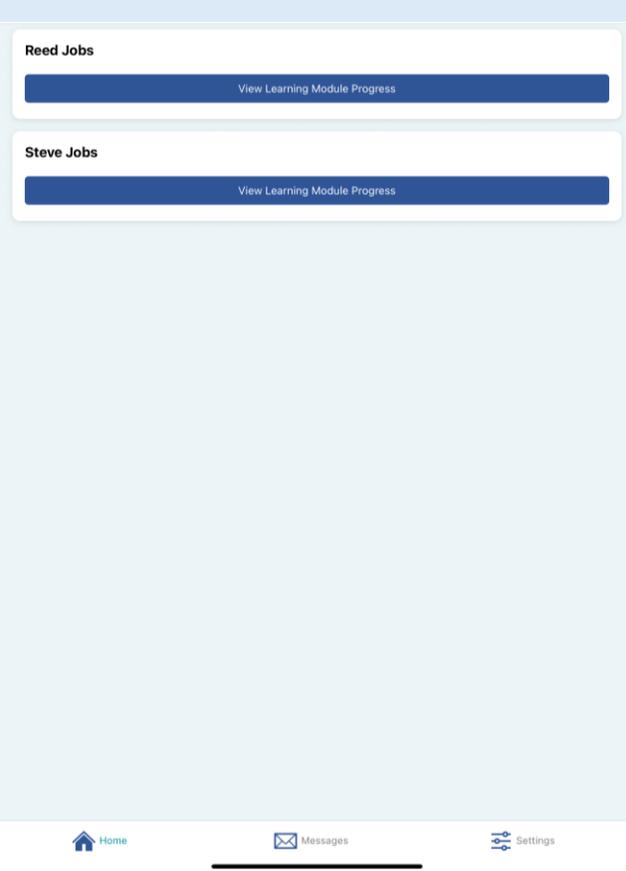
**And just so you know: your meeting audio is recorded, but no video is ever saved.**



# Survey and Assessments

You can view a member's assessments by tapping **Survey and Assessments** on the home screen. Next, select the member whose assessments you want to review.

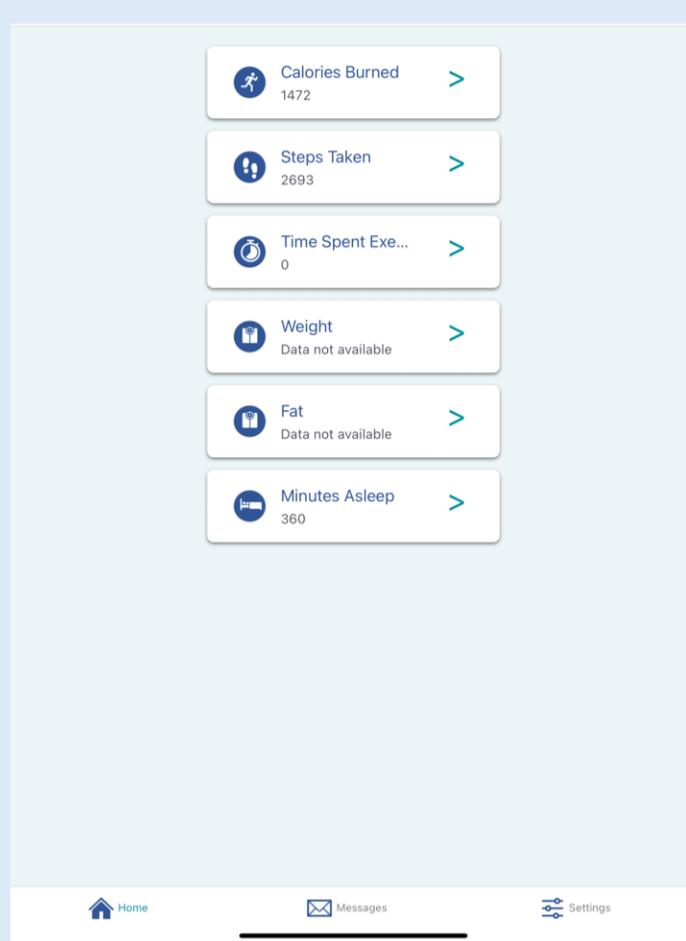
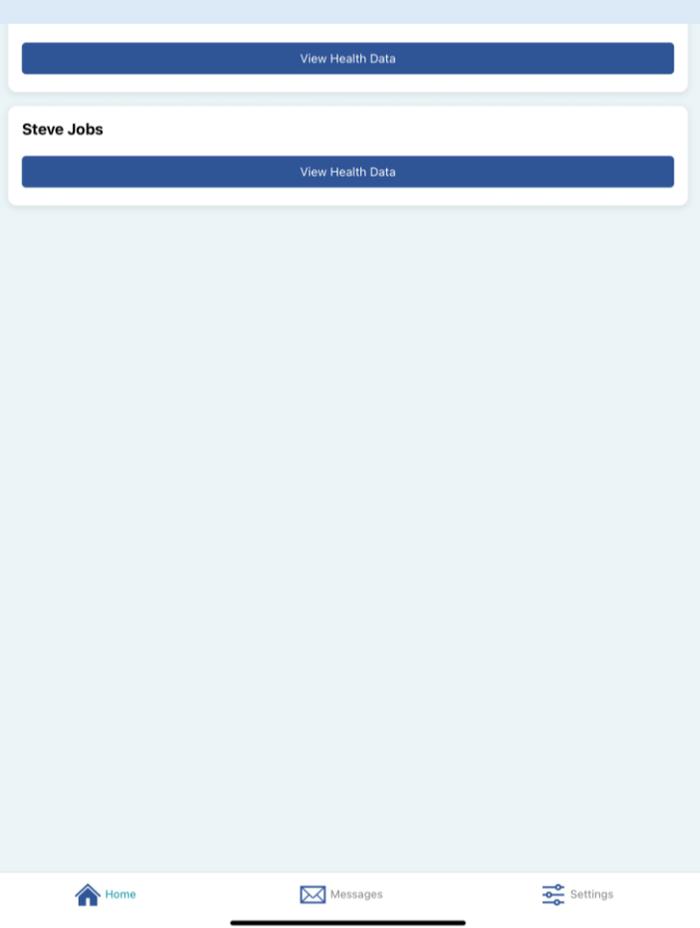
After that, choose the specific assessment you'd like to see, then pick the date of the submitted assessment you want to look at. It's a quick and easy way to stay updated on your members' progress.



# Learning Modules

You can view a member's learning module progress by tapping **Learning Modules** on the home screen.

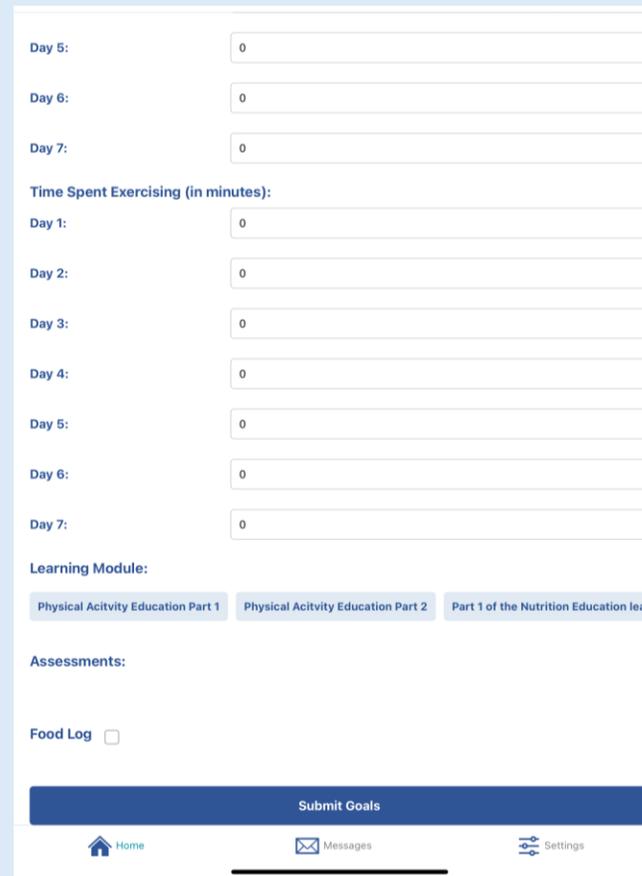
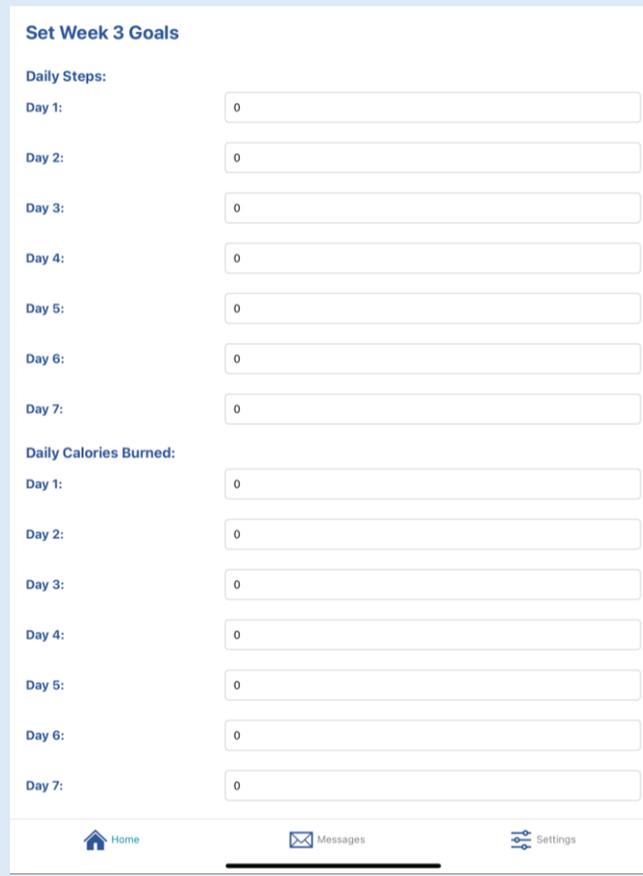
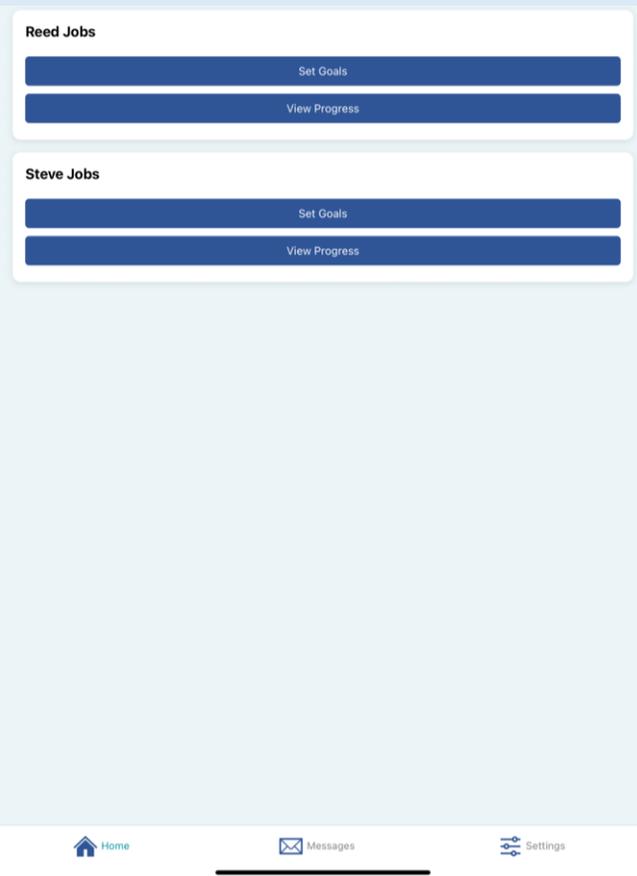
Then, just select the member you want to review, and you'll be able to see how they're progressing through their modules.



# Activity and Health Data

You can view a member's activity and health information by tapping **Activity** and **Health Data** on the home screen. Then, just select the member you want to review, and you'll be able to see their physical activity and health data.

It's an easy way to keep track of their progress and stay connected to their health journey.



# Setting Goals

To set goals for a member, tap **Goals** on the home screen, then select **Set Goals**.

On the Goals screen, enter or select the values you want for the member, then tap **Submit Goals** to save them.

Are you or the youth pregnant?

Yes No

What content was successfully reviewed in the app?

General notes for session content

Today's Date: February 13 | Format: HH:MM AM/PM

Start Time End Time

02:30 PM 03:15 PM

Recorded Weight

221 203 201 W4 Refresh

Submit Dismiss

Home Messages Settings

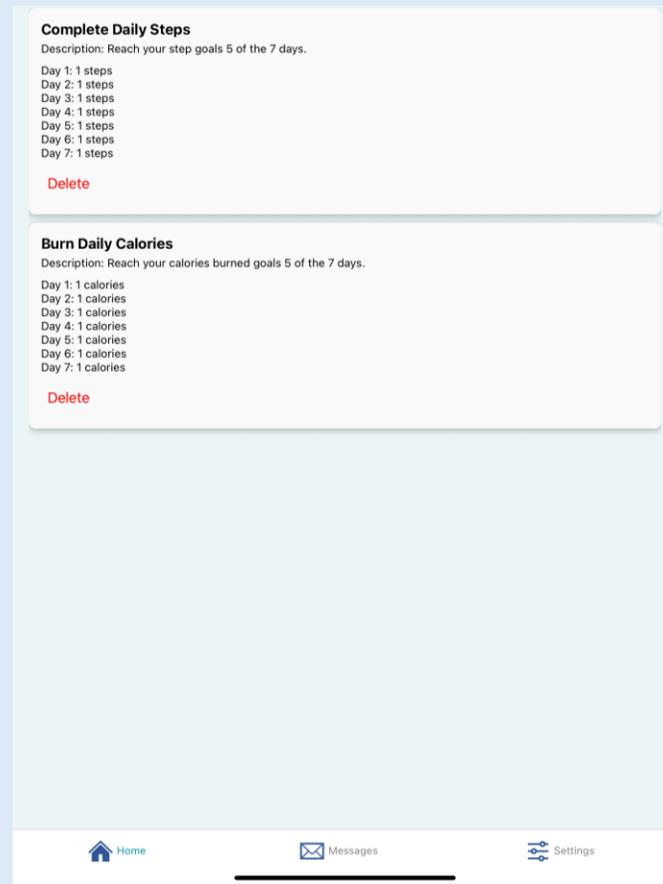
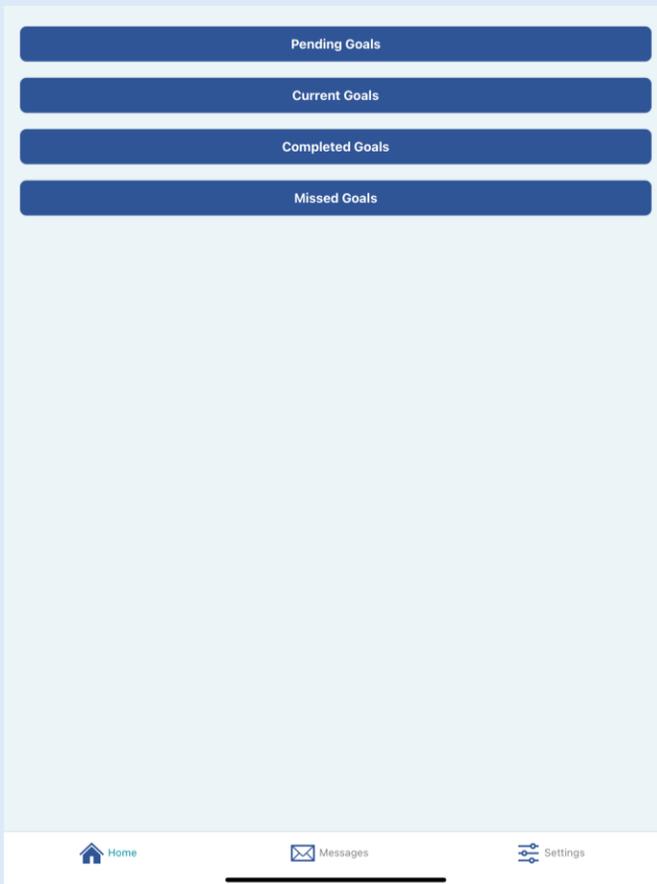
# Clinical Note

After you submit goals for a member, you'll be taken to the screen where you can complete their clinical note.

Before finishing the note, make sure the member has taken their weight for the week. Their weight will show up in the **Recorded Weight** section.

If they take their weight during the meeting, just tap the **Refresh** button to update it.

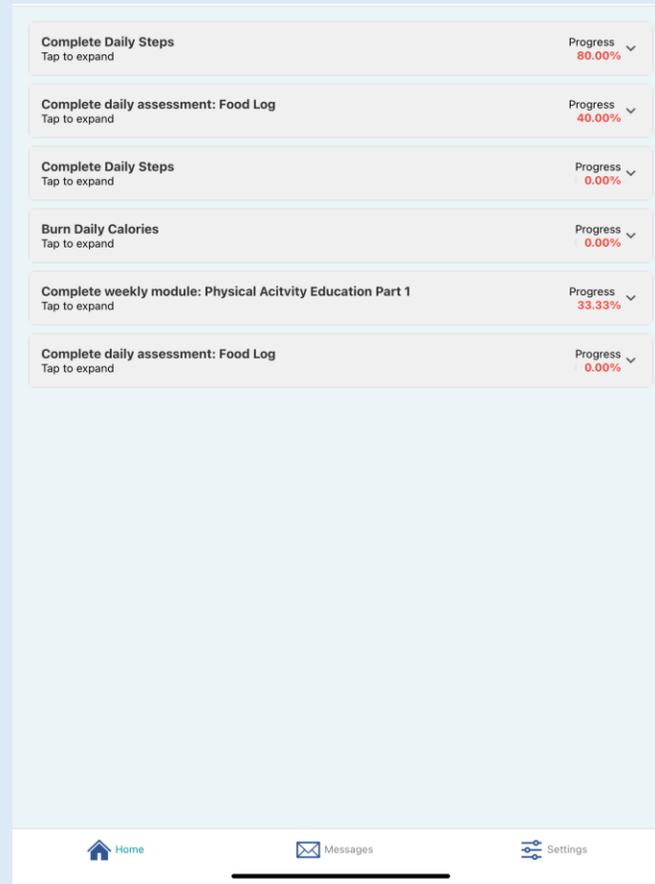
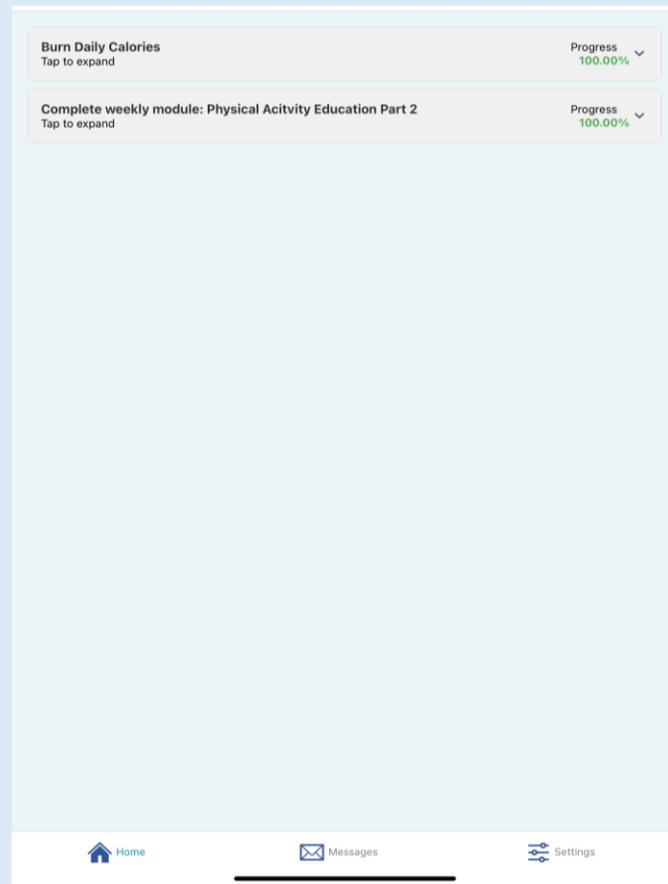
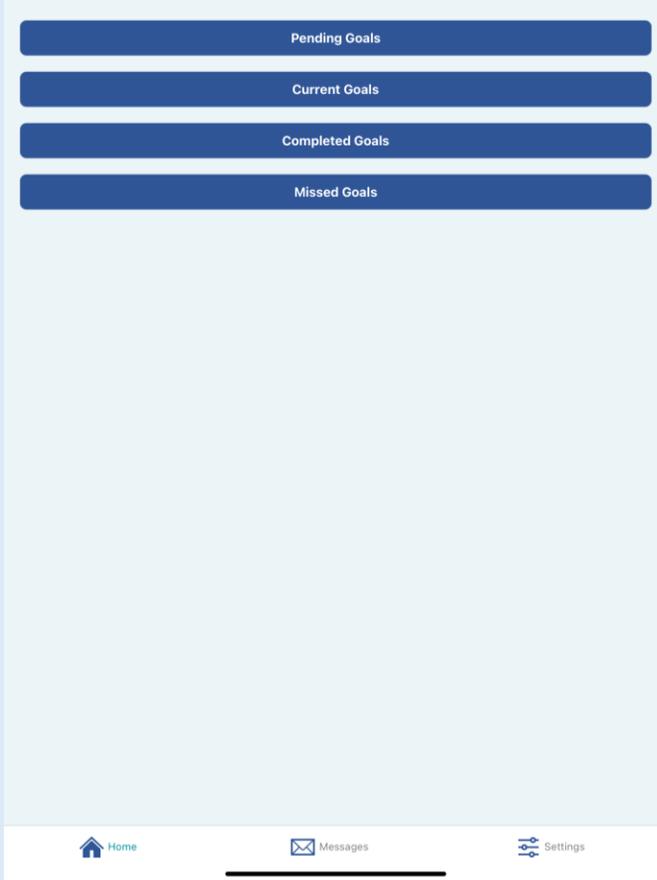
And if their weight still doesn't appear, no worries—you can manually enter it in the text box.



# Pending and Current Goals

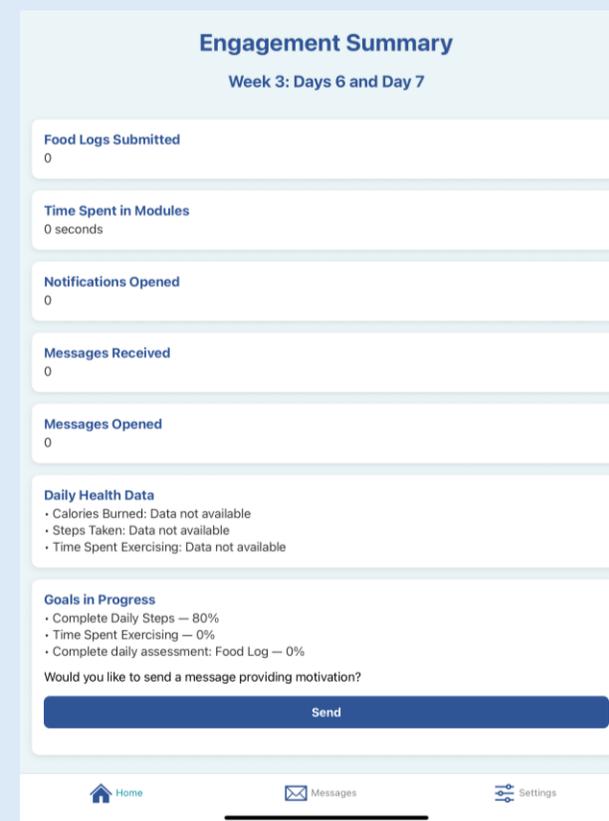
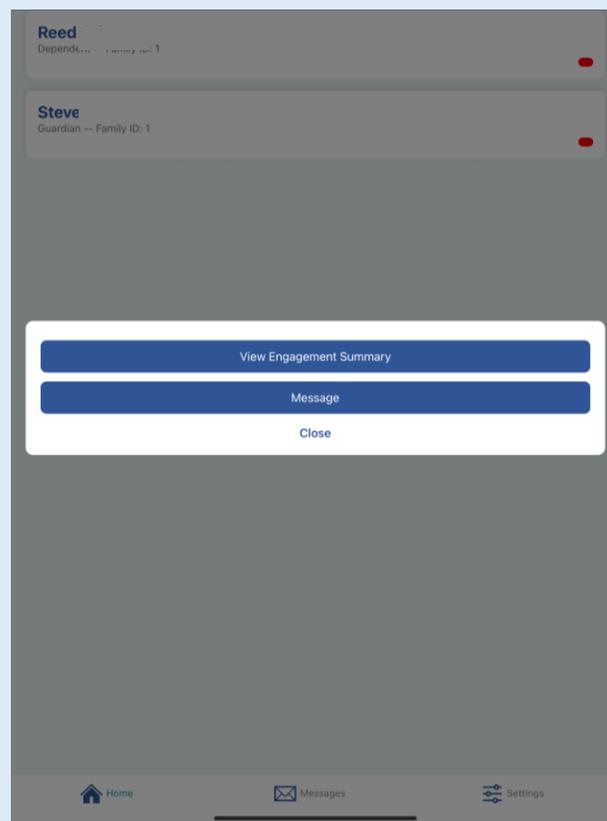
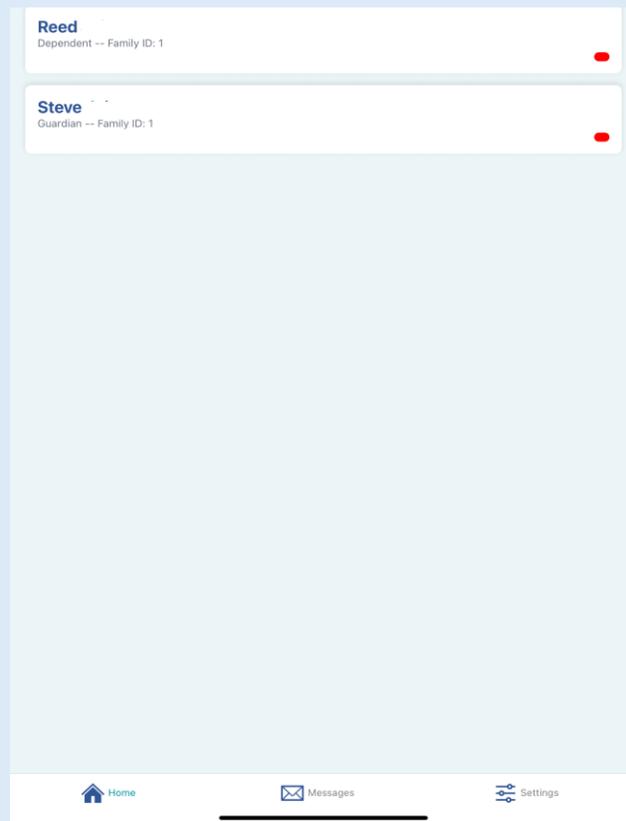
You can view a member's **Pending Goals** by tapping **Goals** on the home screen and then selecting **Pending Goals**. From there, you can delete a goal before it's been accepted.

To see how a member is progressing, just select **Current Goals**. It's an easy way to keep track of their achievements and stay updated on their progress



# Completed and Missed Goals

You can view a member's **Completed** and **Missed Goals** by tapping **Goals** on the home screen. It's a simple way to see how they're progressing and where they might need extra support.



# Engagement Summary

When you tap **Tribe** on the home screen, you'll be able to see each member's engagement summary from the past two days. It's a quick way to stay updated on how actively your members are participating.