



DAILY DIARY TABLET USER'S GUIDE

Set up your study tablet in 2 easy steps:



When you first get your tablet, you'll need think of a **4-digit PIN number** and enter it into the B-WELL-Mom Daily Diary app's settings screen. This will help protect the information you enter into the app from being see by anyone but you.



But what if I forget my PIN later?

Don't worry! When you first enter your PIN you will also pick two security questions that you can answer in case you forget your PIN.



Pick something you'll never forget, like the year you graduated from high school or the place you went on vacation last year. Just remember, **CAPITALIZATION** matters.

Later, if you forget your PIN, just touch the three dots () at the upper corner of the login screen to answer the security question and reset your PIN!



Next, you'll want to set up two alert times for when you want to complete your peak flow measurement each morning and evening on the B-WELL-Mom Daily Diary app's settings screen. The tablet will remind you each day at these times that it's time for a peak flow! (Unless you've already done it for that day. 😊)



For more detailed information on the Daily diary app and general information about your new tablet, please see the B-WELL-Mom Device and App User's Guide. As always, if you need more help or have questions about anything, don't hesitate to contact your friendly study coordinator!



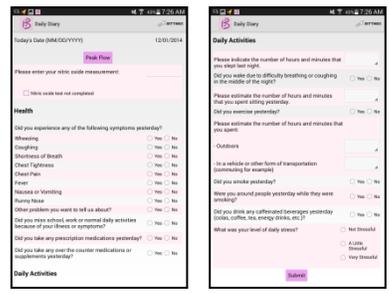
That's it! Now you are ready to use the Daily Diary app to enter study data every day!

Now that you have set up your daily diary app, here's how to enter data:



Each day, you will sign into the B-WELL-Mom Daily Diary app using the PIN number you chose during set up.

Daily diary questions

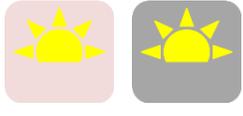


Each day, the diary will ask you the same 14 questions about your health and daily activities during the previous day. Answering these questions should be quick, and we will only ask you to fill out the diary once a week after you've had your baby. Don't forget to click "Submit" when you're done!



You can complete these questions at any time during the day; just make sure to get done before midnight!

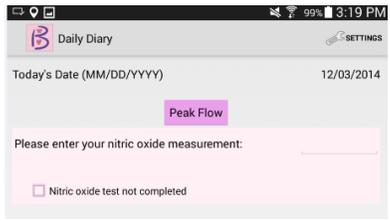
Lung function tests



Every morning and every evening you will collect a peak flow measurement. (This involves blowing into the portable peak flow meter provided to you during your first visit). Your tablet will remind you to take a peak flow measurement at the times that you entered when setting up the app.



Every other day you will collect an exhaled nitric oxide measurement. (This involves blowing into the NIOX Vero device provided to you during your first visit).



At the top of the daily diary, you can see where to enter the **two lung function measurements**: peak flow, and exhaled nitric oxide. Click the pink Peak Flow button to enter your peak flow values. Type the nitric oxide measurement into the line or else click "Nitric oxide test not completed" and enter a reason why.

We'll be sending Amazon.com gift cards to your tablet to thank you for completing your daily diary. After your final study visit (around 4 months after your baby is born) and you have completed the study, the tablet is yours to keep as our **thank you for your participation!**