

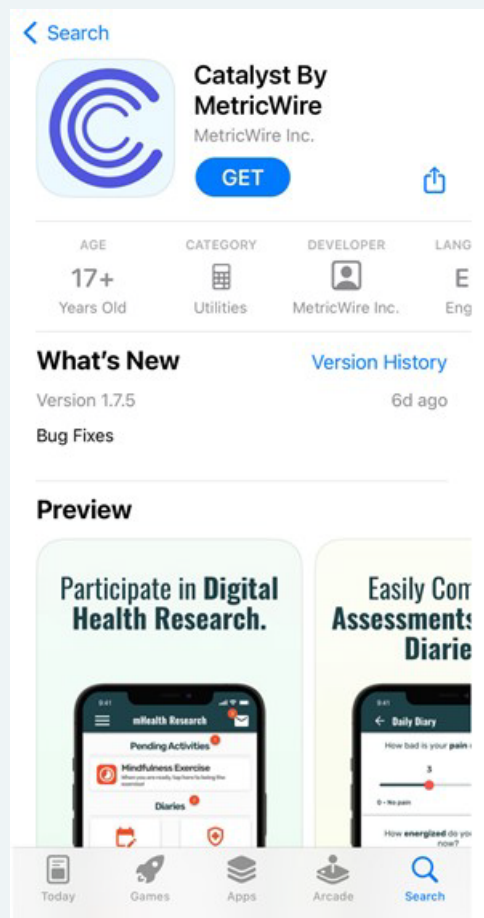
Guide to MetricWire: IPHONE ONLY

THE FOLLOWING STEPS WILL SHOW YOU HOW TO DOWNLOAD THE APP METRICWIRE AND ENROL IN OUR STUDY. BEFORE DOWNLOADING METRICWIRE, PLEASE MAKE SURE YOUR DEVICE IS RUNNING **IOS 12+**.

Please do not answer survey questions in the following situations:
Driving or cycling or operating any motor vehicle / Crossing a road / The circumstances around you are not safe.

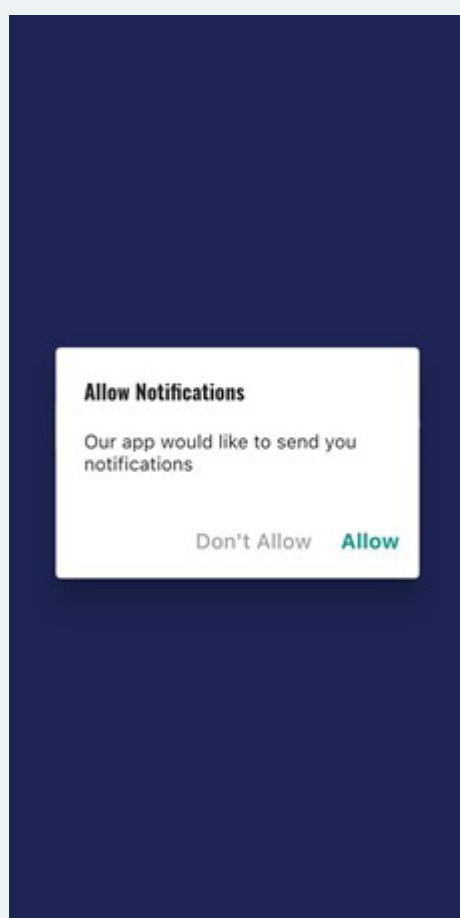
STEP 1

For iPhone users, after you scan the QR code, your smartphone will direct you to the App Store to download MetricWire. Please tap the **“GET”** icon to download and install MetricWire on your phone.



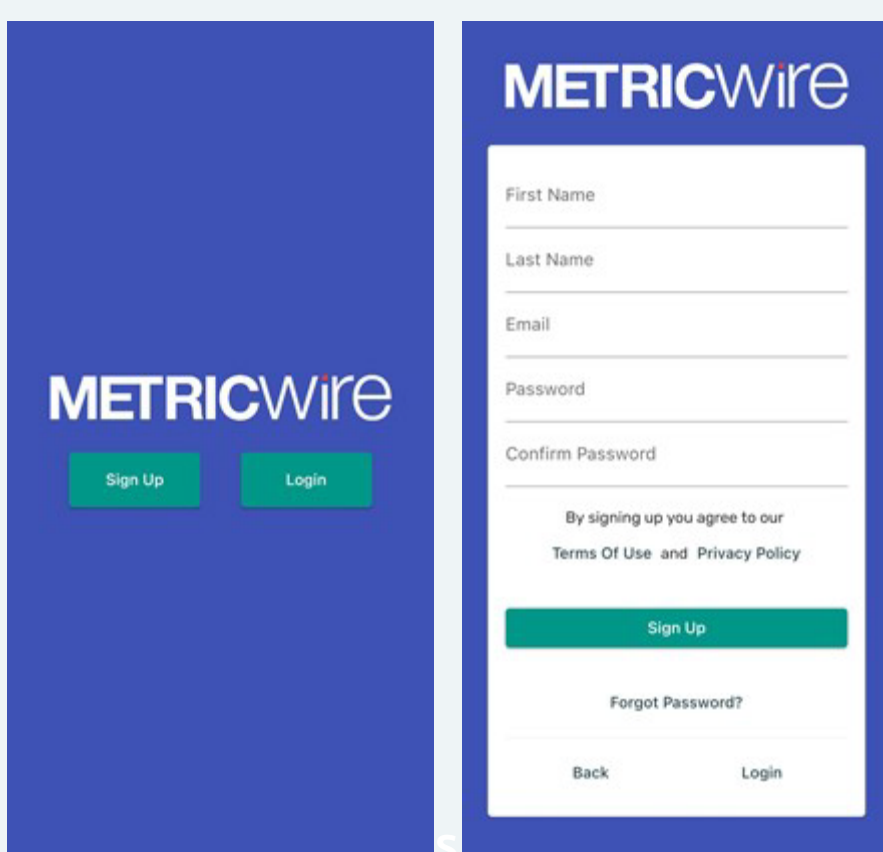
STEP 2

When you open the Catalyst by MetricWire App, please **“Allow”** MetricWire to send you notifications.



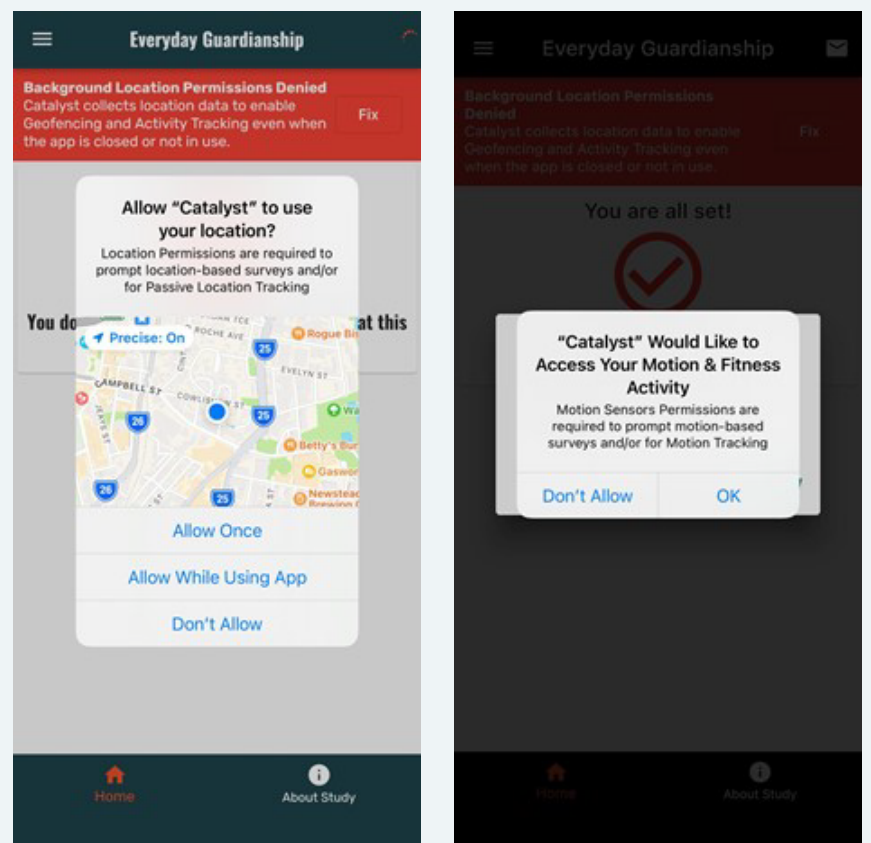
STEP 3

Please tap the **“Register”** button to set up your MetricWire account. Once you have provided your name and email address, and set your password, please tap the **“Sign Up”** button to complete registration.



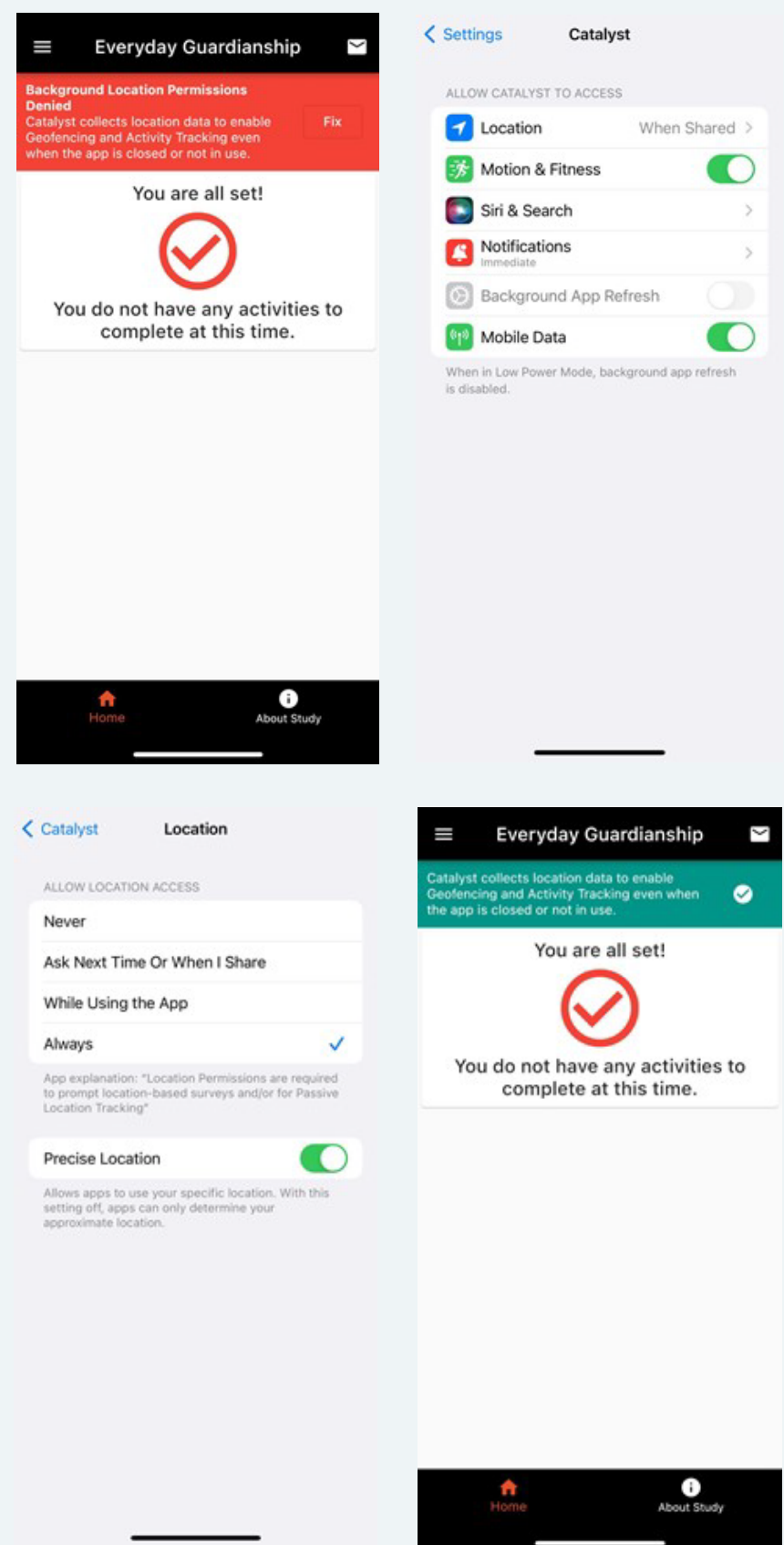
STEP 4

Enable location sharing permissions and select **“Always Allow”** to enable the correct location permissions if this option is provided (otherwise see steps below). The app will ask to allow location sharing and access to motion and fitness activity in app.



You may receive an error notification stating location permissions were denied, click the **“Fix”** button:

- > Scroll down settings page, find **“Catalyst”** in list of applications.
- > Select the Catalyst app.
- > Select location **“Always”** (change from when shared).



STEP 5

In the next step, the app will start recording your GPS traces over the next seven days. Please keep the app on your phone during this survey period. Seven days after your commencement date, please tap the **☰** icon and then tap **“Profile”** > **“Logout”** to end the GPS tracking.

