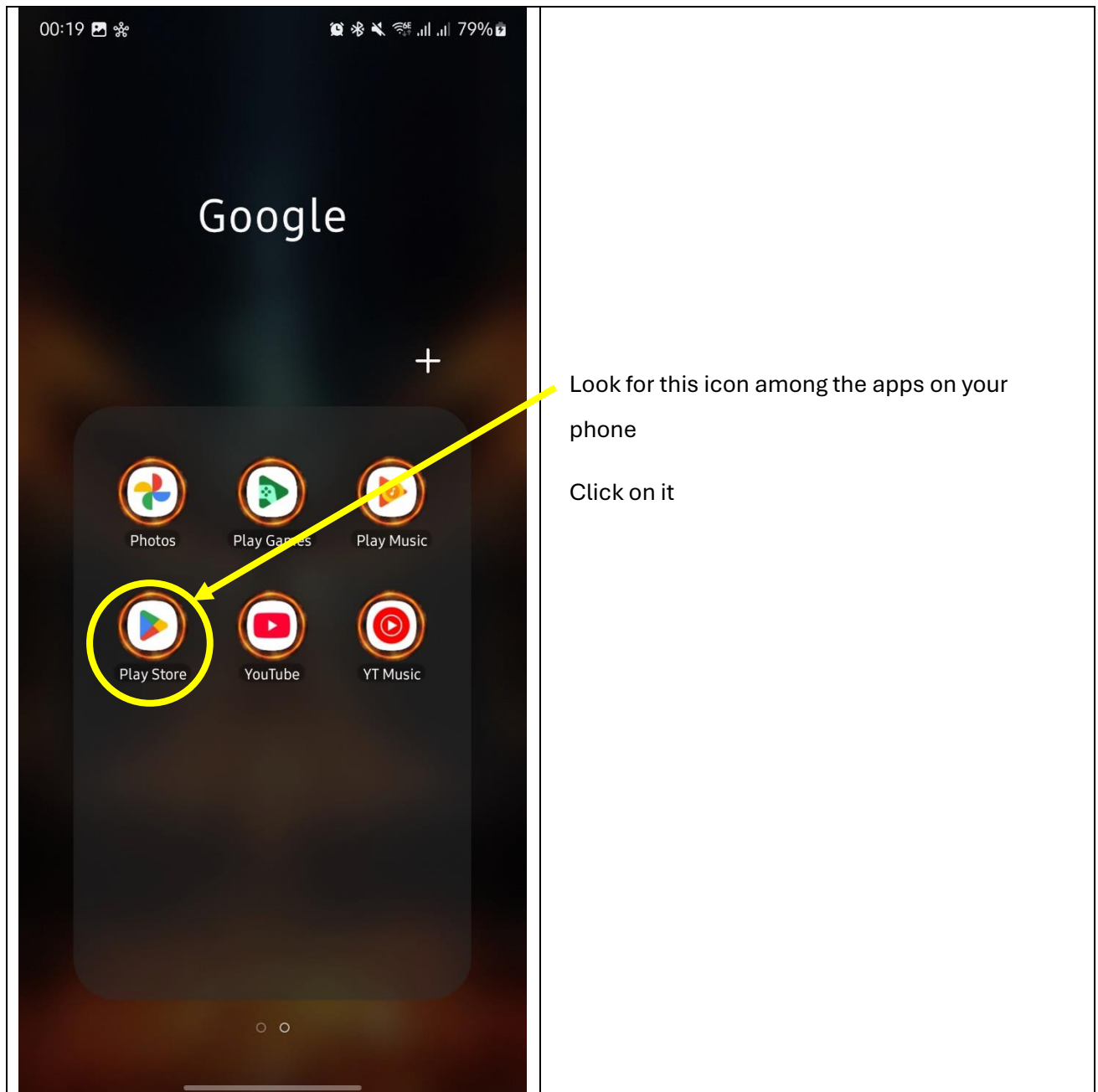


## Content

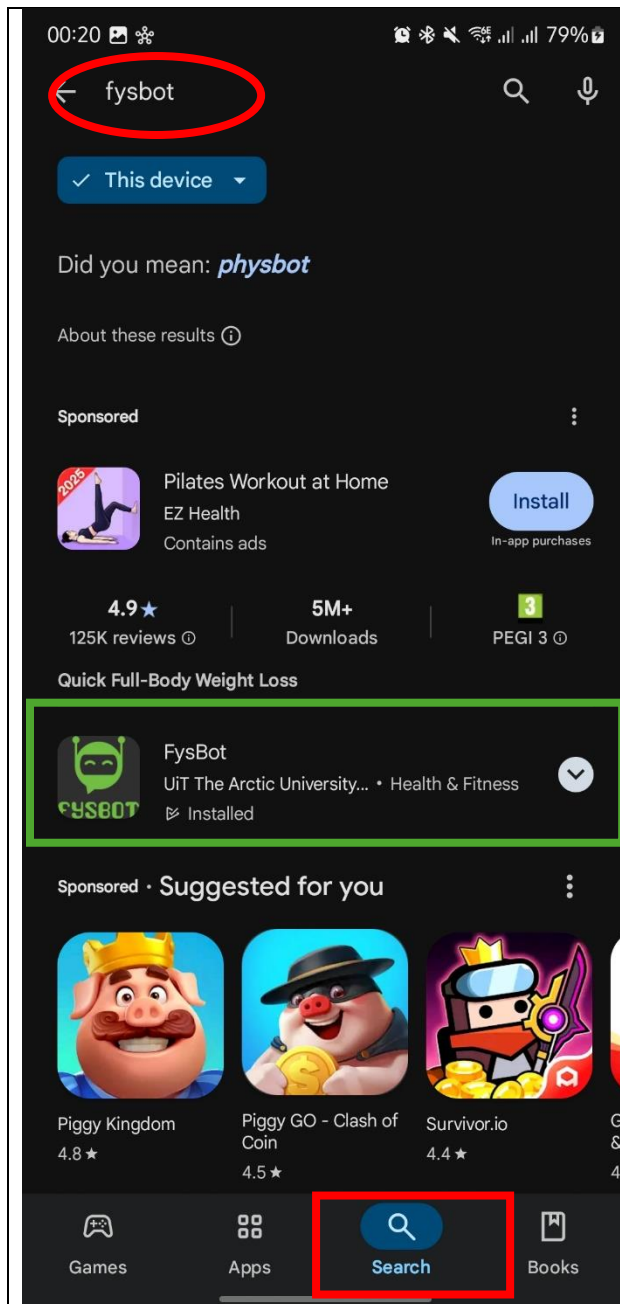
<b>App Installation</b> .....	1
<i>Health Connect-oppsett</i> .....	7
<b>Account setup</b> .....	17
<b>User manual</b> .....	24
<i>AI Chat</i> .....	35
<i>Schedule</i> .....	40
<i>Badges</i> .....	46
<i>Profile</i> .....	48

## App Installation

# FysBot Manual



# FysBot Manual



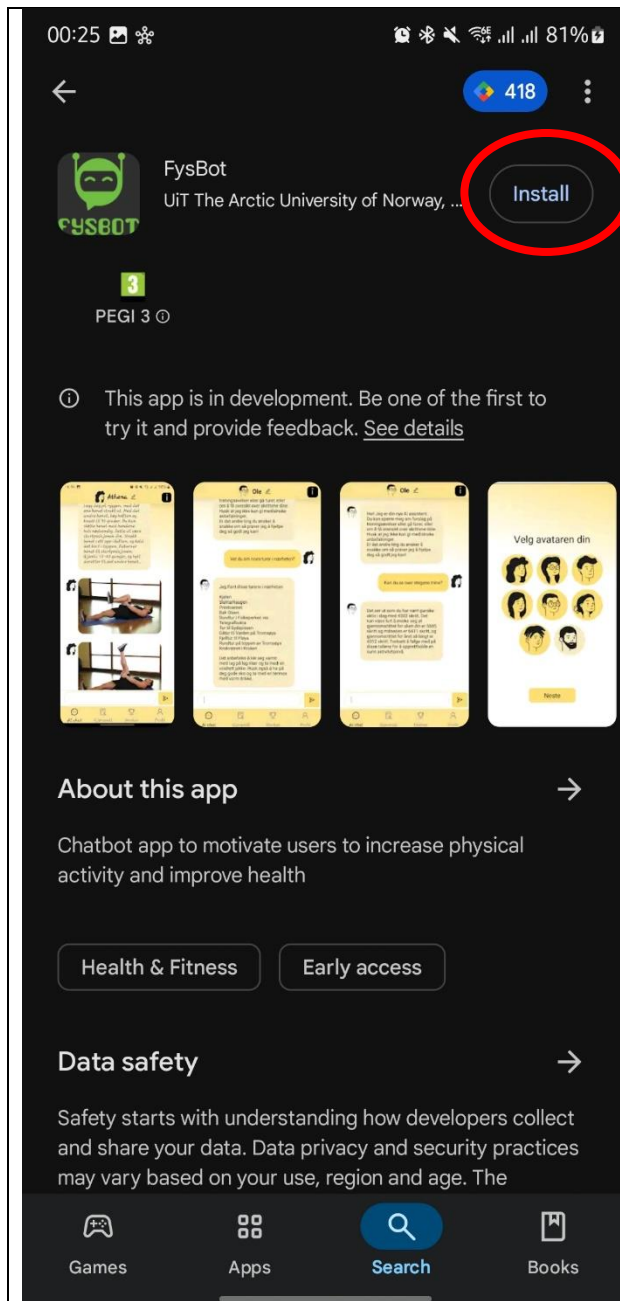
Click on 'Search' at the bottom of the page

Type 'fysbot' in the search bar at the top of the page and click on the search icon

The FysBot app is displayed on the page

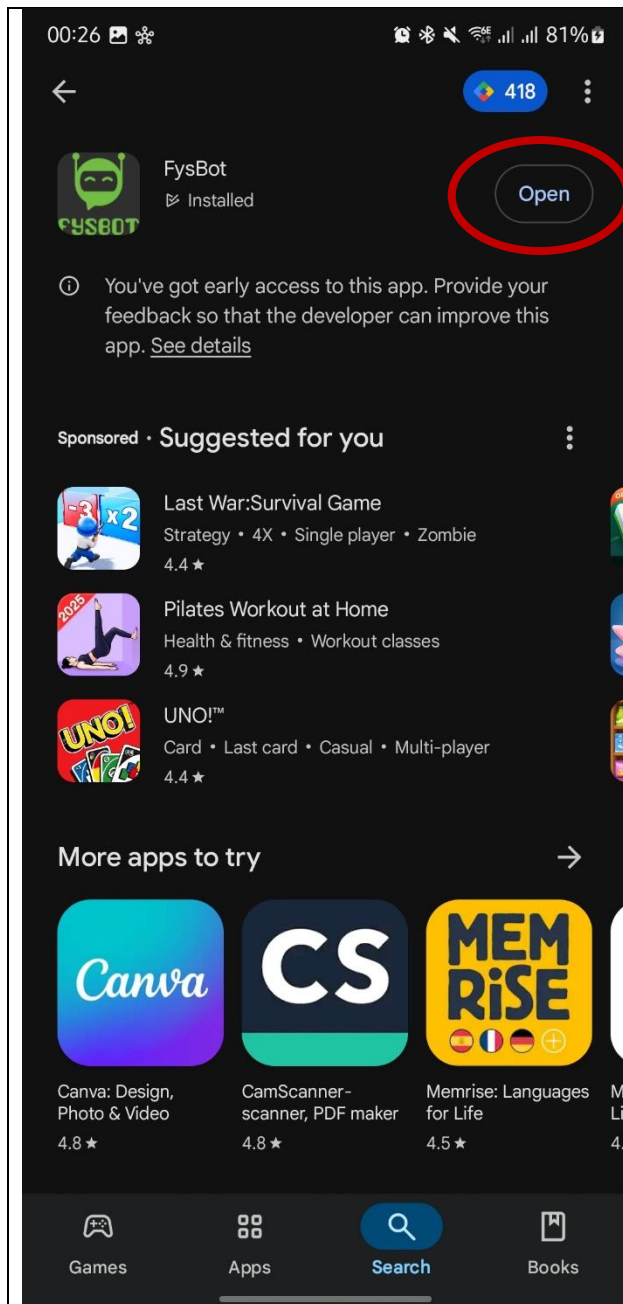
Click on the app

# FysBot Manual



Click the Install button

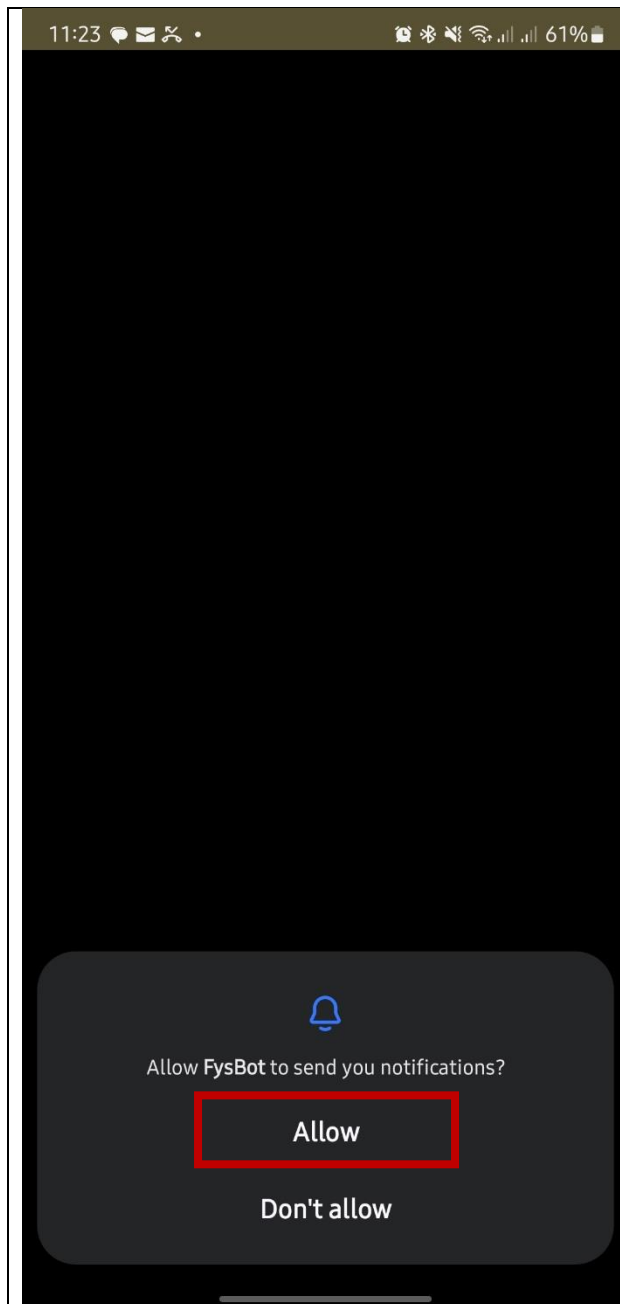
# FysBot Manual



After the installation process:

Click the "Open" button to start using the app

# FysBot Manual



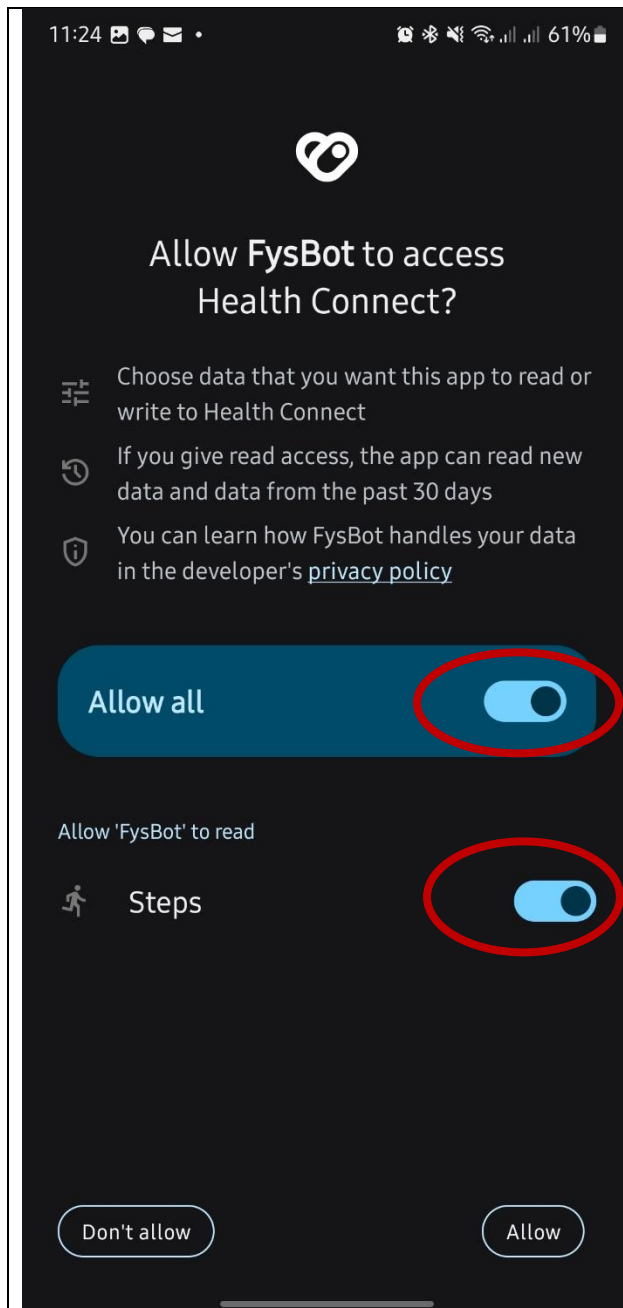
Click "Allow" when the pop-up message comes up if you want to receive notifications from the FysBot app

For the purpose of the study, we recommend that you select 'Allow'

## *Health Connect setup*



# FysBot Manual



If you already have Health Connect installed on your phone, you'll be prompted to give the app access:

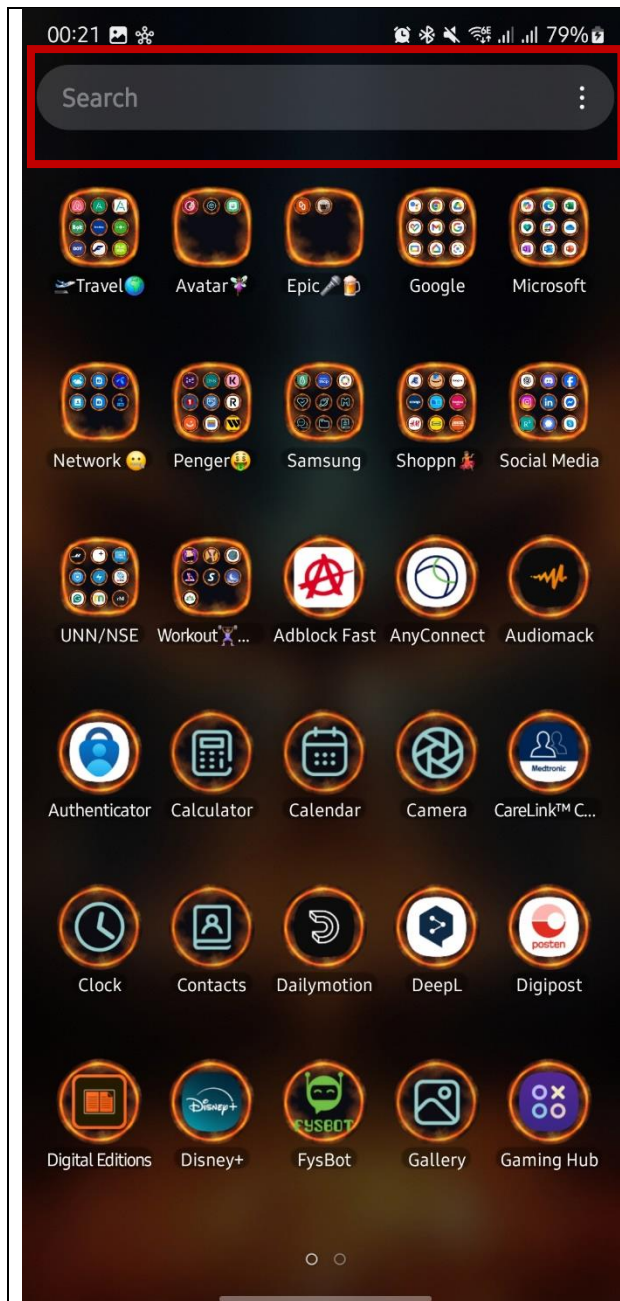
Click "Allow All" to turn it on and make sure the steps section is on as well

Then click "Allow" at the bottom right side

If you don't have Health Connect, follow these steps:

1. Go to the App Store
2. Search for "Health Connect"
3. Click on the app
4. Install the app

# FysBot Manual



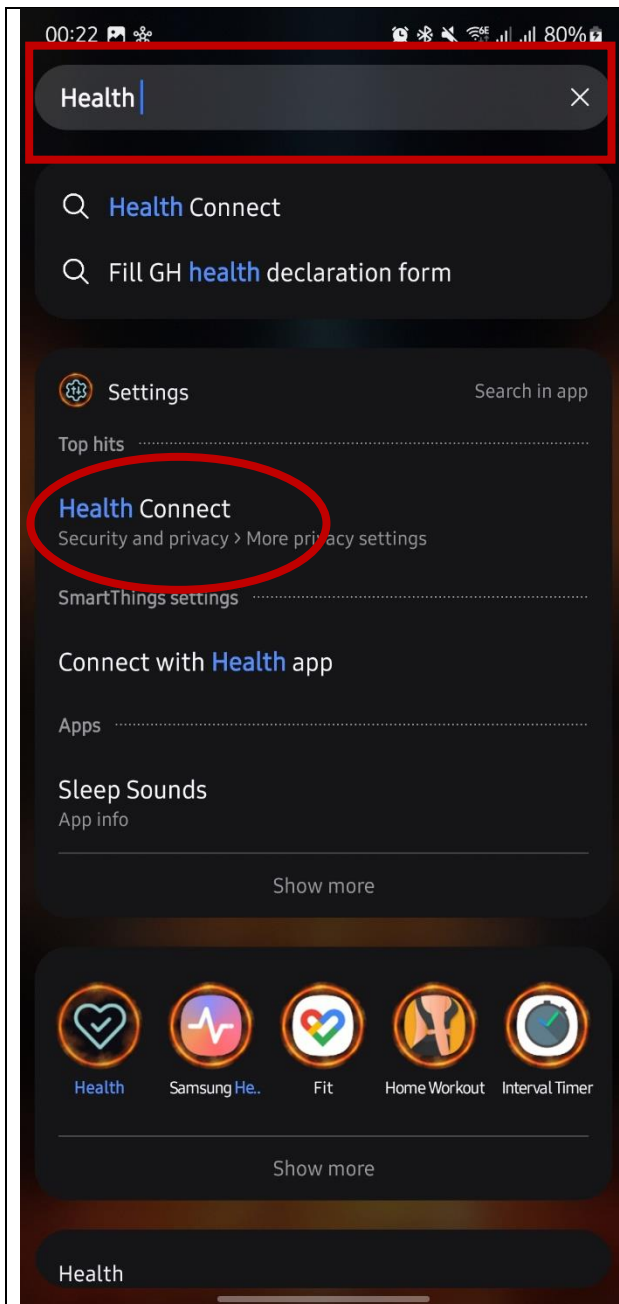
To ensure that Health Connect collects step data:

Go to the search bar in the app area

**NOTE:** You can also open **Health Connect** directly from the **FysBot app** by selecting **Health Connect Settings** (See page 29)

If you use this method, continue to **page 12** in this manual.

# FysBot Manual

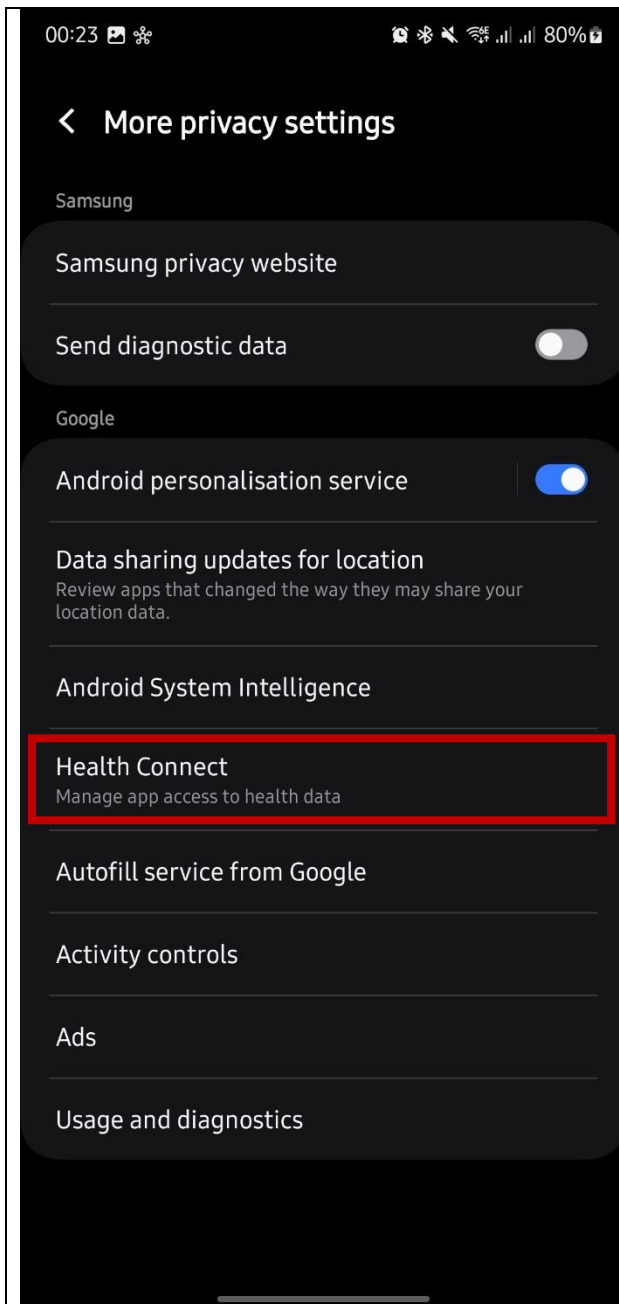


Enter "health"

Health Connect appears in a list below the search bar

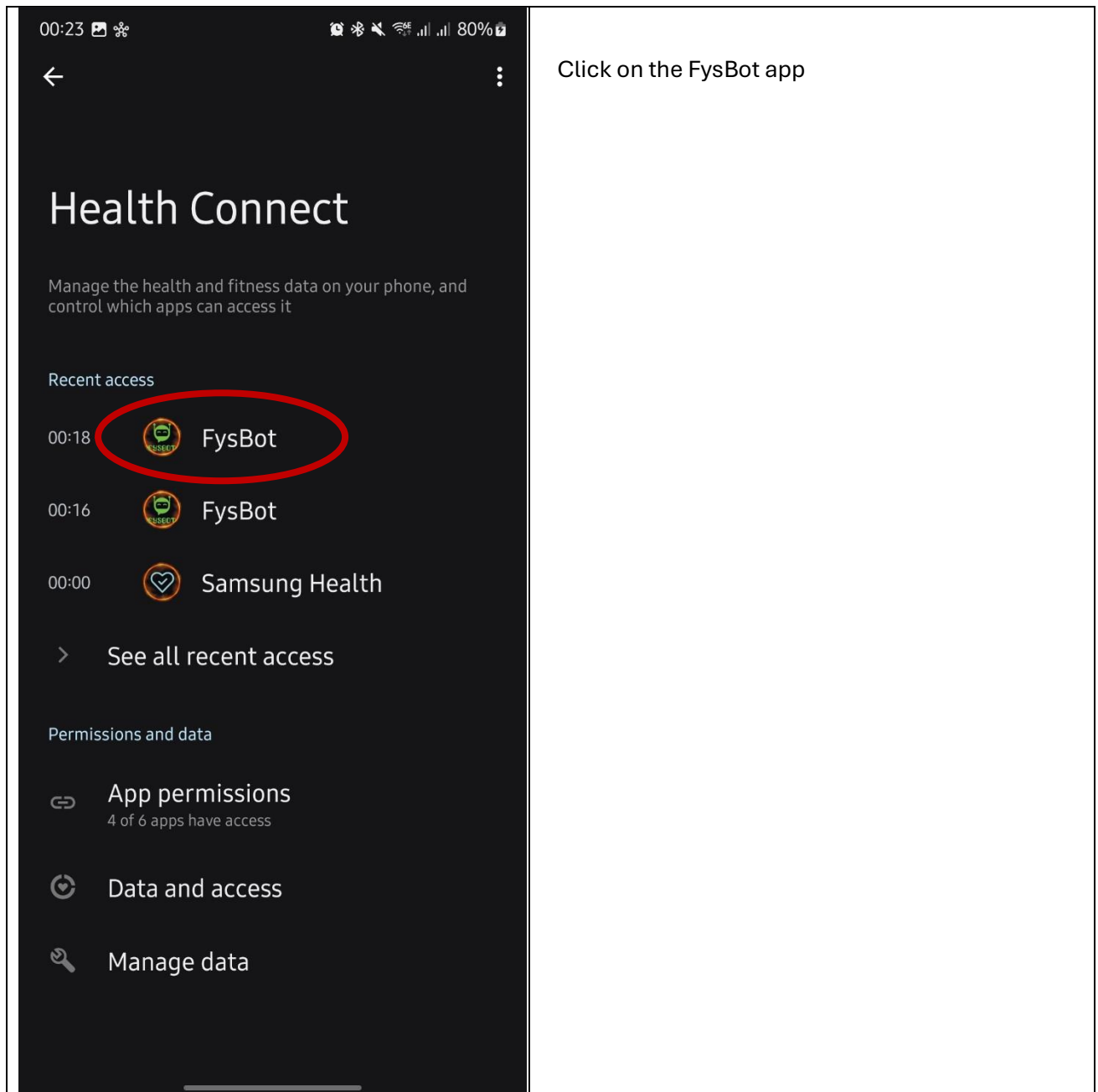
Click on it to open

# FysBot Manual



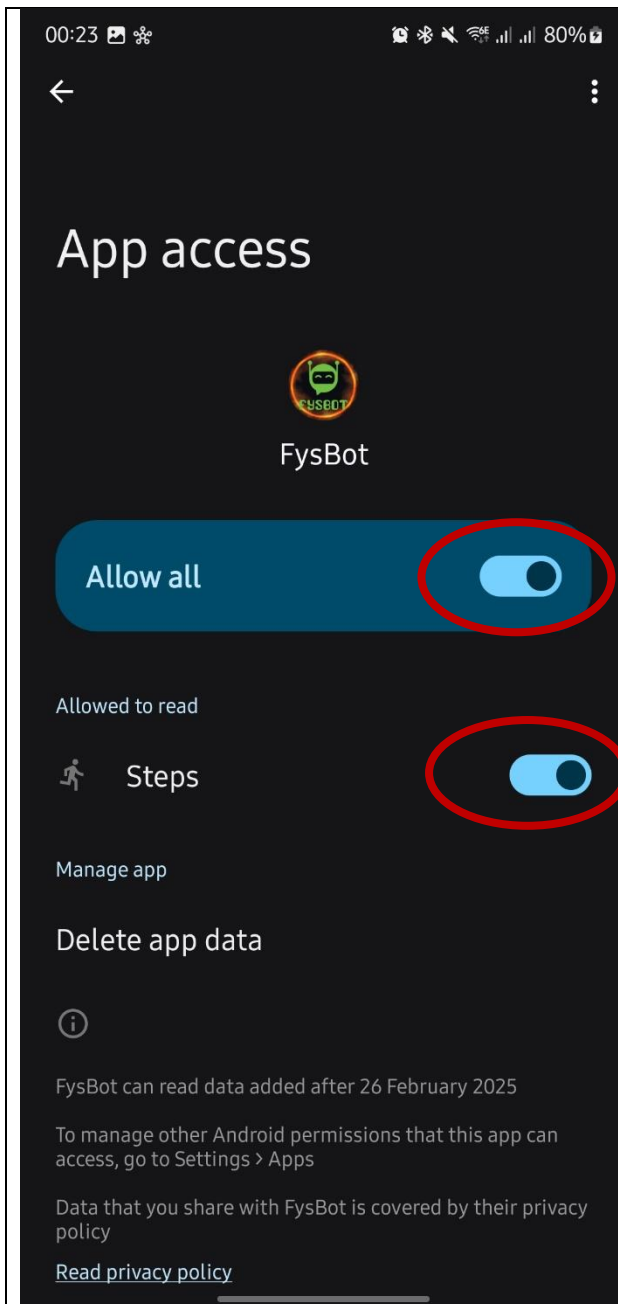
Again, click on "Health Connect" in the list that comes up

# FysBot Manual



Click on the FysBot app

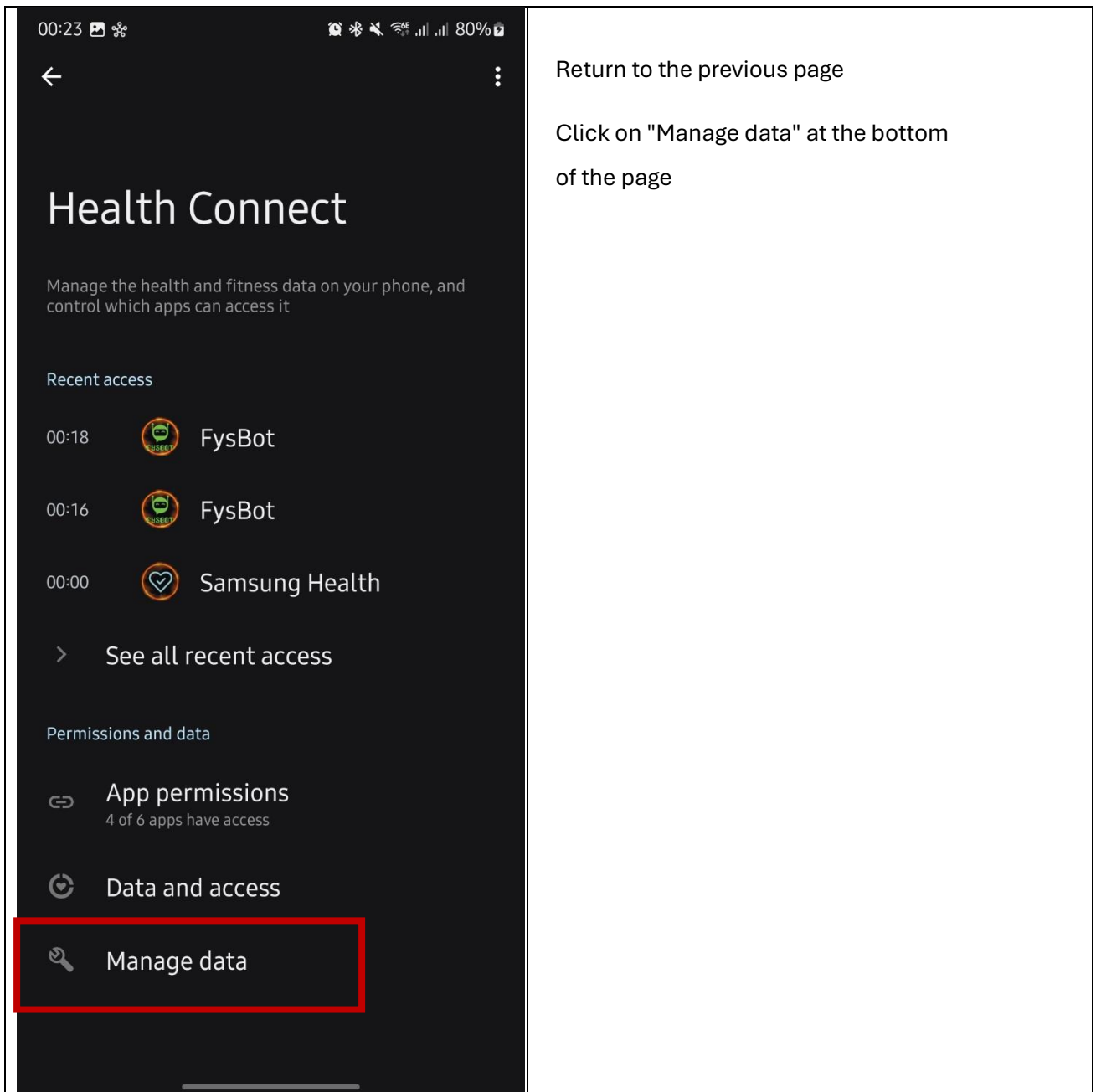
# FysBot Manual



Confirm that "Allow All" is enabled. If not, click the button next to it to activate

Make sure that step access is also turned on

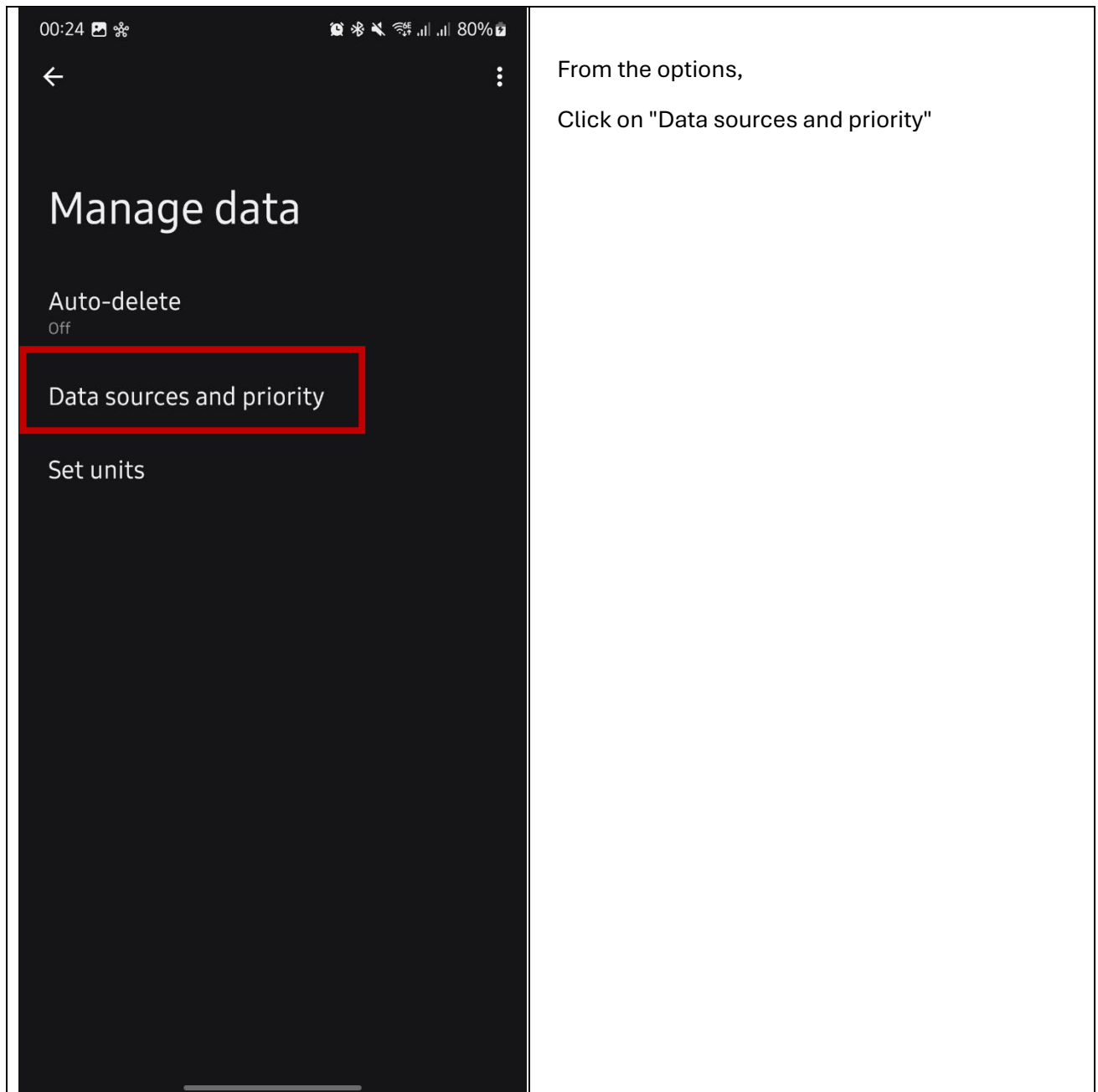
# FysBot Manual



Return to the previous page

Click on "Manage data" at the bottom of the page

# FysBot Manual

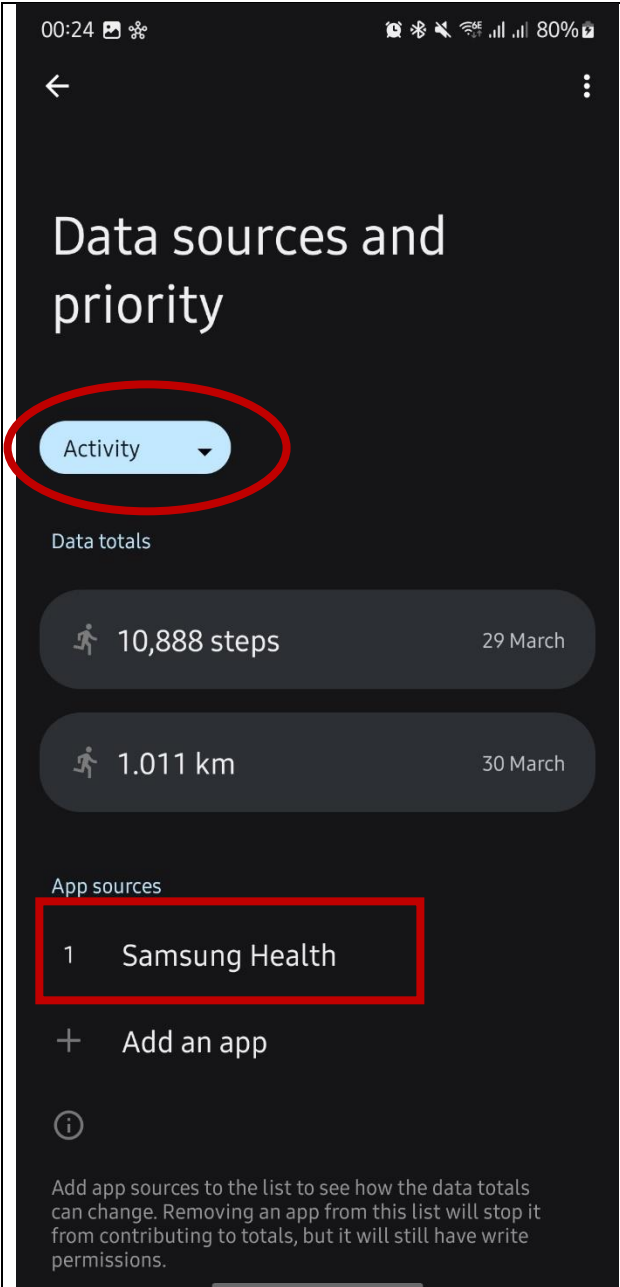


From the options,

Click on "Data sources and priority"



# FysBot Manual



00:24 80%

←

## Data sources and priority

Activity

Data totals

10,888 steps 29 March

1.011 km 30 March

App sources

1 Samsung Health

+ Add an app

i

Add app sources to the list to see how the data totals can change. Removing an app from this list will stop it from contributing to totals, but it will still have write permissions.

During the study, we recommend that

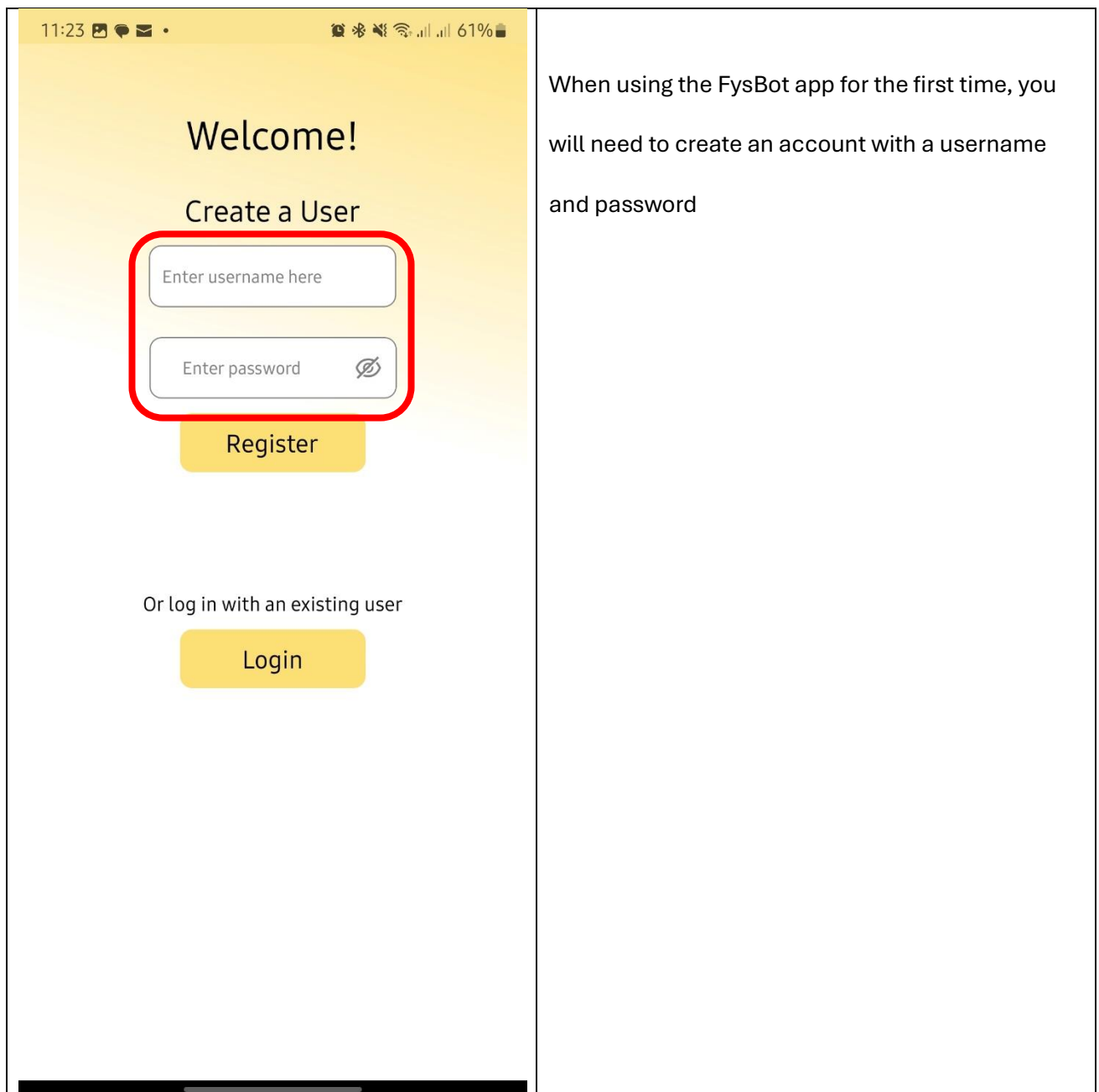
ONLY one of these is under the Activity option:

**Samsung Health OR Fit**

Remove all other apps, as more than one app will give FysBot incorrect step data

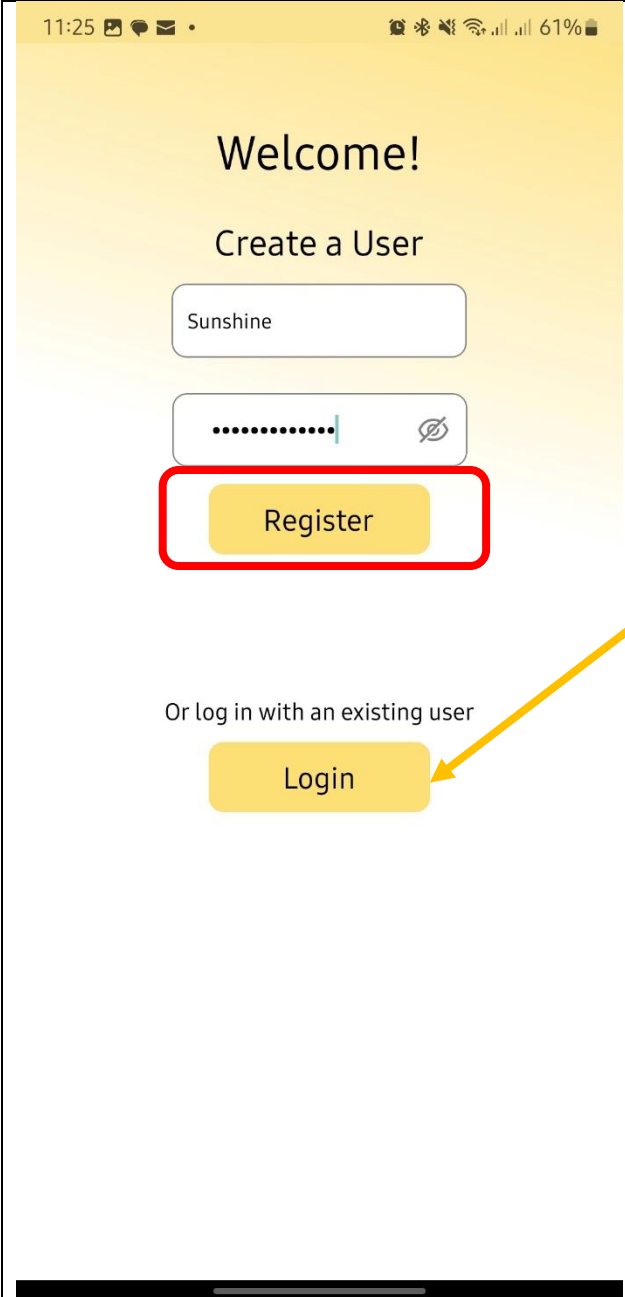
## Account setup

# FysBot Manual



When using the FysBot app for the first time, you will need to create an account with a username and password

# FysBot Manual



11:25 [notification icons] 61%

Welcome!

Create a User

Sunshine

..... [visibility icon]

Register

Or log in with an existing user

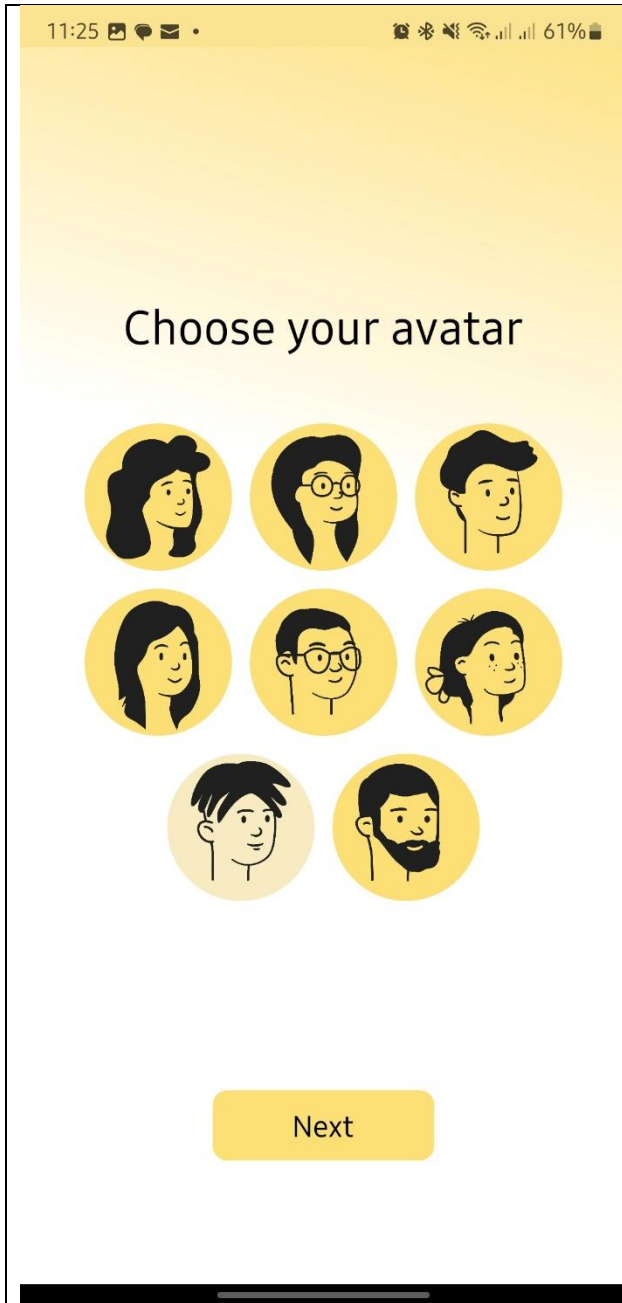
Login

Type in a username (preferably a nickname) and a password

Click on "Register"

If you already have an account (*applies when you log out of the app*),

Click Log in to enter your username and password




Choose one of these as your avatar

# FysBot Manual

11:25 [notification icons] [status icons] 61%

You can now customize the chatbot's name and avatar



Zeus

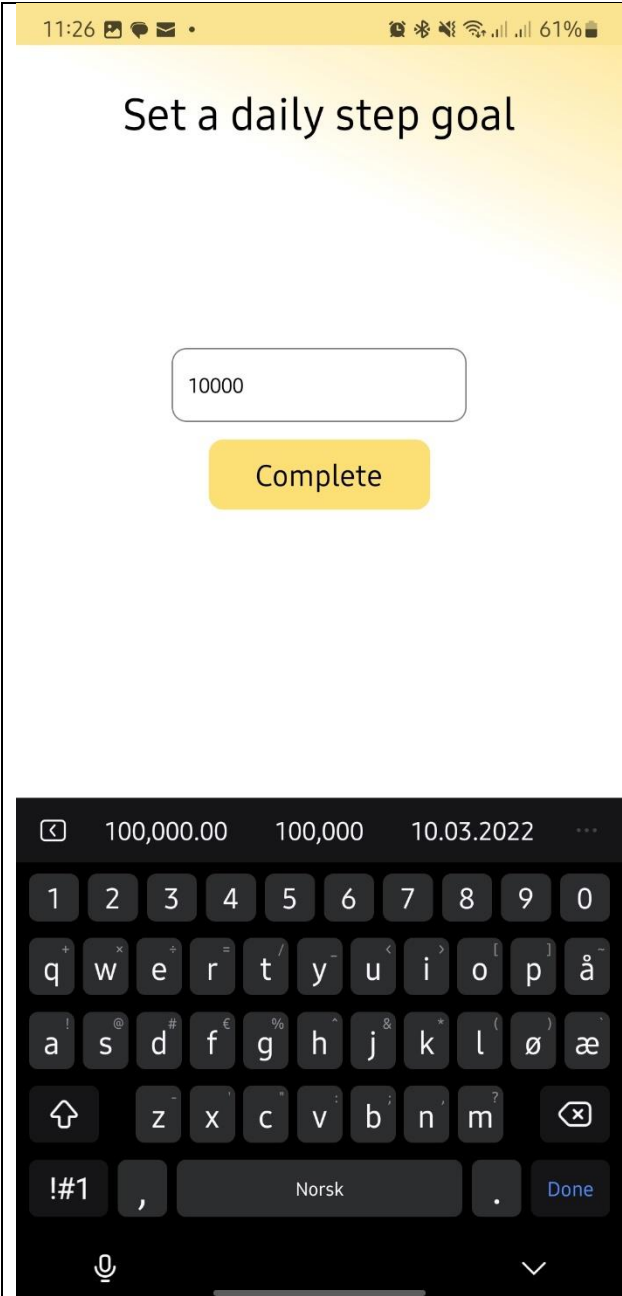
Next

Choose another one as your chatbot's avatar

Give the chatbot a name in the text field below

Click "Next"

# FysBot Manual



11:26 61%

## Set a daily step goal

10000

Complete

100,000.00 100,000 10.03.2022

1 2 3 4 5 6 7 8 9 0

q w e r t y u i o p å

a s d f g h j k l ø æ

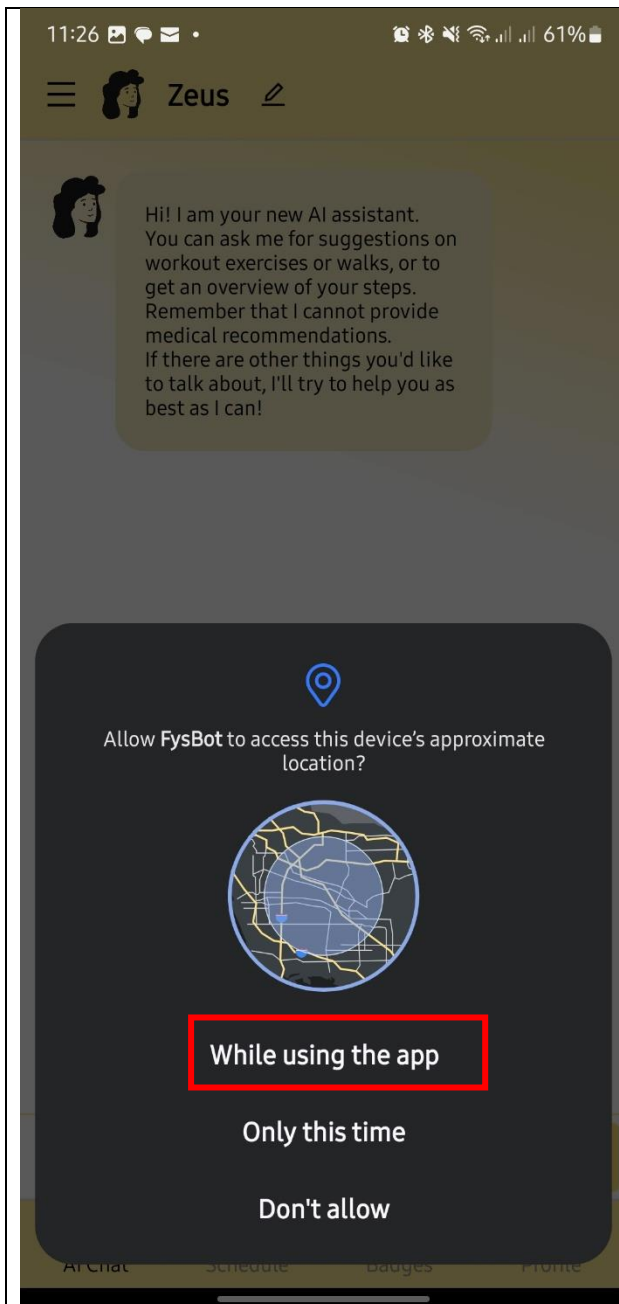
z x c v b n m

!#1 , Norsk . Done

Enter a number in the text field for your daily step goal. Choose a goal that you think is realistic to reach every day.

Unless you have specific limitations, we recommend starting with 10,000 steps per day.

# FysBot Manual



To receive hiking suggestions based on your location,

Select "When using the app" to allow FysBot to access only your current location

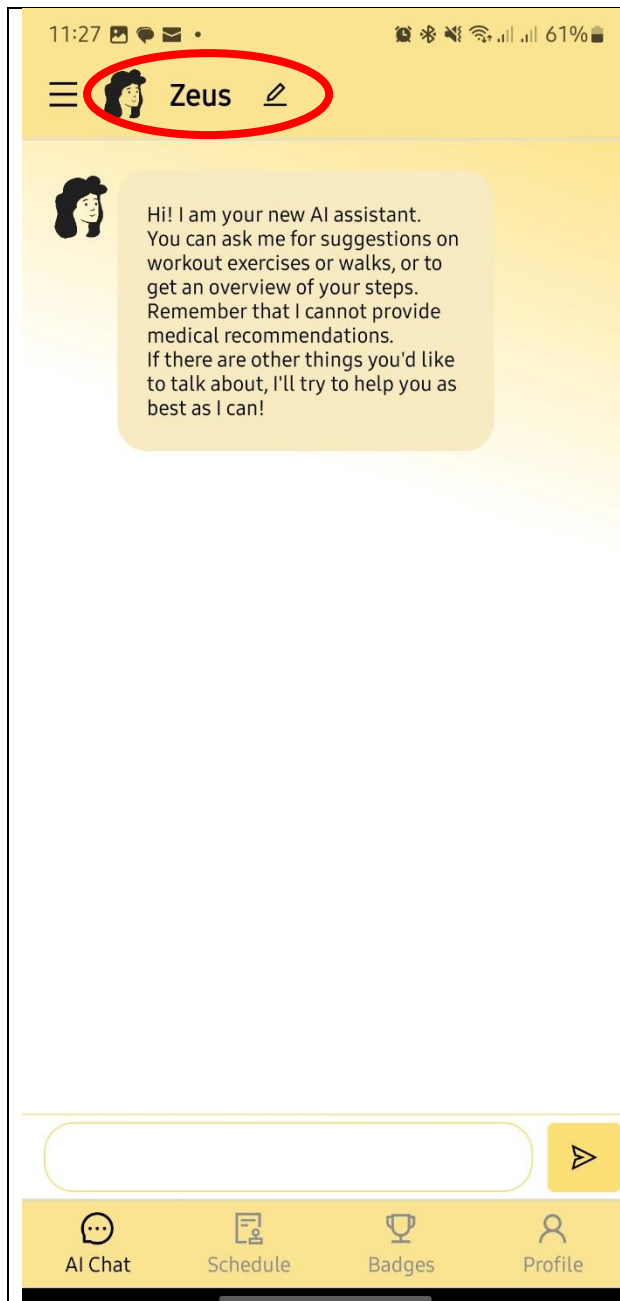
*(Location data is not saved)*



## User manual

Instructions on how to use the FysBot app

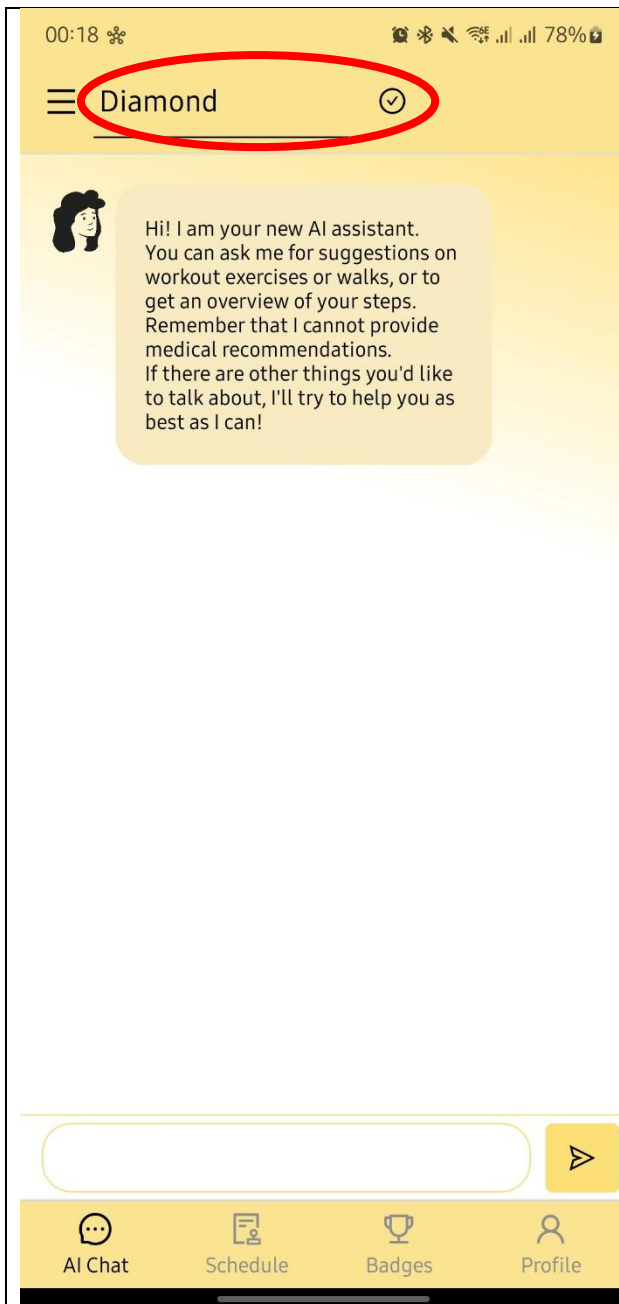
# FysBot Manual



To change the name of the chatbot's avatar,

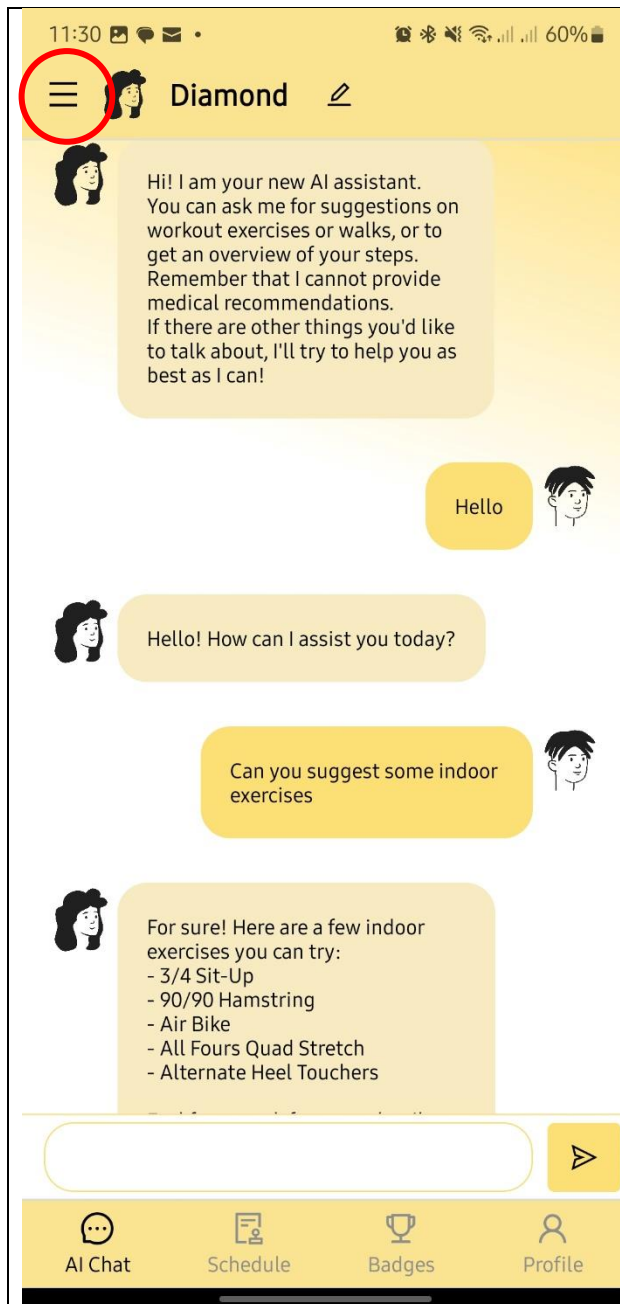
Click the pencil icon

# FysBot Manual



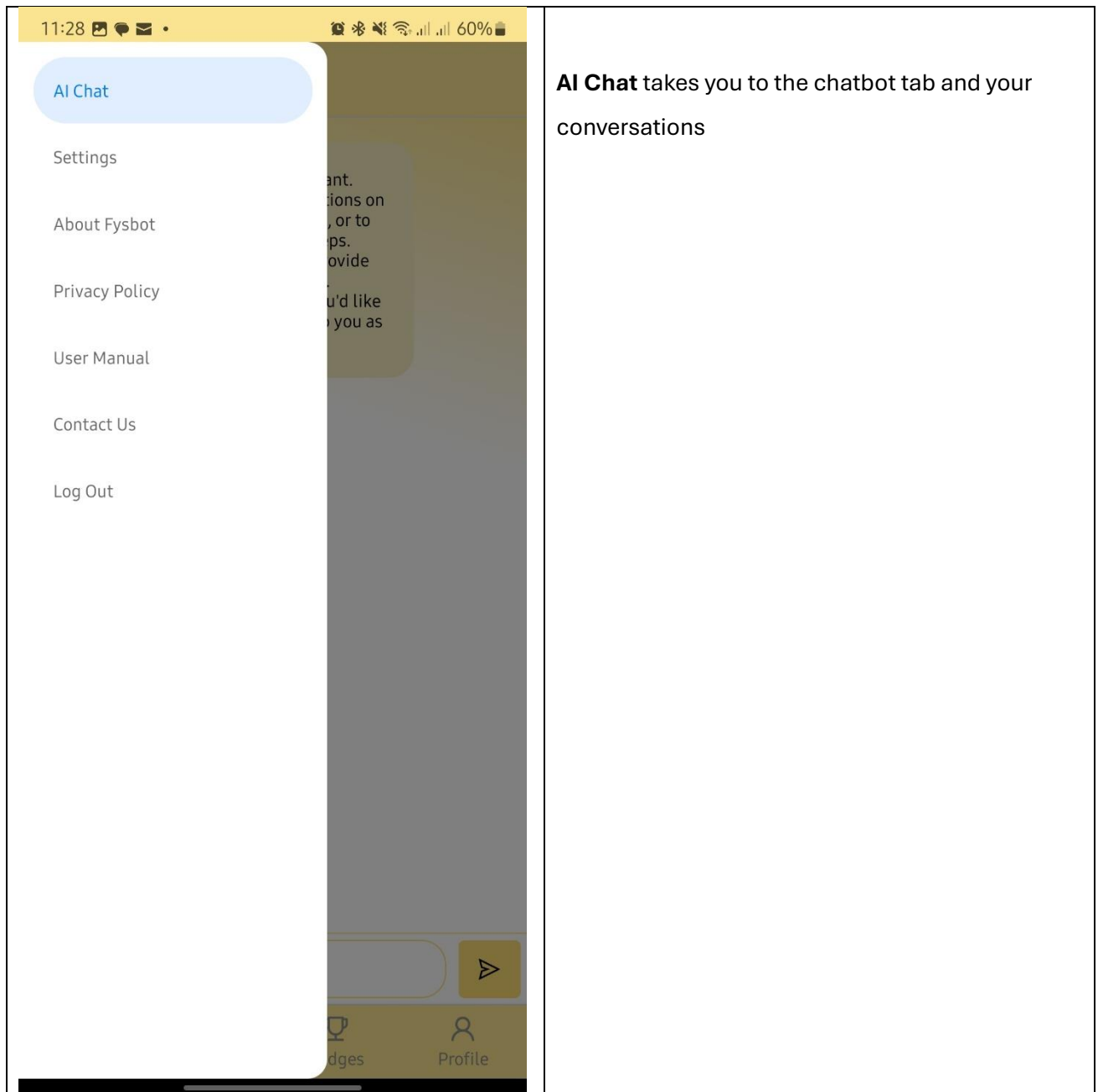
Enter the new name and click the circle next to it

# FysBot Manual



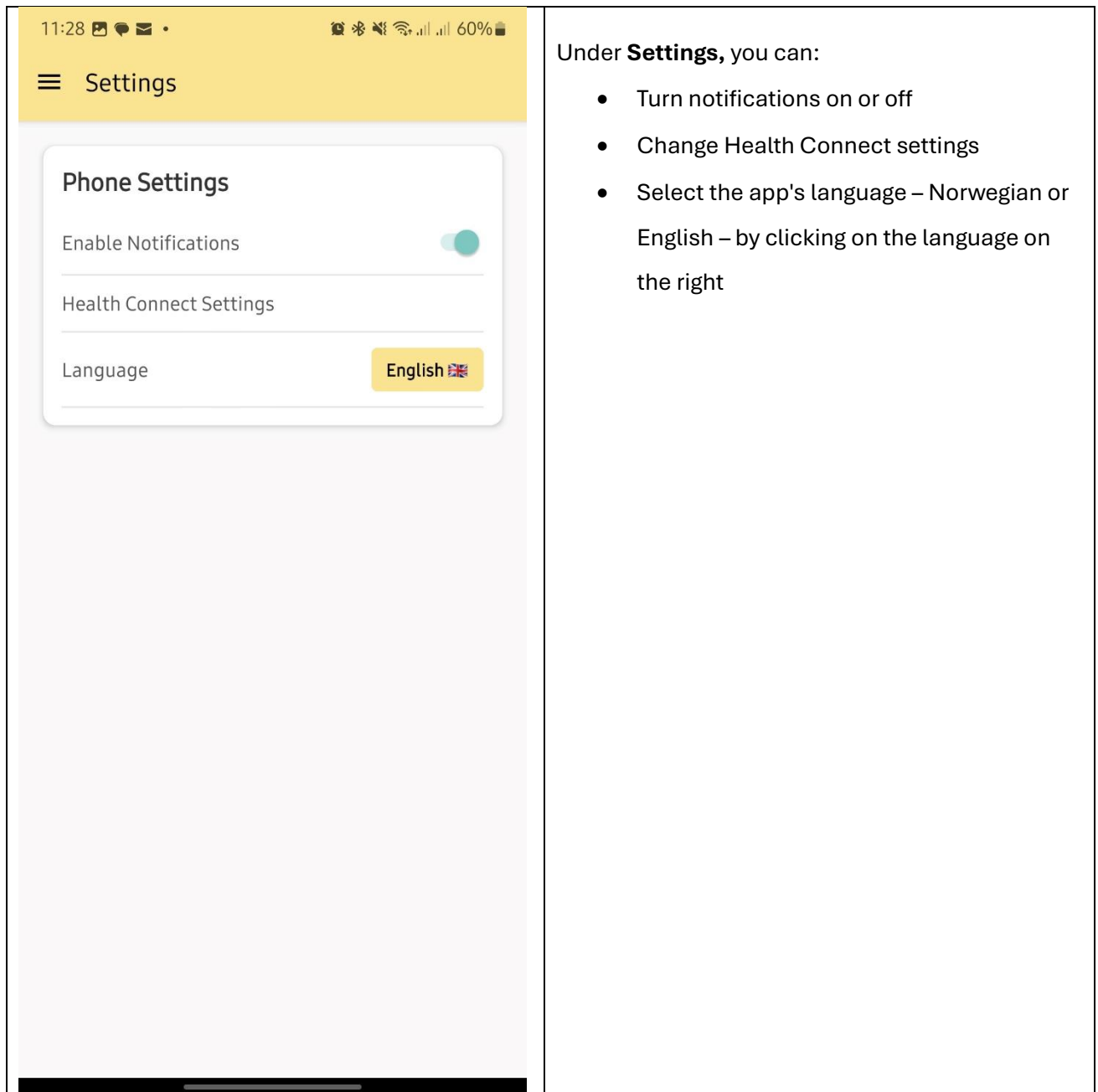
You can find information about FysBot and the app's settings by tapping on the three lines in the top left corner of the app.

# FysBot Manual

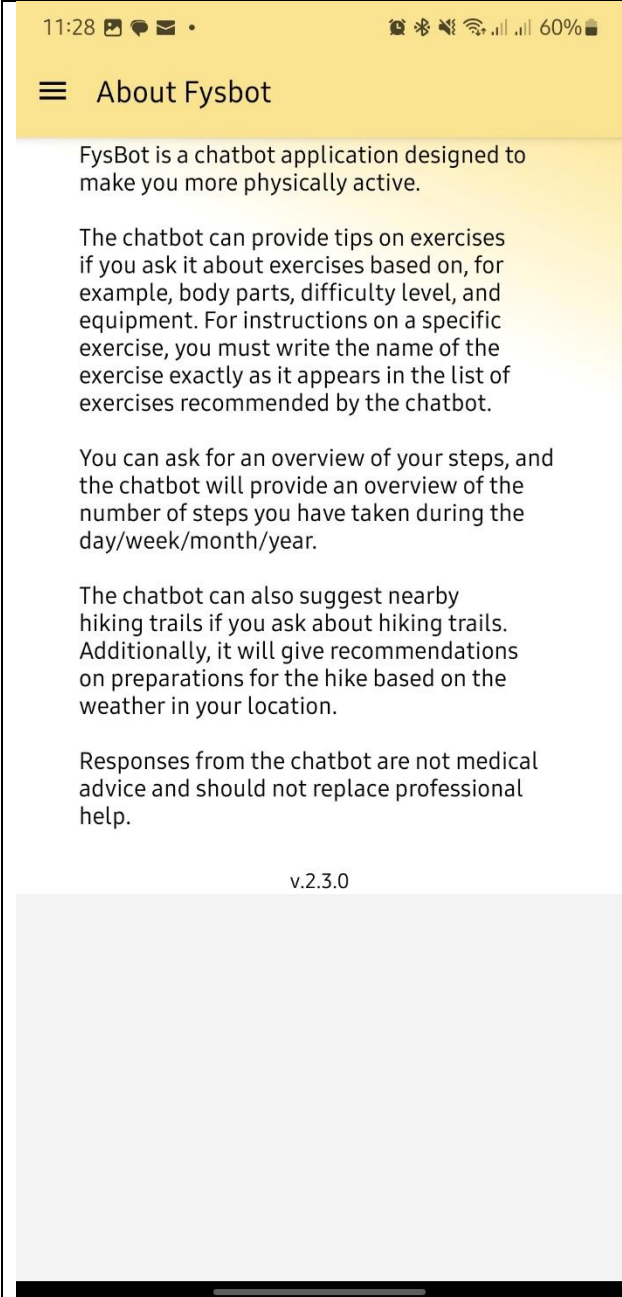


**AI Chat** takes you to the chatbot tab and your conversations

# FysBot Manual



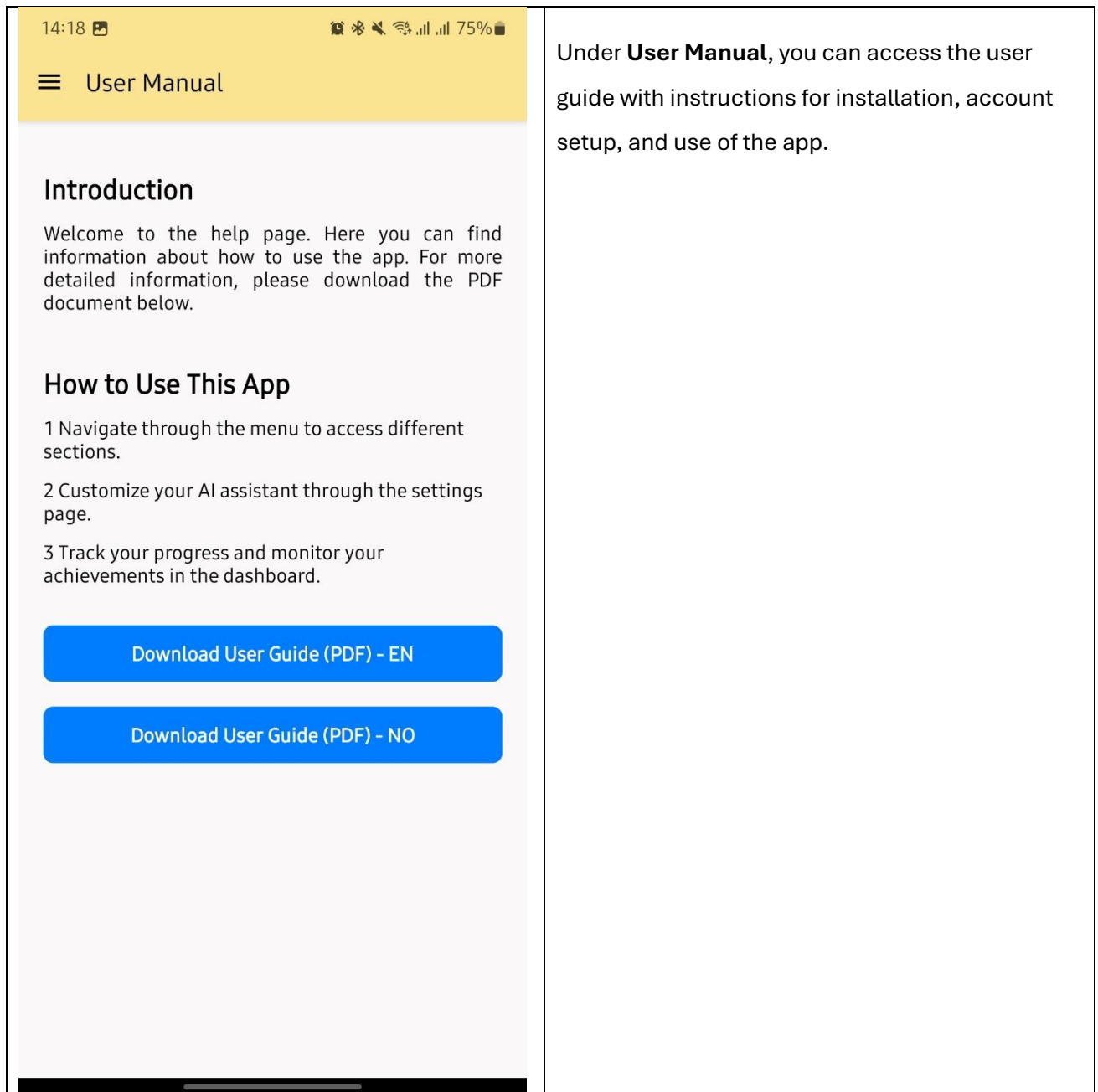
# FysBot Manual

 <p>11:28 [notification icons] [status icons] 60%</p> <h2>☰ About Fysbot</h2> <p>FysBot is a chatbot application designed to make you more physically active.</p> <p>The chatbot can provide tips on exercises if you ask it about exercises based on, for example, body parts, difficulty level, and equipment. For instructions on a specific exercise, you must write the name of the exercise exactly as it appears in the list of exercises recommended by the chatbot.</p> <p>You can ask for an overview of your steps, and the chatbot will provide an overview of the number of steps you have taken during the day/week/month/year.</p> <p>The chatbot can also suggest nearby hiking trails if you ask about hiking trails. Additionally, it will give recommendations on preparations for the hike based on the weather in your location.</p> <p>Responses from the chatbot are not medical advice and should not replace professional help.</p> <p>v.2.3.0</p>	<p>Under <b>About FysBot</b>, you will find information about the app and its purpose.</p>
---	--

<p>11:28 [notification icons] [status icons] 60%</p> <p>☰ Privacy Policy</p> <p>Last updated: November 05, 2024</p> <p>This Privacy Policy describes our policies and procedures for the collection, use, and disclosure of your information when you use the service, and tells you about your privacy rights and how the law protects you.</p> <p>We use your personal data to provide and improve the service. By using the service, you agree to the collection and use of information in accordance with this Privacy Policy.</p> <p><b>Interpretation</b></p> <p>The words of which the initial letter is capitalized have meanings defined under the following conditions. The following definitions shall have the same meaning regardless of whether they appear in singular or in plural.</p> <p><b>Definitions</b></p> <p>Account means a unique account created for you to access our service or parts of our service.</p> <p>Affiliate means an entity that controls, is controlled by, or is under common control with a party, where 'control' means ownership of 50% or more of the shares, equity interest, or other securities entitled to vote for the election of directors or other managing authority.</p> <p>Application refers to FysBot, the software program provided by the company.</p> <p>Company refers to UiT The Arctic University of Norway, Hansine Hansens veg 18, and the Norwegian Centre for E-health Research, Sykehusveien 23, a department of the University Hospital of North Norway, Hansine Hansens veg 67.</p>	<p>Under <b>Privacy Policy</b>, you will find detailed information about how we protect and process your data.</p>
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# FysBot Manual



Under **User Manual**, you can access the user guide with instructions for installation, account setup, and use of the app.

## Introduction

Welcome to the help page. Here you can find information about how to use the app. For more detailed information, please download the PDF document below.

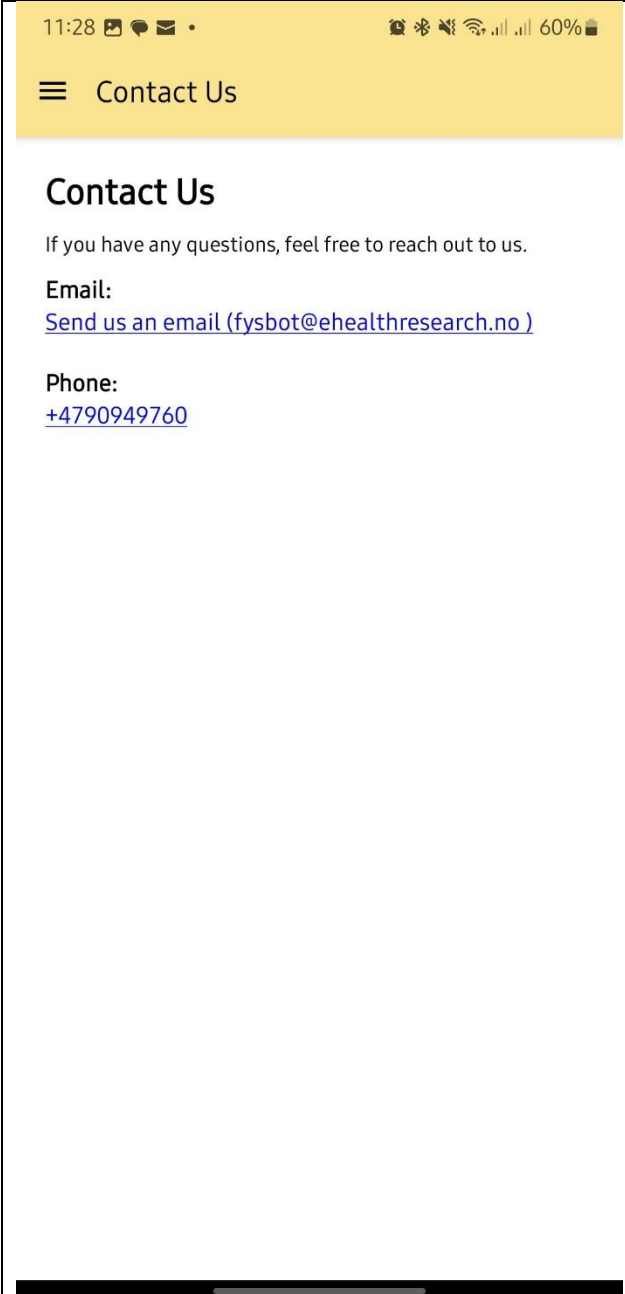
## How to Use This App

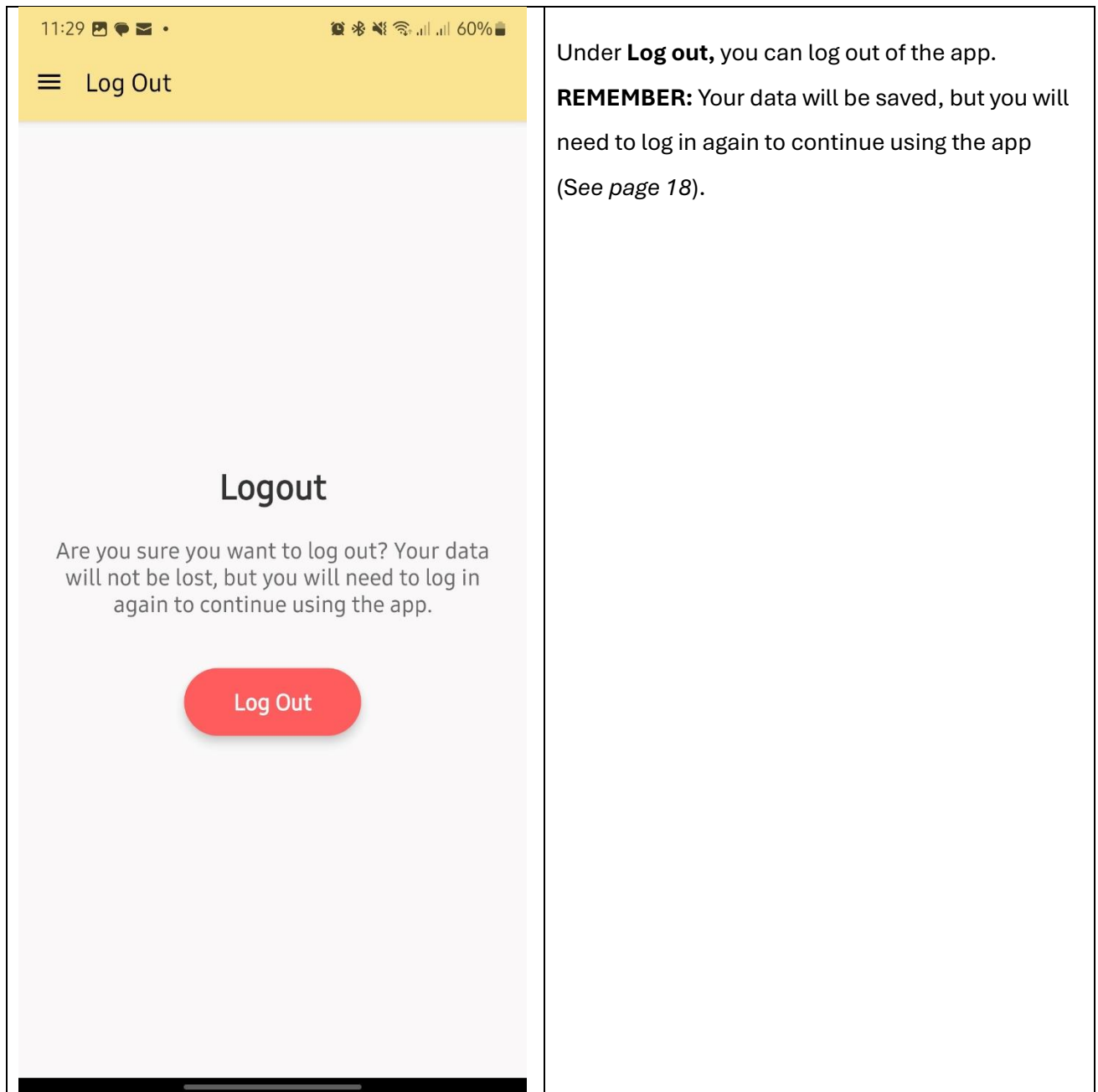
- 1 Navigate through the menu to access different sections.
- 2 Customize your AI assistant through the settings page.
- 3 Track your progress and monitor your achievements in the dashboard.

Download User Guide (PDF) - EN

Download User Guide (PDF) - NO

# FysBot Manual

 <p>The screenshot shows a mobile application interface. At the top, there is a yellow header bar with a hamburger menu icon and the text "Contact Us". Below the header, the text "Contact Us" is displayed in a large, bold font. Underneath, there is a paragraph: "If you have any questions, feel free to reach out to us." This is followed by the label "Email:" and a blue hyperlink: "<a href="mailto:fysbot@ehealthresearch.no">Send us an email (fysbot@ehealthresearch.no)</a>". Below that is the label "Phone:" and a blue hyperlink: "<a href="tel:+4790949760">+4790949760</a>". The status bar at the top of the phone shows the time 11:28, signal strength, Wi-Fi, and 60% battery.</p>	<p>Under <b>Contact Us</b> you will find our email address and phone number.</p> <p>We appreciate feedback during the study, both on minor and major issues.</p>
--	--

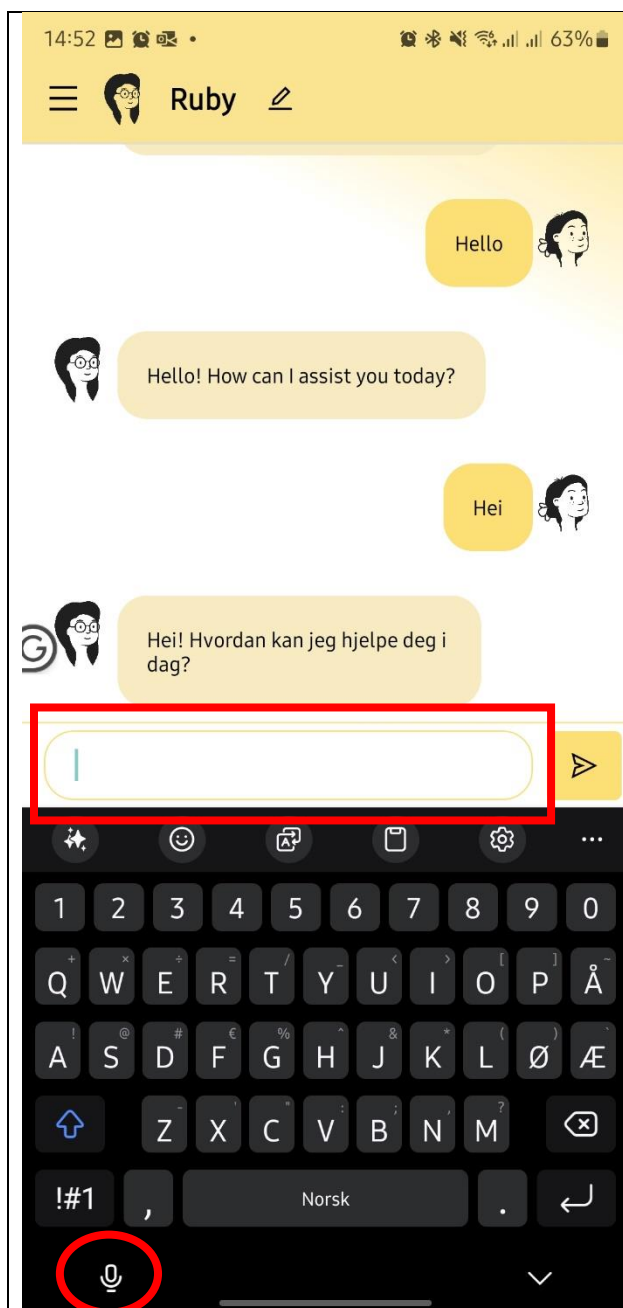


Under **Log out**, you can log out of the app.

**REMEMBER:** Your data will be saved, but you will need to log in again to continue using the app (See page 18).

## *AI Chat*

# FysBot Manual



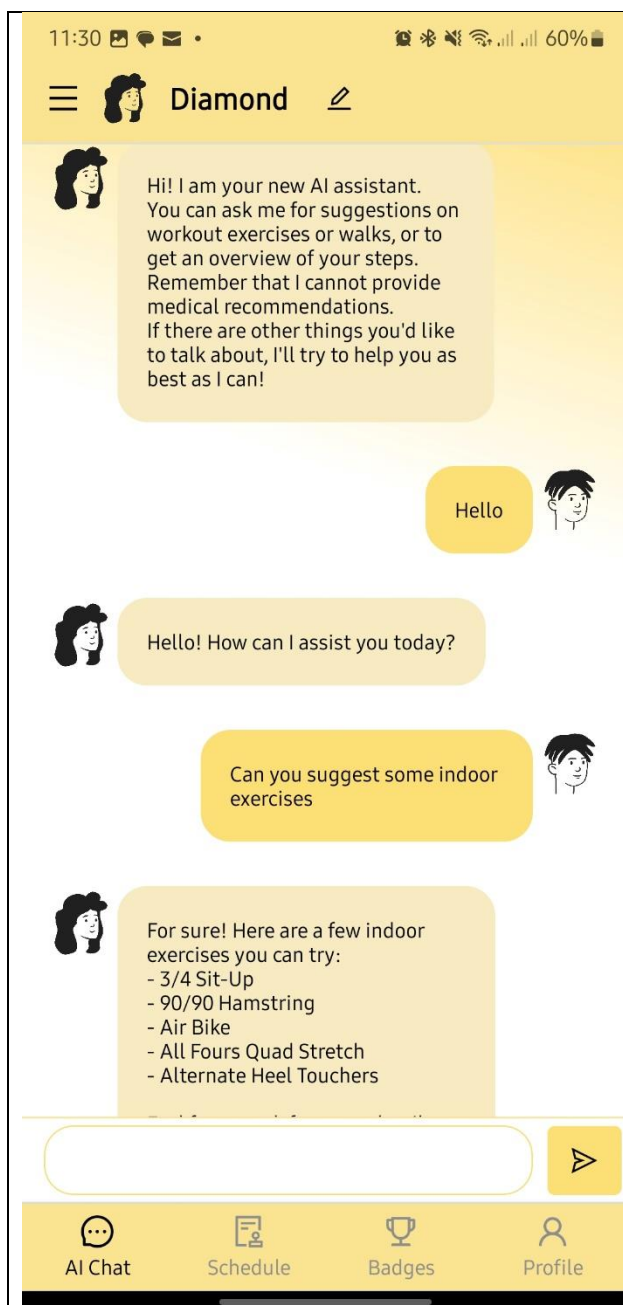
Start chatting with the chatbot by clicking on the text field at the bottom of the screen

You can type your message using the keyboard

**OR**

Click the microphone button in the lower-left corner of the keyboard for speech-to-text

# FysBot Manual



You can ask the chatbot to suggest exercises.

By default, the chatbot will provide a list of exercises based on your question.

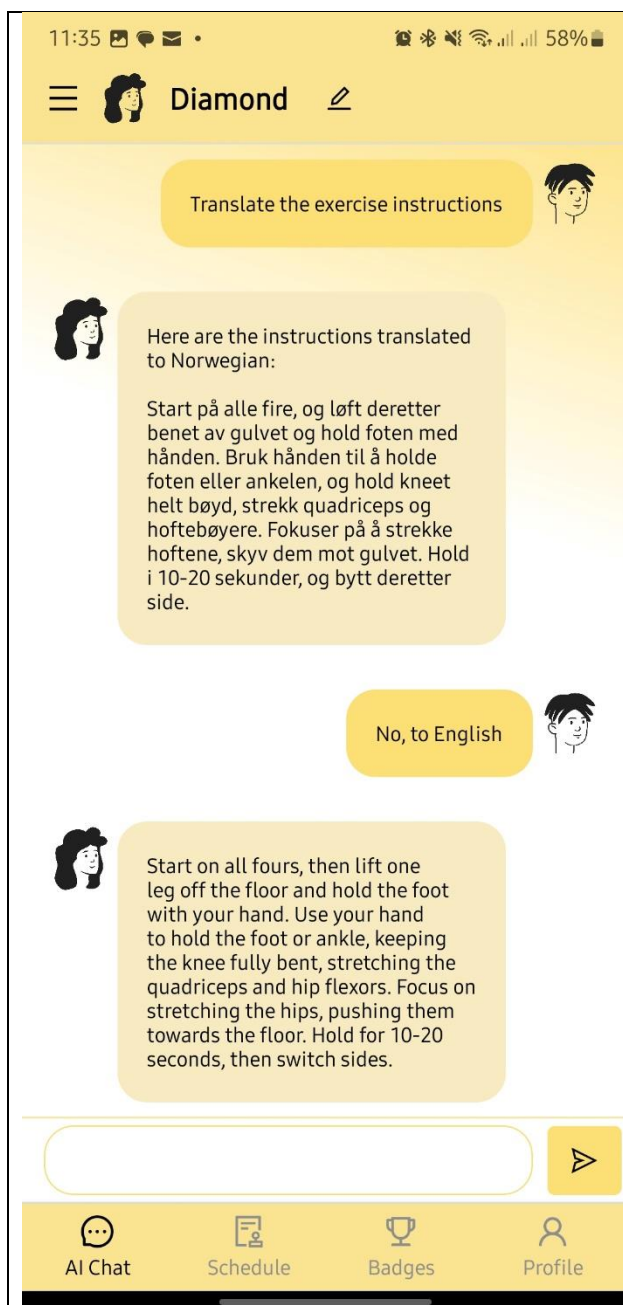
To get more tips about a specific exercise, enter the name of the exercise as it appears in the list

# FysBot Manual



Most of the time, the chatbot will provide you with detailed instructions in Norwegian, along with a couple of images illustrating the exercise.

# FysBot Manual




You can use the chatbot to translate the exercise instructions into English.

**NOTE:** Be specific when entering your request to the chatbot, as shown in the image.



## *Schedule*

# FysBot Manual



11:30 [notification icons] 60%

☰ [profile icon] Diamond [edit icon]

## Schedule

Add New Activity

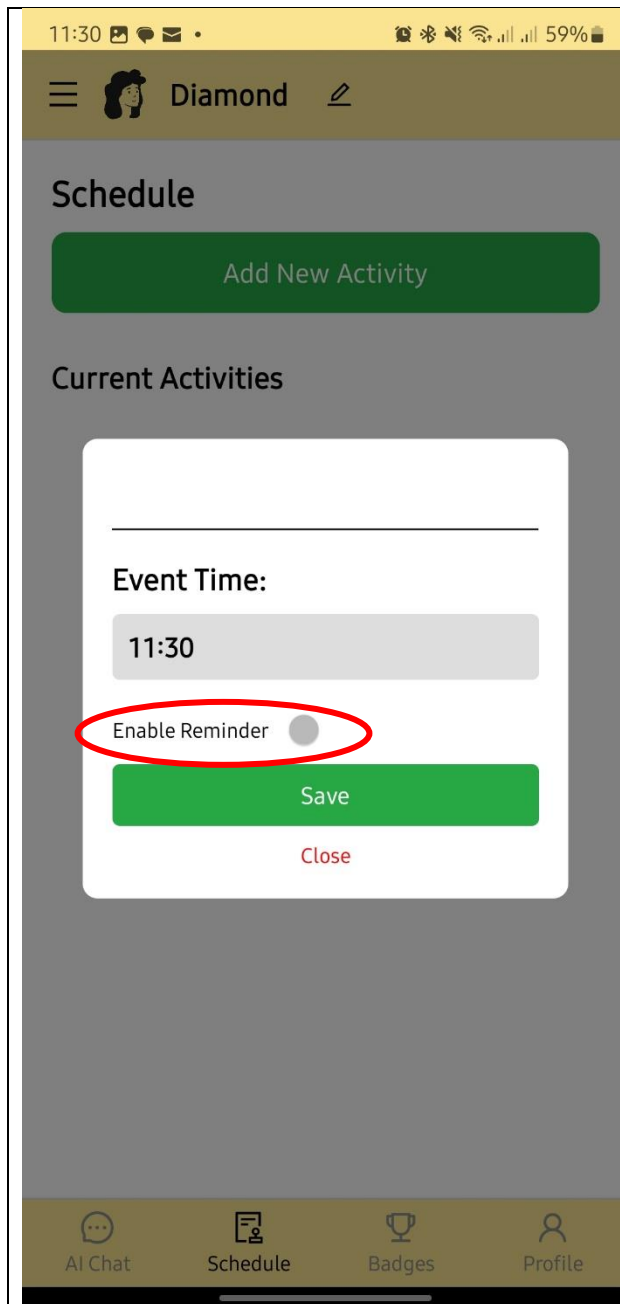
### Current Activities

AI Chat [Schedule icon] Badges Profile

To create a **Schedule** for the day,  
Click the Schedule tab

Then click "Add New Activity" to add activities for the day

# FysBot Manual



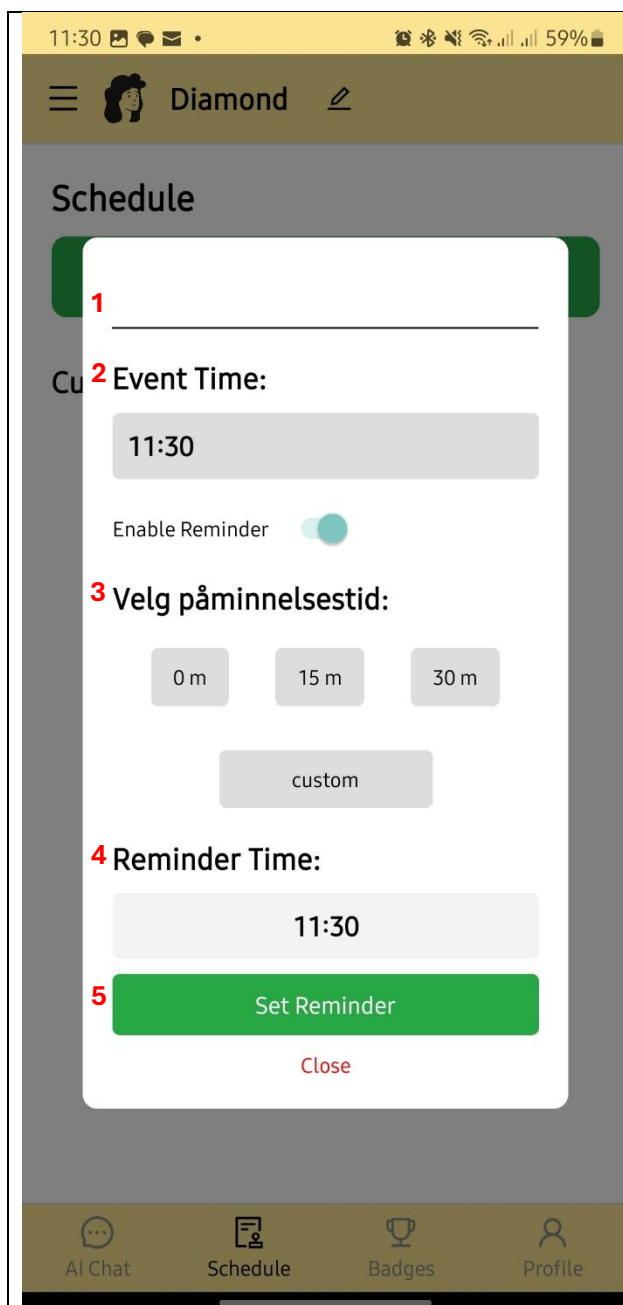
If you want the app to remind you of your activity:

- Click the gray circle next to *Enable Reminder*
- You will be taken to the next step (see below)

**OR:**

- You can set a time and click Save to create an event without a reminder

# FysBot Manual



When you want to add a new event with reminder,

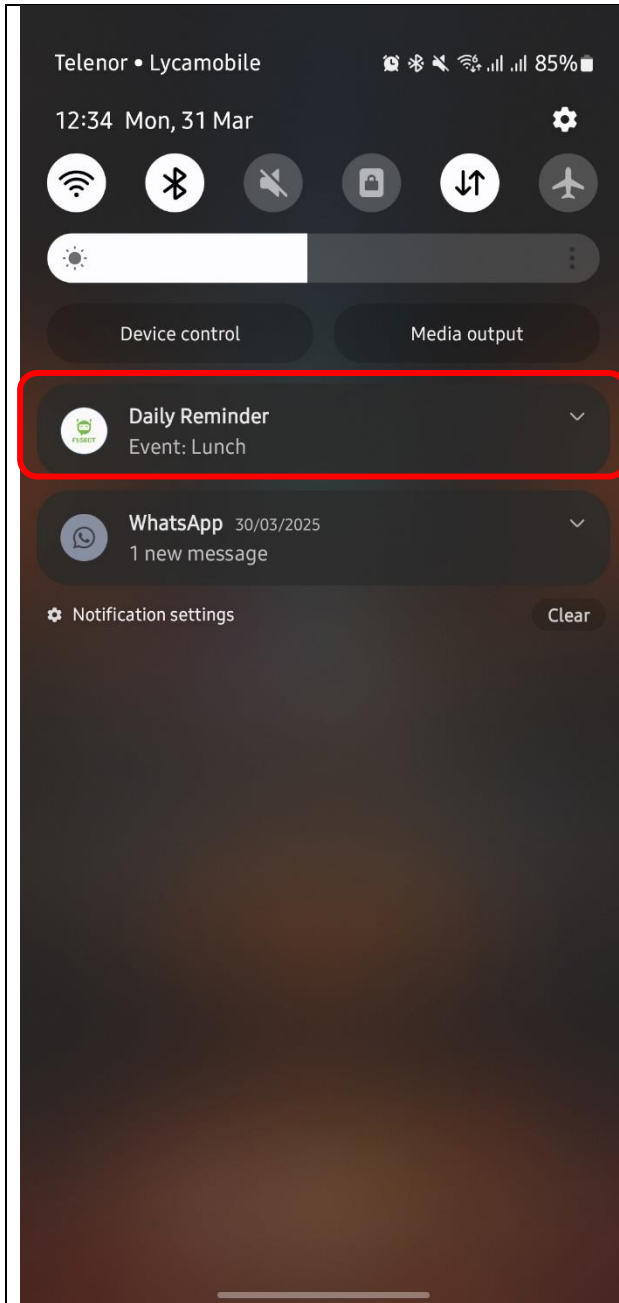
- 1 – Title
- 2 – Time (Hours and minutes)
- 3 - Choose when you want a reminder (e.g. 15 minutes before if you choose 15 m)
- 4 – Shows the exact time you get the reminder
- 5 – Click on “Set Reminder” to add event to the activity list

# FysBot Manual

The screenshot displays the FysBot mobile application interface. At the top, the status bar shows the time 11:37, signal strength, Wi-Fi, and 57% battery. The app header is yellow and contains a menu icon, a profile picture, the name 'Diamond', and an edit icon. Below the header, the 'Schedule' section features a prominent green 'Add New Activity' button. The 'Current Activities' section lists two items: 'Lunch' with an event time of 11:35 and no reminder set, and 'Dinner' with an event time of 17:00 and a reminder time of 16:45. Each activity card includes 'Delete' and 'Edit' buttons. The bottom navigation bar is yellow and includes icons for 'AI Chat', 'Schedule', 'Badges', and 'Profile'.

Examples of set activities with and without reminders

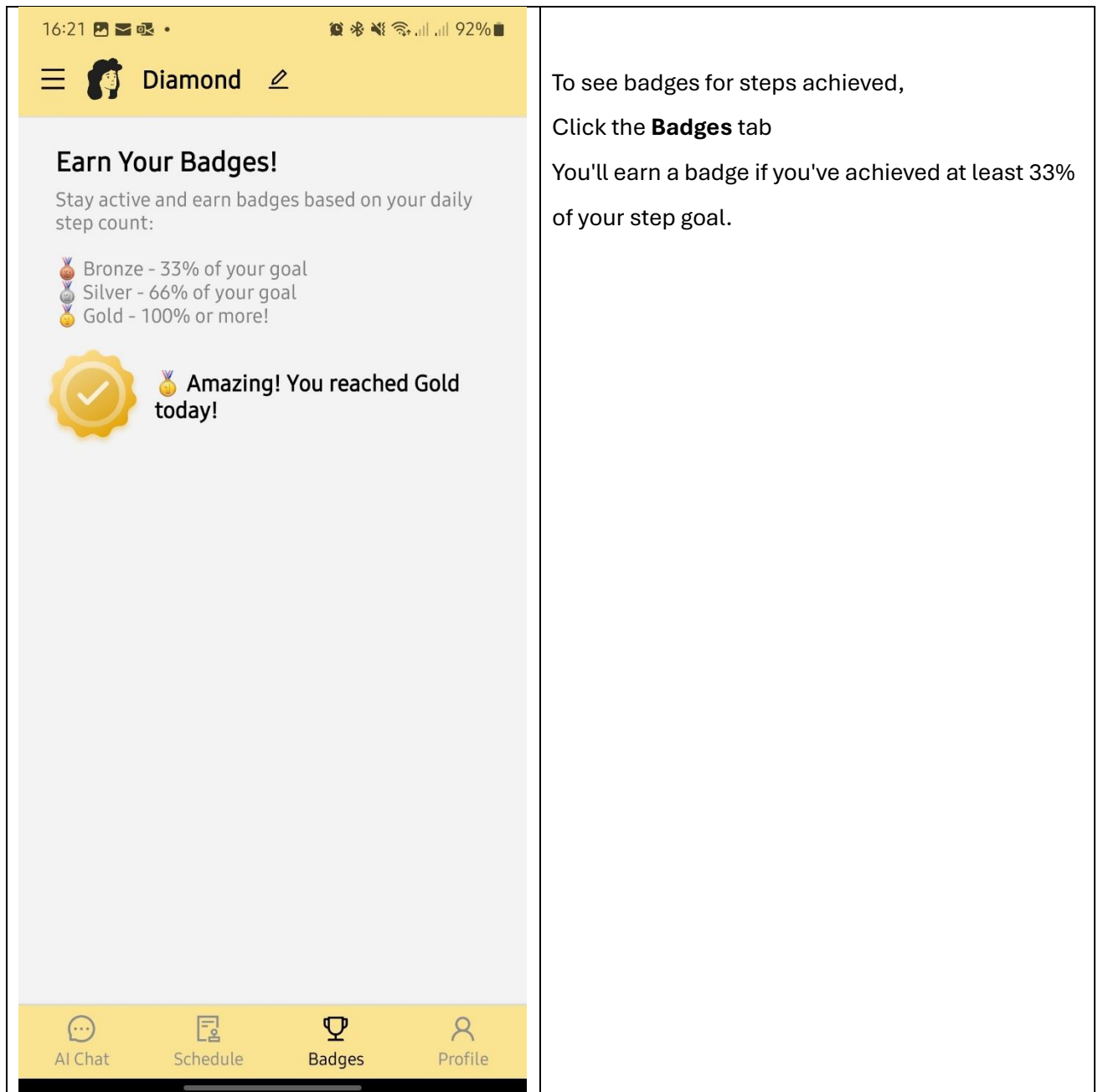
# FysBot Manual



The activity reminder will appear as a notification on your phone.

## *Badges*

# FysBot Manual



To see badges for steps achieved,

Click the **Badges** tab

You'll earn a badge if you've achieved at least 33% of your step goal.



## *Profile*

# FysBot Manual

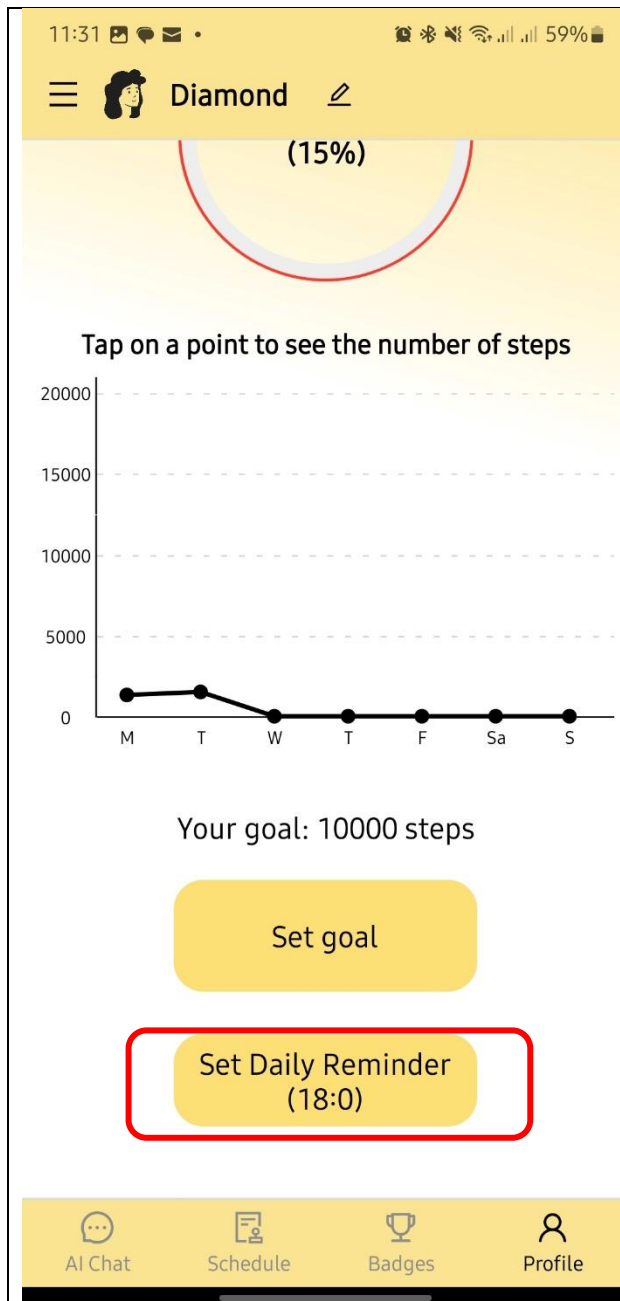
The screenshot shows the Profile tab of the FysBot app. At the top, the user's name 'Diamond' is visible. A circular progress indicator shows 1496/10000 steps (15%) completed. Below this is a line graph showing daily step counts for the week (M-S). A goal of 10000 steps is displayed, with a 'Set goal' button below it. The bottom navigation bar includes icons for AI Chat, Schedule, Badges, and Profile (which is highlighted).

The **Profile** tab consists of

- Overview of steps towards your goal
- Visual overview of daily steps for the week
- Current Step Goals
- Change step goal

Day	Steps
M	~1500
T	~1800
W	~500
T	~500
F	~500
Sa	~500
S	~500

# FysBot Manual



A default time is set for daily updates on your progress towards the step goal.

You can change the time as follows:

1. Press the button.
2. Set the desired time.