

IBM Citizen Engagement
Solutions Platform Smartphone
Application User's Guide
(aka CEP APP CitizenView)

IBM Research
May 16, 2013

Summary of Features



- **Baseline and goals (survey)** enables baseline activity logging and physical activity goal setting
- **Dashboard** shows 3 types of data:
 - **Wellness Dashboard** shows Summary of wellness data
 - **Water Dashboard** can show smart water meter data *
 - **Energy Dashboard** can show smart electricity meter data *
- **Activities** display users' physical activities history for users to review and enables users to add new activities as well as edit/correct the activities from the history
- **Teams** enables users to create and join teams and receive comparative "How am I doing?" feedback
- **More** includes these menu items:
 - **Application Status** shows application, network, and device information
 - **License Agreement** shown for the first time use of the App
 - **Send Feedback** enables users to send comments via email
 - **Sensor Identifier** enables the App to retrieve user's activities based on the sensor ID
 - **Sign Out** logs a user off the App
 - **Setup Log** enables users to set up goals for monitoring & tracking

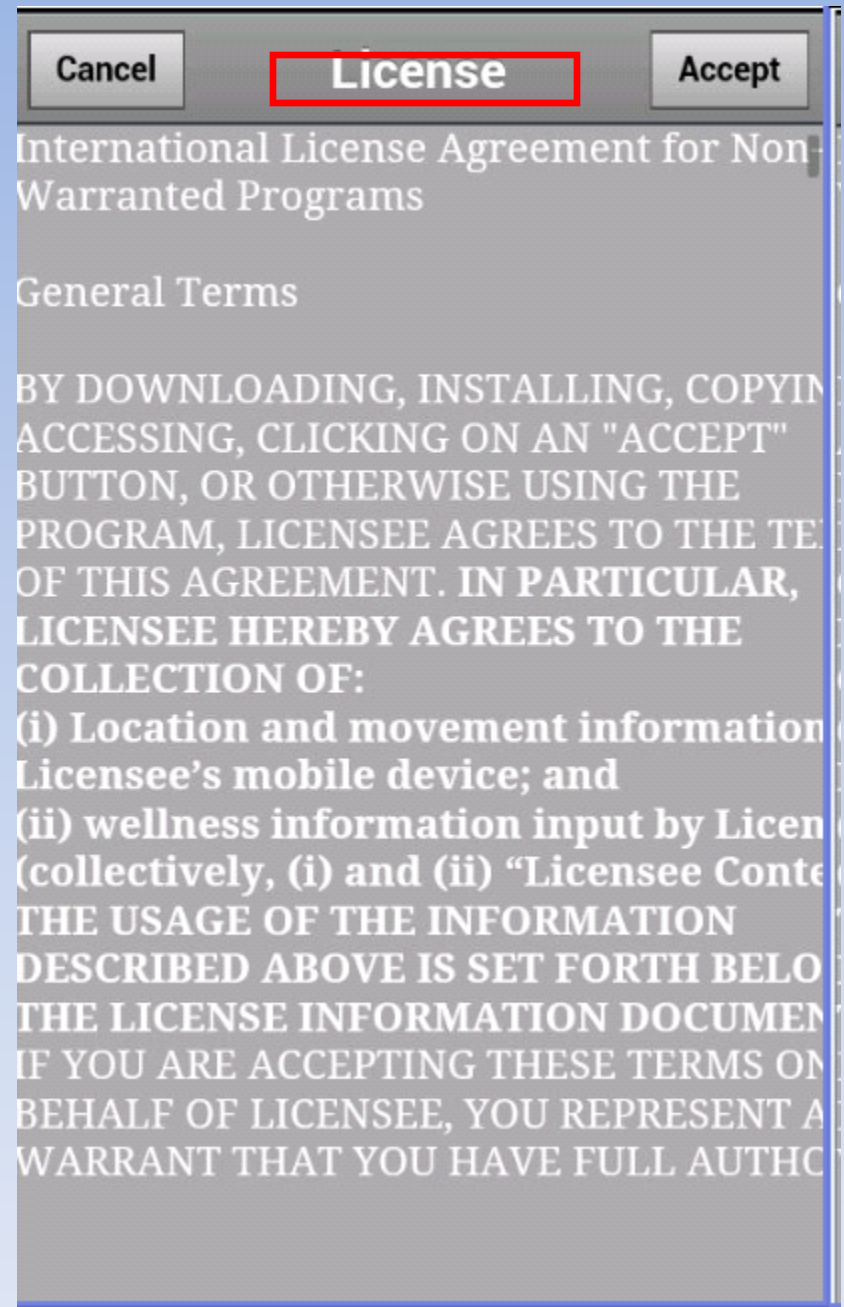
* Provided that the same UID has previously been used in the Smarter Water Portal and/or the Smarter Electricity Portal.

Summary of Volunteer Activities

- (Only once) Accept End User License Agreement if not already have
- Log in using id/password
- (Only once) Fill in Survey for physical activity baseline and goals (type, frequency, duration & intensity)
- Review Wellness Dashboard for wellness data
- Review Water Dashboard for smart water meter data
- Review Energy Dashboard for smart electricity meter data
- Add and edit actual physical activities (use 'other' for anything other than what's in the list) as well as time, duration & intensity
- Use 'Teams' option to create teams, join teams, and see stats of team members anonymously
- Use miscellaneous options in 'More'

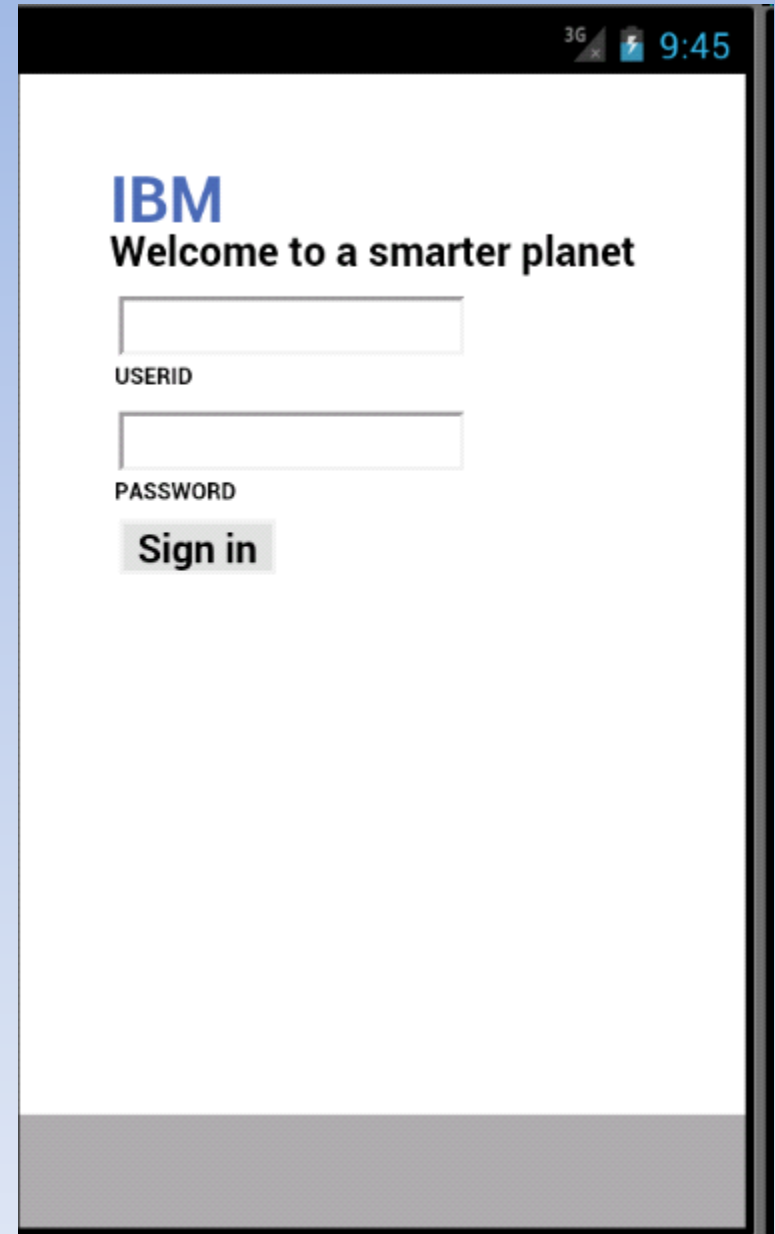
End User License Agreement (EULA)

- Users are required to review the EULA and click and accept the EULA to use the App



Log in screen

- A user uses the User ID (UID) and password assigned by the City to log into the application



3G 9:45

IBM
Welcome to a smarter planet

USERID

PASSWORD

Sign in

Baseline and goals survey

Log baseline physical activities.

3G 5:56

Submit Please finish this survey

Baseline Activities: enter physical activities that you are currently, regularly engaged

Type	Days per week	Level	Minutes
Aerobics	0 ▾	Light ▾	
Baseball	0 ▾	Light ▾	
Basketball	0 ▾	Light ▾	
Bicycling	0 ▾	Light ▾	
Boot Camp fitness class	0 ▾	Light ▾	
Bowling	0 ▾	Light ▾	
Calisthenics	0 ▾	Light ▾	
Canoeing	0 ▾	Light ▾	
Chores/ housekeeping	0 ▾	Light ▾	

Baseline and goals survey cont...

Goal-setting for physical activities

3G 6:36

Submit Please finish this survey

To provide you personalized feedback and tips regarding your specific activities and goals, your height and weight are needed. Entering this information is voluntary and you may still participate in the program if you choose not to provide it.

Weight: lbs

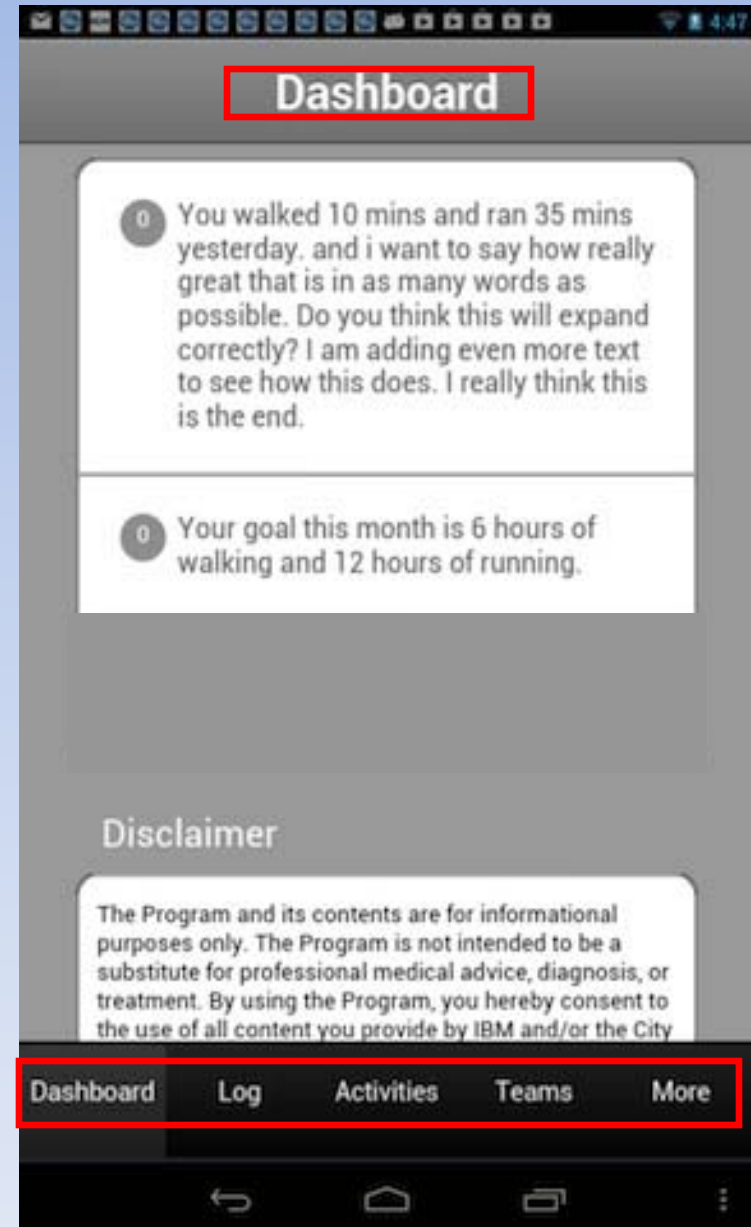
Height: ft in

Goal Activities: enter physical activities that you are planning to engage

Type	Days per week	Level	Minutes
Aerobics	0 ▾	Light ▾	<input type="text"/>
Baseball	0 ▾	Light ▾	<input type="text"/>

Main Functions:

- Dashboard
- Activities
- Teams
- More ...

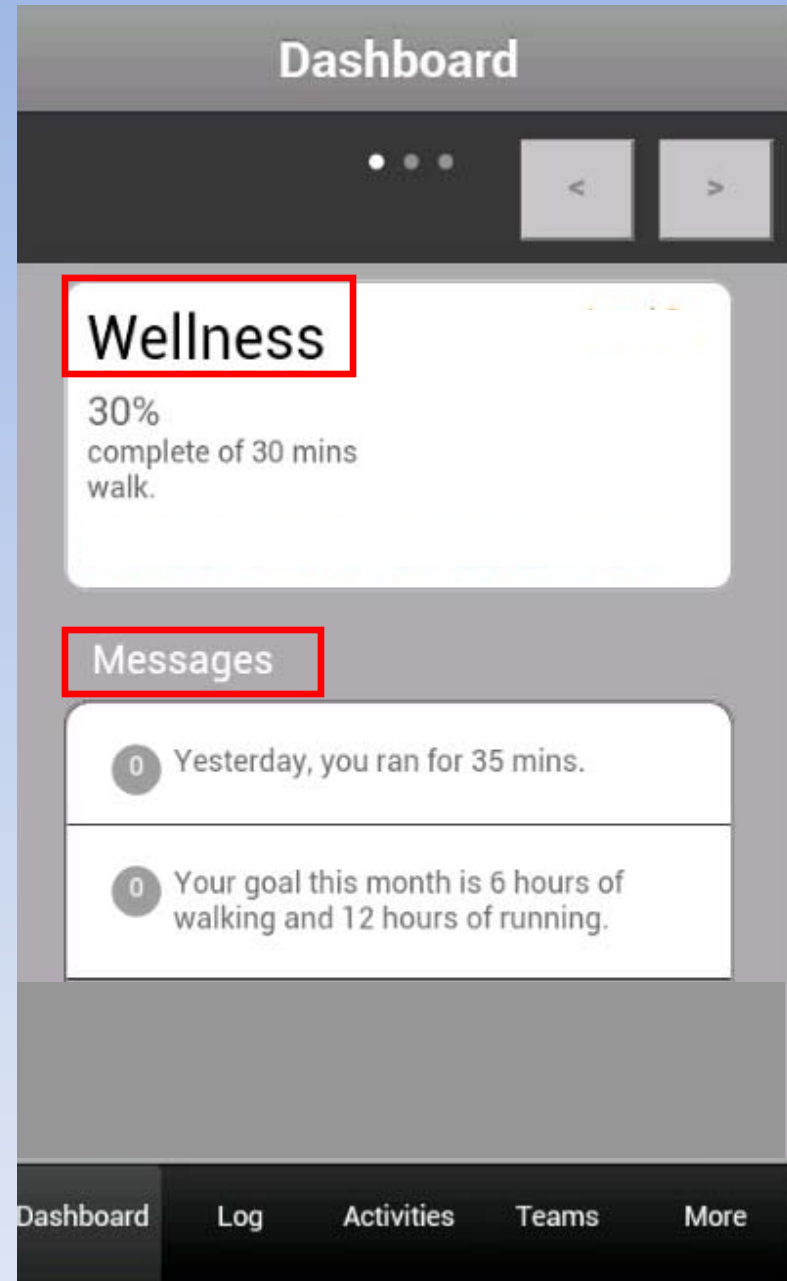


Dashboard

- Wellness Dashboard
- Water Dashboard
- Energy Dashboard

Wellness Dashboard

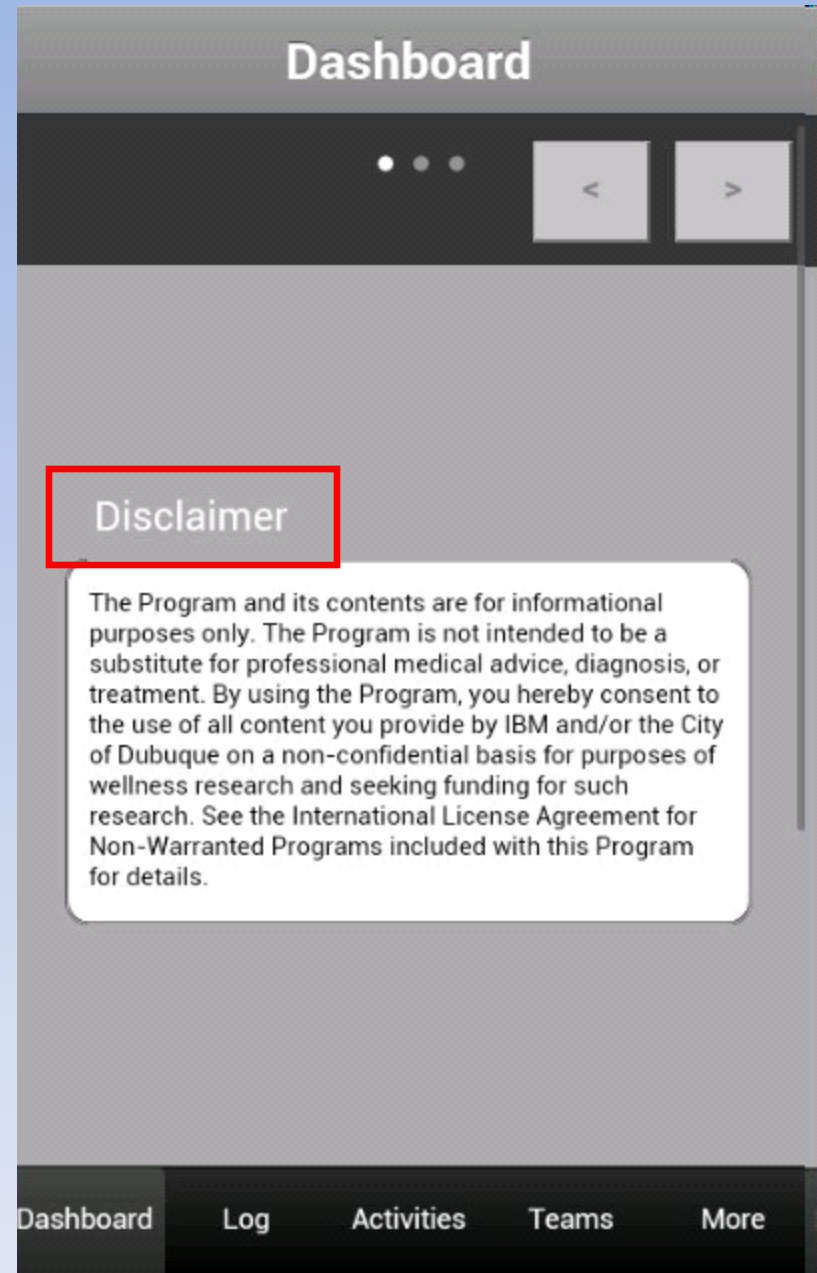
- **Summary Stats:**
 - Display high-level stats of Personal physical activities: number of minutes spent on running, walking, etc., % of weekly goal completed
- **Messages:**
 - Historical activity data
 - Reminder of goals if set in the survey



Wellness Dashboard

cont...

- Disclaimer :
Users must review
the disclaimer

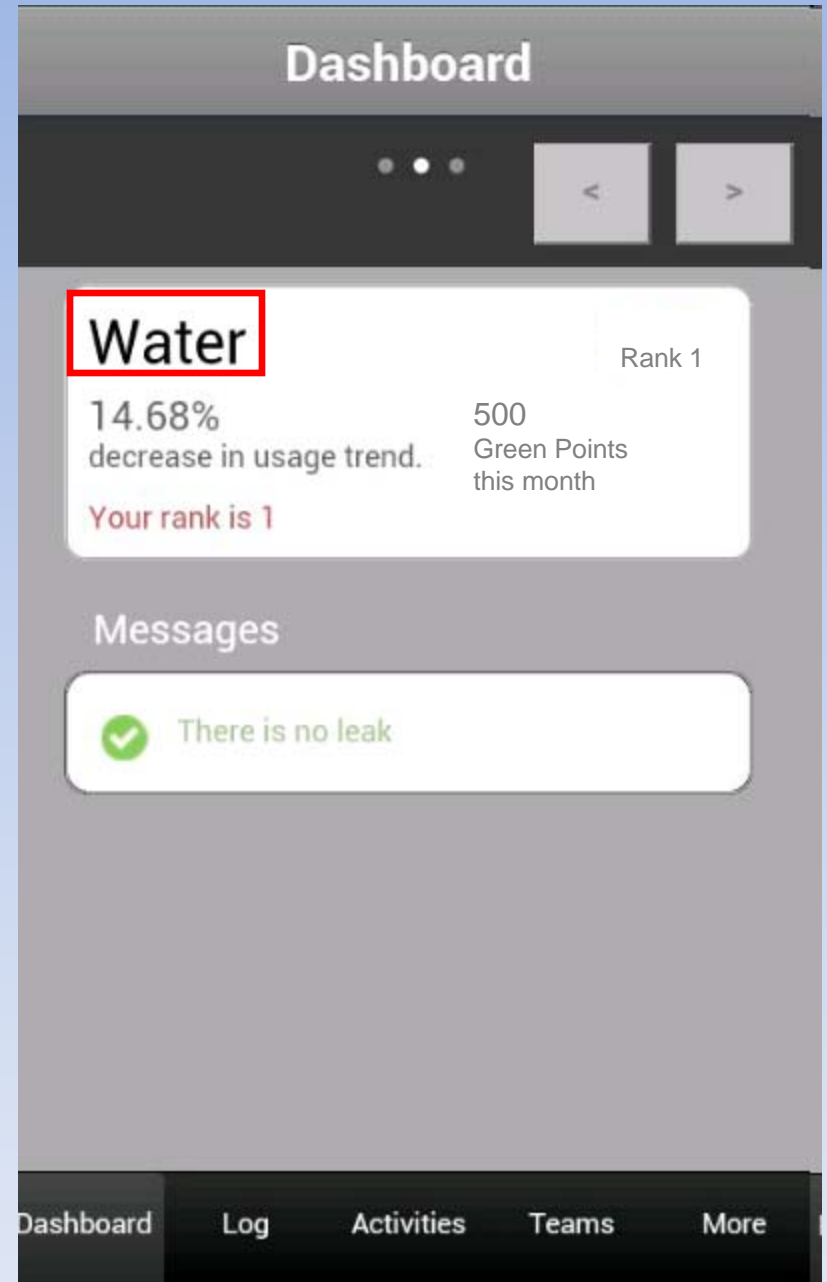


Water and Energy Dashboards

If you were a previous or current participant in the IBM smarter electricity and/or smarter water portals you will have access to energy and water data through the CEP mobile application. One “UID” per household will have access to water and energy data if available.

Water Dashboard

- The UID that had previously participated in the Smarter Water Portal pilot can view their water data.



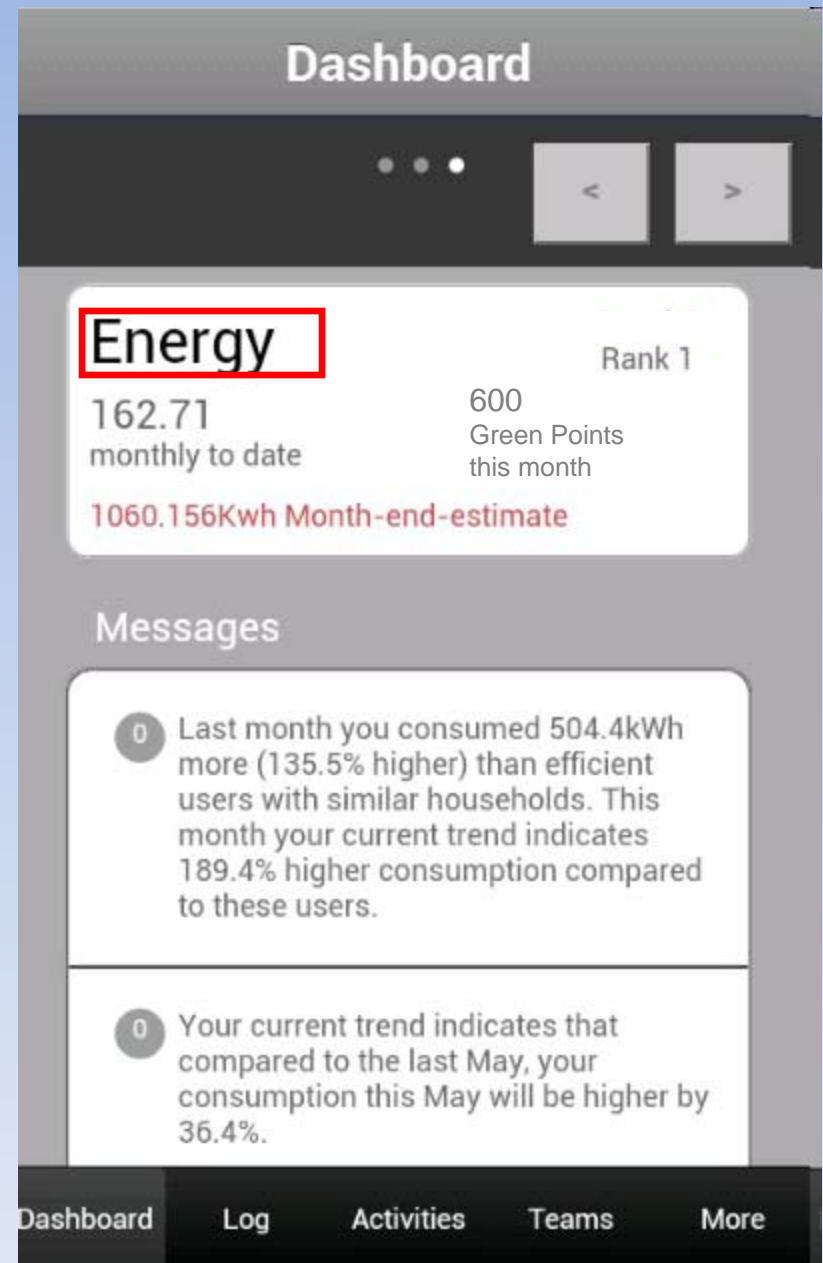
Water Dashboard (alternate)

- The UID cannot see any water data since the UID did not previously participate in the Smarter Water Portal
- Same goes for electricity data

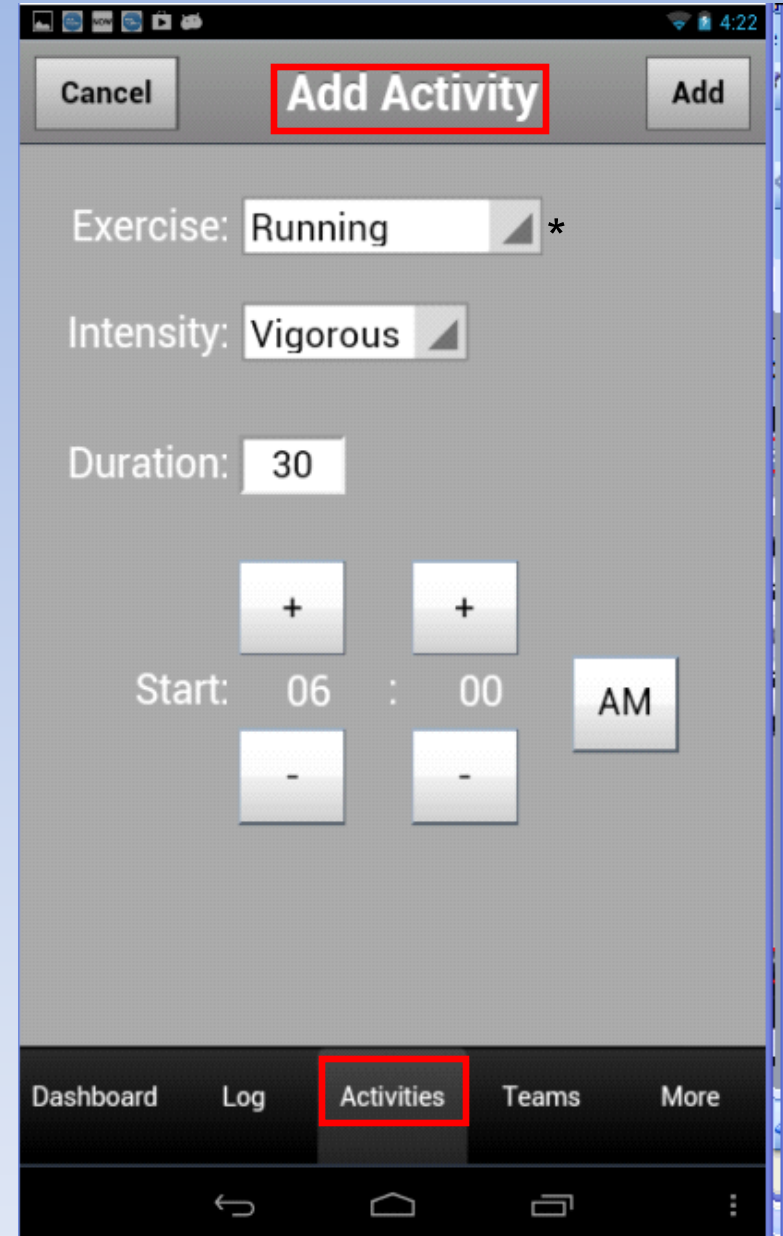
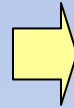
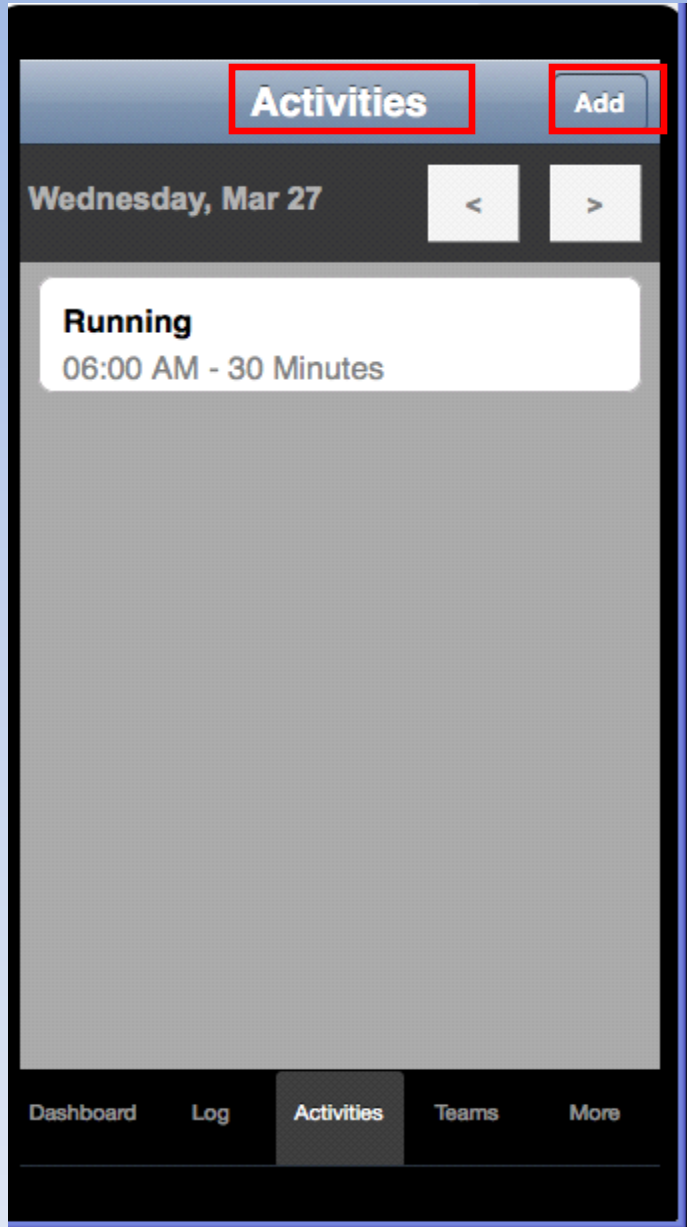


Energy Dashboard

- The UID that had previously participated In the Smarter Electricity Portal pilot can view their electricity data

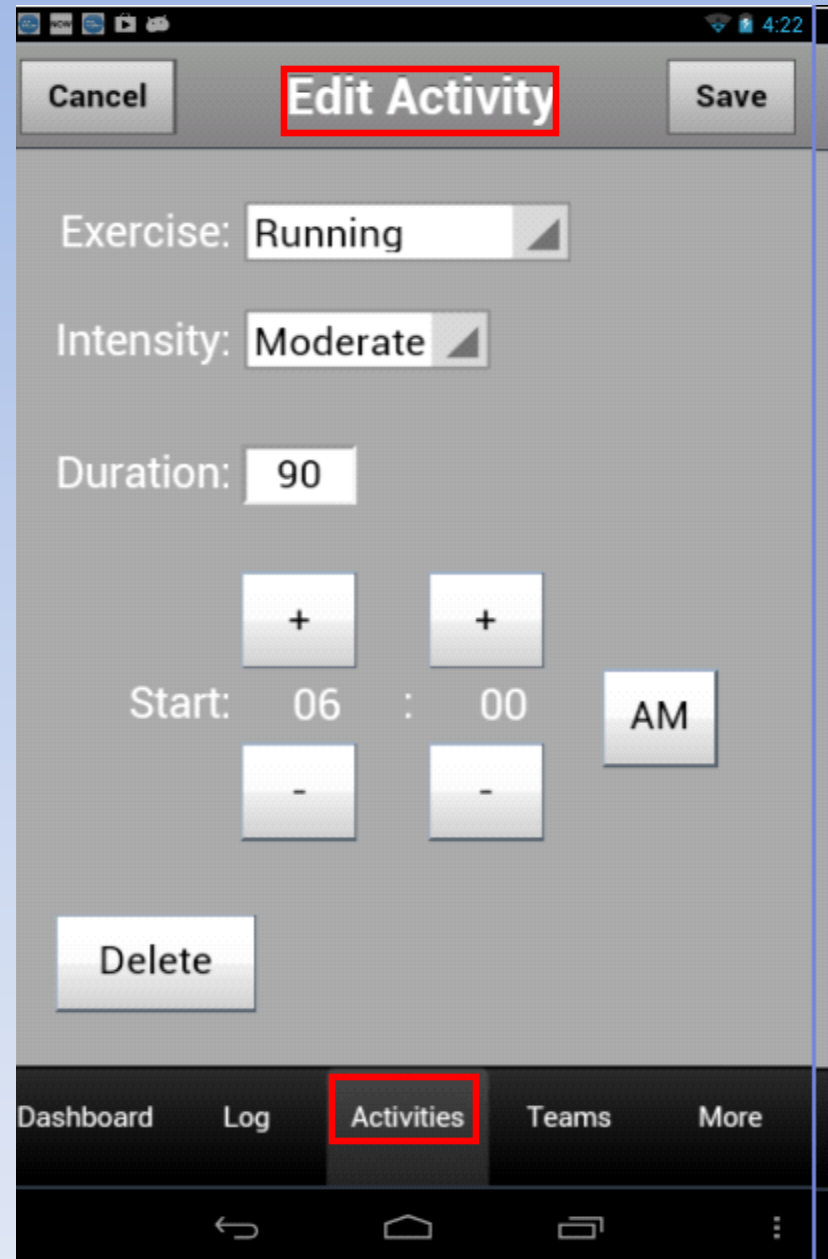
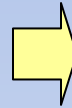
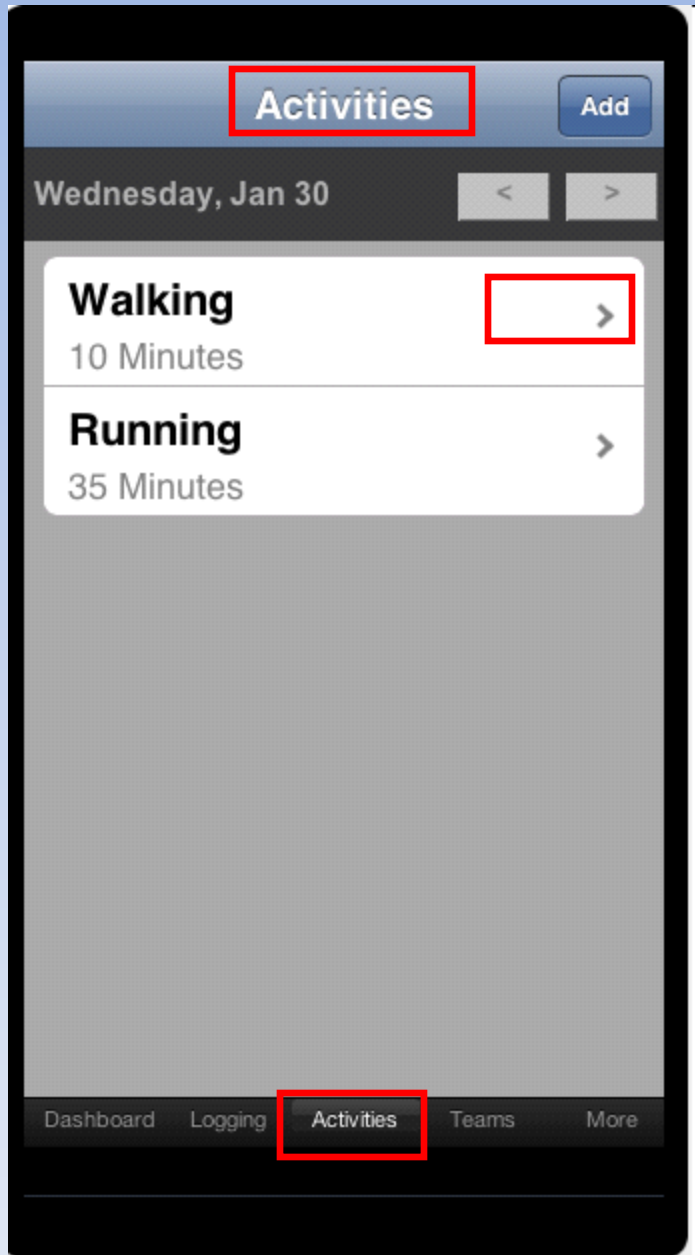


Physical activities: Display history & Add entries



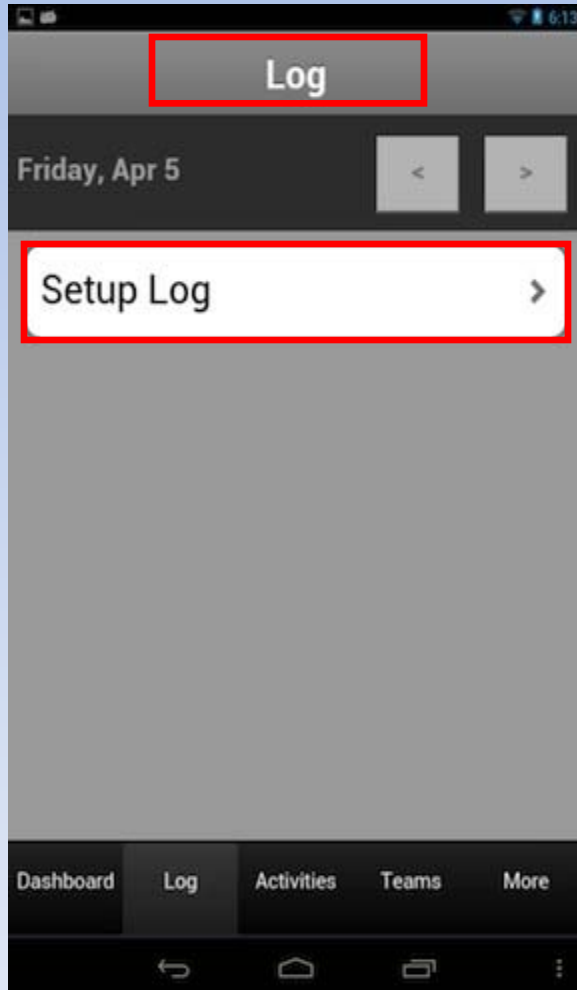
* See the full list of physical activities selection in the back.

Physical activities: Edit an entry

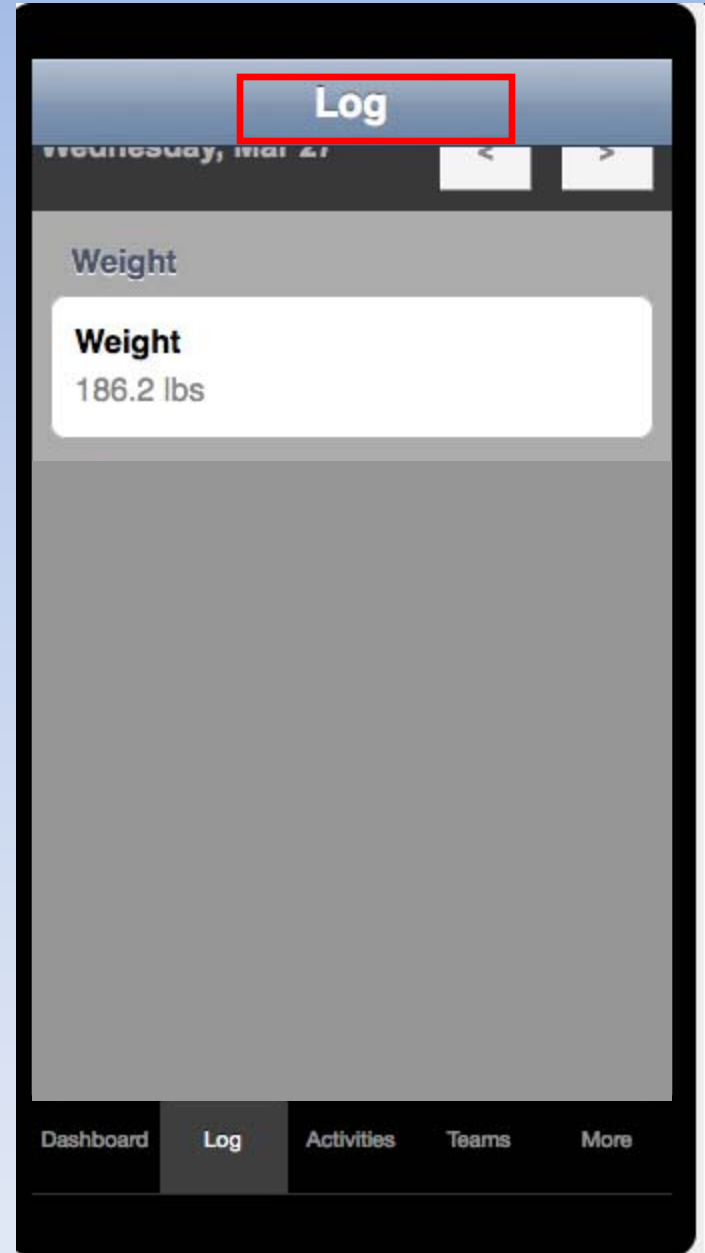
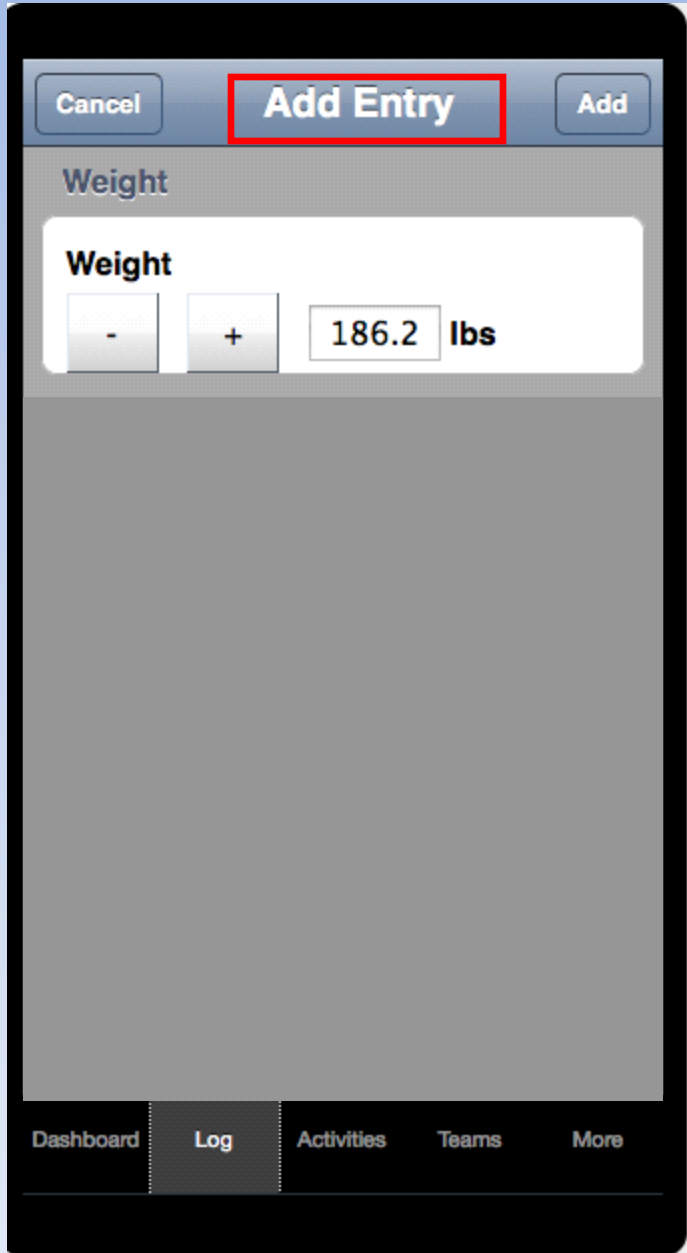


Log setup

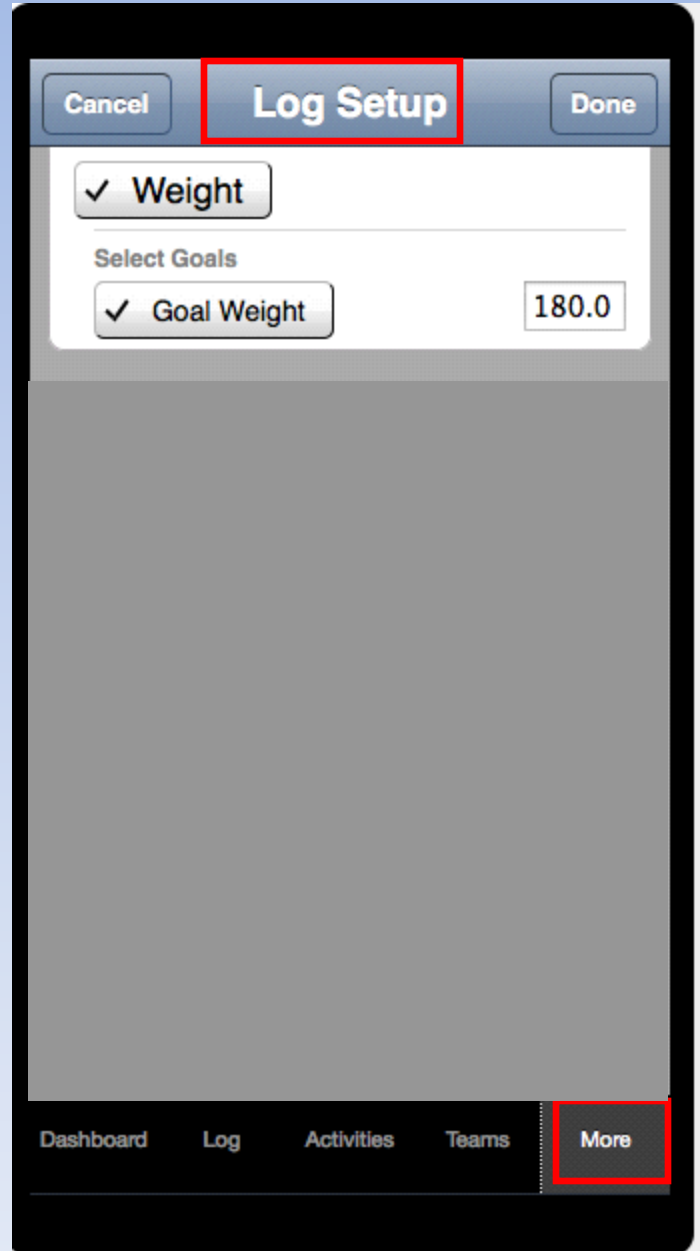
By default a user will have no tracking enabled. A user can select 'Setup Log' from Log page to add entries in 'Log Setup' page to enable tracking.



Add a Goal to the Log



View Goals (in goal setting)



Teams (My teams, Create a team, Join a team)

Teams

My Teams

Paradise Way
Mariners Ridge Walkers - Sunrise Division

Create a Team

Create a Team

Join a Team

bay boys
Nice guys

Waimanalo Beach Boys
Bay walk Sunday mornings

test

Dashboard Log Activities **Teams** More

Cancel **My Team** Leave

Paradise Way

2 Members
2 (Team Rank)
1 (Personal Rank)

Members	Rank - Minutes
285958	1 - 155
285959	2 - 105

Dashboard Log Activities Teams **More**

Create Teams & Join Teams

Cancel **Team Create** Create

Name
Maximum 32 characters

Description
Maximum 64 characters

Dashboard Log Activities **Teams** More

Cancel **Join Team** Join

By the Bay Runners

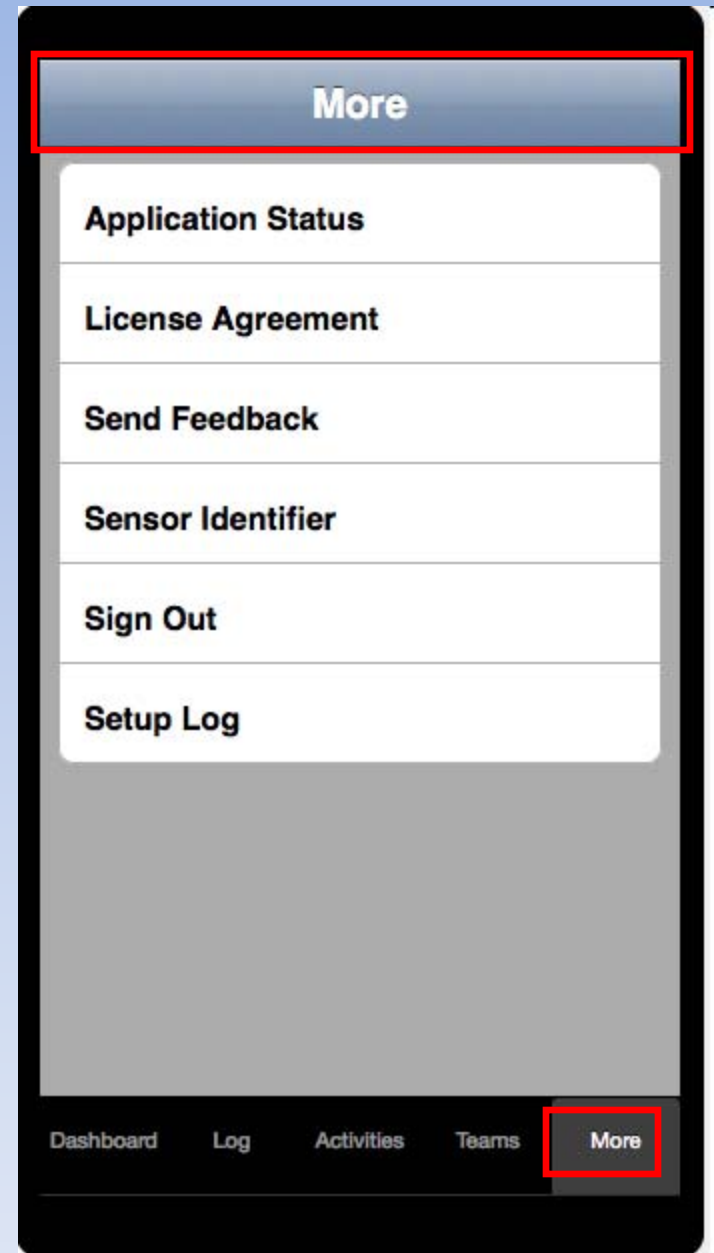
3 Members
1 (Team Rank)

Members	Rank - Minutes
285961	1 - 310
285962	2 - 150
285963	3 - 30

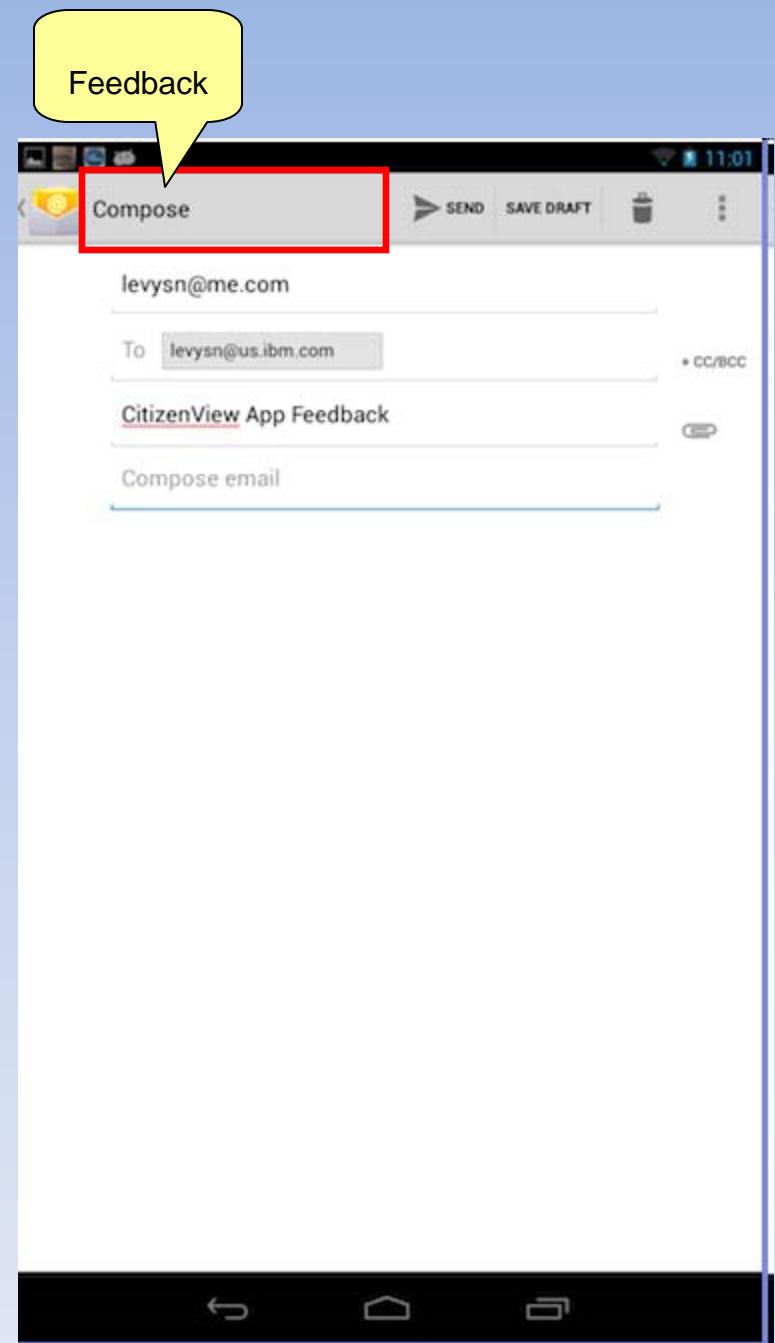
Dashboard Log Activities **Teams** More

More ... (1 - 4)

- 'More' menu item contains additional functions that may be used less frequently.
- For License Agreement, please refer to End User License Agreement (EULA) in Page #4



More... (2 - 4)



More... (3 - 4)

- A user running the Smartmobile App should enter their sensor id in this page

Cancel **Sensor** Save

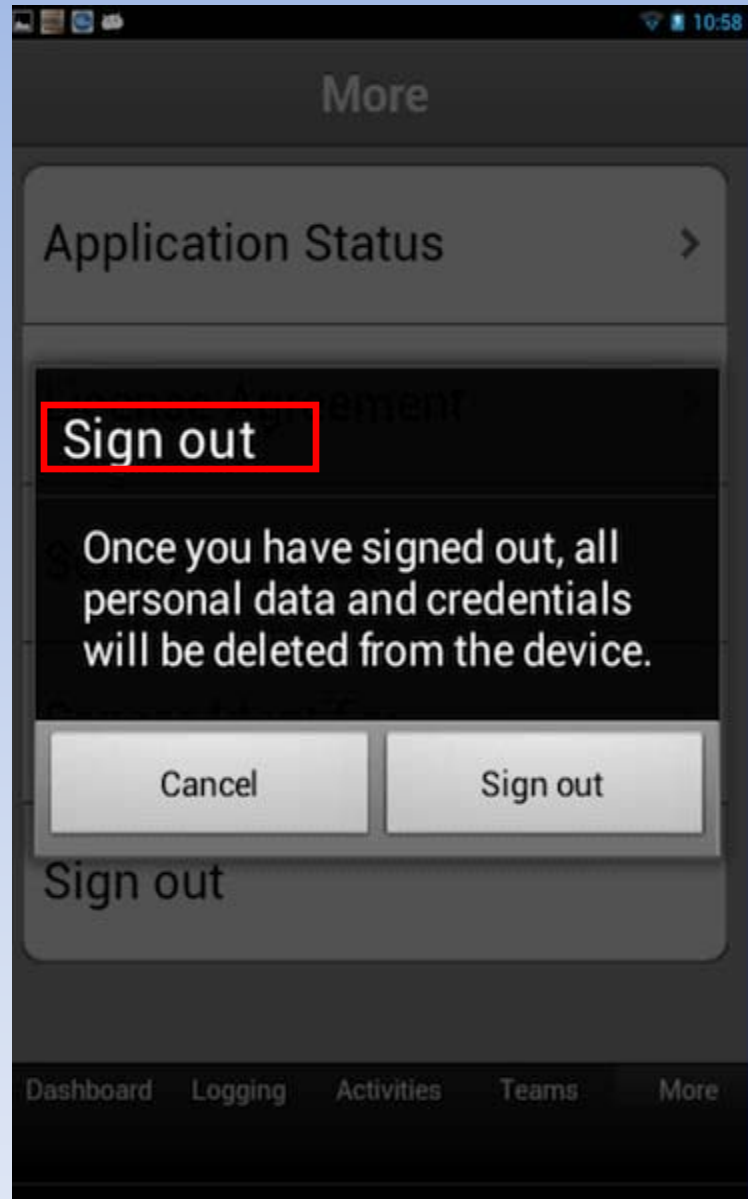
Copy and paste the 9 to 13 digit Sensor Identifier from the SmartMobile application to the field below.

This will allow the CitizenView application to retrieve your activities.

Sensor Id

Dashboard Log Activities Teams **More**

More... (4 - 4)



FAQ

1. How to determine my exercise intensity? Here are some “rules of thumb”:

Light exercise intensity feels easy.

Here are clues that your exercise intensity is at a “light” level:

You have no noticeable changes in your breathing pattern

You don't break a sweat (unless it's very hot or humid)

You can easily carry on a full conversation or even sing

Moderate exercise intensity feels somewhat hard.

Here are clues that your exercise intensity is “moderate”:

Your breathing quickens, but you're not out of breath

You develop a light sweat, after about 10 minutes of activity

You can carry on a conversation, but you can't sing

Vigorous exercise intensity feels challenging.

Here are clues that your exercise intensity is “vigorous”:

Your breathing is deep and rapid.

You develop a sweat after a few minutes of activity.

You can't say more than a few words without pausing for breath

2. What's the intensity of the physical activities sensed by the sensing App?

The sensing App provides an initial default value of each type of the physical activities it senses, e.g. walking (light) , jogging (moderate) , running (vigorous). A user can update the intensity, and the App will continue to keep the last intensity recorded by the App until it's changed again.

FAQ cont...

- Why was I unable to see the smart water meter data (or smart electricity meter data) of my house?

Only a user using an anonymous unique identifier (UID) that was previously used to participate in the Smarter Water Portal and/or the Smarter Electricity Portal will be able to see the water data and/or electricity data associated with the smart meters. Any other user with an UID assigned by the City can only see the her/his own wellness data

Please contact the City if your UID had been used in one or more above mentioned portals, but you are still unable to see your smart meter data.

- Where can I get help?

For more information, please visit www.cityofdubuque.org/smarterhealth or call the Smarter Sustainable Dubuque (SSD) at (690) 920-6111.

List of physical Activities Selection

What types of physical activities are you currently, regularly engaged in?

- Aerobics
- Baseball
- Basketball
- Bicycling
- "Boot Camp" fitness class
- Bowling
- Calisthenics
- Canoeing
- Chores/housekeeping
- Circuit Training
- Climbing
- Cross Country Skiing
- "Crossfit"
- Dancing
- "Elliptical Trainer"
- Field Hockey
- Football
- Frisbee
- Gardening
- Golf
- Hiking
- Hockey
- Ice Hockey
- "Jazzercise"
- Kick-boxing
- P90X
- Pilates
- Racquetball
- Light Recreational Activities (e.g., horseshoes)
- Rollerskating/Rollerblading
- Rowing
- Running
- Shoveling
- Skiing
- Snowshoeing
- Soccer
- "Spinning" class
- Squash
- "Stair-Stepper"
- Strength Training/Weight Lifting
- Swimming
- Tennis
- "Treadmill"
- Volleyball
- Walking
- Water Aerobics
- Yoga
- "Zumba"
- Other (Write In) _____