



Hidrate Spark Instructions – Apple Devices

Version 3.0

November 15, 2018

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### 3 Contacts

Routine communications between the Clinical Center Coordinators and Hidrate Spark, including questions regarding ordering, invoicing, and troubleshooting or other general topics should be routed through the PUSH Scientific Data Research Center (SDRC):

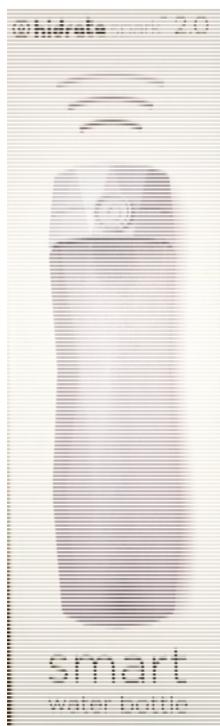
SDRC Main Point of Contact: Laura Johnson [laura.m.johnson@duke.edu](mailto:laura.m.johnson@duke.edu)

CC the PUSH Mailbox: [push@dm.duke.edu](mailto:push@dm.duke.edu)

The primary contact person at Hidrate Spark is Coleman Iverson ([coleman@hydrate.me](mailto:coleman@hydrate.me)). However, Coleman has asked that communications flow through the SDRC, and that he is not contacted directly by the Clinical Centers. The main support email address is [support@hydrate.me](mailto:support@hydrate.me).

### 4 Hidrate Spark Smart Water Bottle Version

The version number can be found on the top front of the box:



The version number will be asked for in both the source documents and eCRF.

## 5 Compatible Devices

The following devices are compatible with the Hidrate Spark Smart Water Bottle:

### iOS

Supported Devices running 10.3+:

All iOS devices including Apple Watch that support 10.3+ except the iPad 2.

### Android

Must be running Android 5.0 (Lollipop) or newer. Devices not listed may work, but Hidrate can't guarantee it.

Samsung	Google	Motorola	LG	Sony
Galaxy Note 3	Nexus™ 6P	Moto G	G3	Xperia™ Z
Galaxy Note 4	Nexus™ 5X	Moto X	G4 / G4 Stylus	Xperia™ Z Ultra
Galaxy Note 7	Nexus™ 6	Moto X Pure Edition	G5	
Galaxy S®3	Nexus™ 9	Droid Turbo	V10	
Galaxy S®4	Nexus™ 4		Stylo 2	
Galaxy S®5	Nexus™ 5			
Galaxy S®6	Nexus™ 7			
Galaxy S®7	(2nd gen 2013 ver)			
Galaxy S®8				
Galaxy S®8 Plus				
Galaxy Tab 4				
Galaxy Tab Pro 12.2				
Galaxy Tab Pro 8.4				
OnePlus	Huawei	HTC		
OnePlus2	P8 Lite	HTC One® (M7) HTC One® (M8) HTC One® (M10)		

## 6 Ordering

Orders should be sent to Hidrate Spark, with the SDRC (see Section 2) copied, to ensure that the special pricing we are being given for the PUSH study is applied. To place an order:

Send an email to Vince Nguyen ([vince@hydrate.me](mailto:vince@hydrate.me)) and [push@dm.duke.edu](mailto:push@dm.duke.edu) with the following:

- **Subject:** Hidrate Spark Order
- **Message:**
  - Total number of bottles, and breakdown of how many in each color
  - Shipping contact person
  - Shipping address

Hidrate Spark will then generate an invoice and send it to the Clinical Center. Hidrate Spark must receive payment before they will ship an order; because of this, **rush orders will not be typically possible on this study!** **Please allow at least a month between when you place your order and when you will need to receive the shipment.** If your institution is slow to pay invoices, then you will need to allow for more time.

## 7 Inventory and Distribution

Because the smart water bottles are not a controlled or experimental device, the SDRC is not requiring that an inventory log be maintained. Rather, information about the model and serial number of the distributed bottles is captured in the source document and/or eCRF. The SDRC can run a listing of this information for all participants at a given Clinical Center or site, if needed.

The smart water bottles should be distributed as follows, according to the study arm:

- **Control:** provide 1 bottle and the control arm card
- **Intervention:** provide 1 bottle, several sets of replacement batteries, and the intervention fluid prescription card

The control arm participants should be treated the same as a member of the public purchasing the bottle directly from Hidrate Spark. The coordinator should not set-up the bottle for the participant or do anything more than providing it to the participant. If the participant sets-up and syncs the bottle on their own using the email address on the control arm card, then the data on their fluid goal and consumption will be provided to Way to Health by Hidrate Spark; if the participant doesn't set up the bottle, no data will be transferred.

## 8 Baseline Visit Instructions

Randomize the participant (see MOP Section 9.1 for details) to determine if they are in the control arm or the intervention arm. Follow the instructions below, depending on the randomization assignment.

## 8.1 Control Arm:

Follow these instructions for control arm participants:

1. Allow the participant to select a new, unopened bottle from the color options available at your site.
2. Provide the participant with the control arm card. Fill in the email address - it should be the same address used for the Way to Health profile and the ePRO registration in eCOS.

## 8.2 Intervention Arm:

1. Allow the participant to select a new, unopened bottle from the color options available at your site.
2. Open the box and remove the bottle. The box should contain (1) a smart water bottle, (2) the Quick Start Guide, and (3) two extra batteries. Give the participant the Quick Start Guide provided with the bottle to look over.



We recommend marking up the Quick Start Guide as follows, to prevent the participant from following incorrect instructions in the future:

### App Home Page

The Hidrate Spark app receives frequent updates that may change the layout of some screens.

- When progress
- Your progress
- Your goal
- Connection status to bottle
- Glucose indicator: Where should be at throughout the day
- From progress
- 7 day run or drinking amongst all your friends
- Manual Add: For when you drink outside the bottle

Swipe right to see past days

### App History Page

The Hidrate Spark app receives frequent updates that may change the layout of some screens.

- Graph of progress
- Calendar view of progress
- Break: When you hit your goal more than one day in a row the circles will connect

Swipe right to see history for past months and weeks

### App Social Page

The Hidrate Spark app receives frequent updates that may change the layout of some screens.

- Friends rank based on their weekly average
- It is friend is keeping an eye on your progress
- Notifications
- Add friends
- Keep an eye on friends and add them to your home screen.

### Manually Replacing Batteries

The Hidrate Spark uses 2 CR2032 batteries, which can be found at most stores. Remove the sensor stick from the bottle lid, unscrew the sensor lid from the sensor stick and remove the battery pack.

Remove the rubber ring securing the battery pack.

There will also be a small metal clip that creates a contact between the batteries within the pack. Carefully remove that clip.

Then remove the batteries from the plastic pack using a fingernail or piece of metal (appropriate). Handle with the new batteries. The (+) (positive) sides of the batteries should be facing each other in the pack and the (-) (negative) sides of the batteries should both be facing outwards.

Replace the small metal clip to create a contact between the batteries. Then place the rubber band around the pack to secure the batteries and small metal clip.

Make sure the battery pack is facing the correct way. The side with circles and two metal cuts should be facing downwards and coming in contact with the sensor stick.

Then screw down the cap keeping the battery pack in place. Make sure to screw it down fully. When the 10 lighter notches are aligned the cap has been screwed down fully. This sensor stick will glow if you have inserted the battery pack the correct way. Then reattach the sensor stick to the lid and you're good to go.

## Quick Start Guide

Always set your bottle down on a flat surface after you drink or refill it for the most accurate tracking.

### Quick Start Guide

- Before putting water in your bottle unscrew the cap of the bottle and remove the sensor from the lid by grabbing the stick close to the lid rim as one hand while holding the bottle cap in the other hand. Now in a sweeping motion remove the sensor from the bottle lid at an angle.
- Make sure the sensor stick cap is screwed down at the very top. The triangles on the sensor stick should align perfectly and picture into the triangle notches on the lid if it is screwed down properly. This will ensure a water tight seal. If the triangles do not fit together like a puzzle piece then it is not screwed down far enough. You may risk water damage to the sensor if you do not screw it down until the triangles align.
- Now take the bottle lid and make sure it is clicked closed and place it upside down on a flat surface. While holding the bottle lid firmly in place with one hand, align the sensor stick at an angle and push down while positioning the stick upright. Make sure the flat side of the sensor is facing the hinge. The lights only glow from the rounded side, so you will want to face forward so you can see the glow.

- Press the drop button to open the lid and make sure the arrow on the seal and on the inside of the lid are facing the same direction. This prevents the bottle from leaking.
- Attach the finger loop to the bottom metal pin on the back of the lid by sliding the spring underneath the metal pin and then looping it through itself.
- Download the free Hidrate Spark Smart Water Bottle app from the app store or Google Play store. If you've already done so and have set up the app then see the section: "Add Bottle From Profile."
- Ensure you have an internet connection and your Bluetooth is turned on. Proceed through the app setup steps and you reach the "pair" with your bottle screen. If you are on Android, make sure to say "yes" to using location.

The app will search for a bottle close by. When it has found a bottle it will prompt you to touch your phone to the lid of the bottle and wait for it to connect. This can take up to a couple of minutes so be patient. You will want to make sure you are away from other Bluetooth devices, as they might interfere with this process.

Once the bottle is paired it will glow and you will get a message that says "Mission accomplished, we're paired. They both belong to the app by opening an account. If you have troubles with this pairing process, please email us at support@hidrate.com and our customer support team will help you out."

Fill the bottle up to the fill line on the back and screw the lid the way down. Set the bottle on a flat surface for 10 seconds so that your bottle can calibrate. (You must do this anytime you change batteries or remove the sensor cap). Then drink normally.

### Best Practice Tips

The bottle can store two days worth of data without syncing before it starts deleting old data. You must open the app, be within range (10 ft) of your bottle and sync with the bottle at least every two days to ensure you have all of your data.

You can add more water to the bottle even if there is water in it without messing up the amount you have drunk.

To dump out water you don't want to drink, make sure to remove the lid and pour out the water. If you pour it out of the mouthpiece it will register as water you have drunk.

A bottle can only be associated with one account. You can have multiple bottles per account, however you will only be paired with one bottle at a time. This is usually the one you were most recently close to. To pair a bottle to someone else's account you must first unpair it from your own.

Do not put any other liquids besides water in your bottle as that may damage the sensor.

You can put ice in the bottle but do not put the bottle in the freezer, as that may damage the sensor.

### Daily Goal

Your recommended daily goal can change from day to day, and will vary throughout the day if you are engaged in very active or you experience a change in location and weather.

You can also set a manual goal if you like. Go to settings and click on "goal" and enter the amount of ounces that you would like to set as your goal.

The progress dots on the progress ring are an indicator of where your progress should be at throughout the day in order to meet your goal.

### Glow Notifications & Push Notifications

You can receive your settings using the gear icon on your profile screen for iOS, and within the navigation drawer for Android.

Go to "Bottle Closer" and you can set how many times you want it to glow throughout the day, and the glow type.

Go to "Push Notifications" and choose how many you would like to receive each day. Remember you must also allow push notifications from within your phone's settings to receive our email reminders.

You can also choose to turn off glow notifications and push notifications by setting the number to 0.

Also, enter your profile and personal info in order to be your awake and sleep times so that you only get notifications when you are awake.

### Cleaning & Care

DO NOT PUT THE SENSOR STICK IN THE DISHWASHER.

The best way to clean your bottle is by removing the lid and then immediately removing the sensor stick. Make sure the lid of the sensor stick is screwed down all the way so it angles on the sensor stick align perfectly and protrude into the triangle notch on the lid.

Simply hand wash the sensor stick under the faucet with warm water. DO NOT put the sensor stick in the dishwasher as that may damage the sensor.

You can put the bottle and lid in the dishwasher. Be sure to clean your bottle every so often. When the bottle and lid are clean just reattach the sensor stick and you're good to go.

Also remove and clean the mouth seal or the inside of the cap. Ensure the two arrows point in the same direction.

### Add Bottle From Profile

While your profile screen make sure you have the "Bottle" tab selected (not "Friends"). Select "Add Bottle."

The app will search for a bottle close by. When it has found a bottle it will prompt you to touch your phone to the lid of the bottle and wait for it to connect. This can take up to a couple of minutes so be patient. You will want to make sure you are away from other Bluetooth devices, as they might interfere with this process.

If your phone prompts you to pair with the bottle, click the "Pair" button.

Once the bottle is paired it will glow and you will get a message that says "Mission accomplished, we're paired."

Fill your bottle completely with water. Make sure the sensor stick is attached to the lid securely. Screw on the bottle lid and lid set on a flat stable surface for 10 seconds to calibrate.

### Attention

Your Hidrate Spark bottle contains two CR2032 Lithium batteries. During the battery replacement process these batteries represent a choking hazard. Do not expose your bottle to fire, heat or microwave oven, place in a freezer or otherwise expose to extreme temperatures. Remove the sensor stick before dishwashing the bottle and lid. Do not put the sensor stick in the dishwasher. To replace the batteries just purchase 2 new CR2032 coin cells and follow the "Manually Replacing Batteries" instructions on the battery.

DO NOT put the bottle and sensor in the freezer as it may damage the sensor.

DO NOT put the sensor stick in the dishwasher as it may damage the sensor.

DO NOT put liquids in the bottle as it may damage the sensor.

DO NOT put water in your bottle unless your sensor stick lid is screwed down all the way.

If you still have questions visit our website <http://hidrate.com> or our help center <https://hidrate.com/needstodo>.

3. Set-up the bottle:

Walk the participant through these steps, so that she/he can do it themselves and better understand the parts and functioning of the bottle.

3.1. Remove the lid to find the sensor stick inside.



3.2. Remove the sensor stick from the lid by grabbing the sensor firmly in one hand while holding the lid in the other hand. Snap the sensor out of the lid.



- 3.3. Open battery chamber by twisting the top off of the sensor stick. The battery pack should come loose from inside the sensor top.



- 3.4. Add or replace the batteries. The bottles should have shipped with an empty battery pack. The steps below are how to add or change batteries.

This is what the intact battery pack looks like from the top and side:



Remove the rubber band and the piece of paper that shipped with the battery pack. Dispose of the paper as it is not needed:



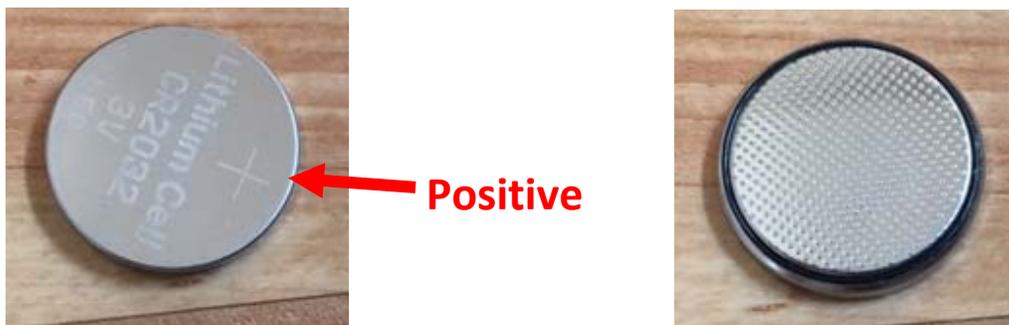
Remove the metal clip:



Remove the batteries. You may need to gently bump the battery pack against your hand, or use tweezers, to remove both batteries:



Note that the batteries have a + (positive) side and a - (negative) side:



Insert new batteries into the pack, making sure that the + (pos **Negative** ing outward and the - (negative) sides are facing inward/toward each other:



Reinsert the metal clip to make contact between the two batteries. The clip goes on the side with the grooves and metal piece in the center. There is a groove especially for the metal clip:



Put the rubber band back on, making sure it covers the metal clip:



Insert the battery pack back into the sensor top, making sure that the metal clip and center are facing toward you so that they will touch sensor stick when the top is put back on:



Screw the top back on to the sensor stick, making sure that it is on completely and the triangle notches on the rim line up. None of the black sealing ring should be showing. If the lid is not on completely, with the notches matching, the sensor may get water damage:



**Correct**



**Wrong**  
(triangles not aligned)



**Wrong**  
(top not on completely, black seal showing)

If the battery pack has been correctly installed, the sensor stick will glow:



## Trouble Shooting:

If you do not see a glow, one of several things may be the problem:

- The batteries were not inserted correctly – check that the negative sides are facing each other and the positive sides are facing out.
- The metal clip wasn't put back in correctly.
- The batteries are defective.
- The sensor stick lid is not screwed on completely.

If the issues above do not resolve the problem, the sensor stick may be defective. The participant should be issued a new bottle.

- 3.5. Re-Insert sensor stick by holding the stick in one hand and the bottle lid in the other, and snapping them back together. Make sure the sensor stick is completely reattached.

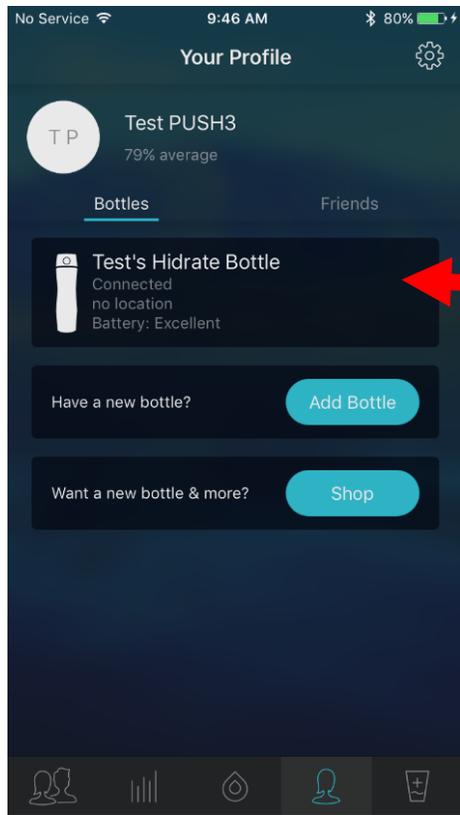


4. Download the Hidrate Spark app from either the Apple App Store or the Google Play store.

**Before proceeding to the next steps, make sure that there are no other active bottles nearby, or the participant's device may pair with the wrong bottle!**

5. Set-up the app, create an account, and pair the bottle by following these steps:

- 5.1. Open the app and choose “Set Up”. Proceed through the next steps as instructed below. Most of the information collected in the set-up is just used for the app, it will not be transferred from Hidrate Spark to the SDRC. Only the email address, fluid goal, daily intake, and the notification settings (glow or message) will be transferred to the SDRC.
- 5.2. Enter the full first and last name of the participant.
- 5.3. Choose “another reason” for why this bottle is being used.
- 5.4. Choose a gender.
- 5.5. Choose a height and weight.
- 5.6. Enter the participant’s birthday.
- 5.7. On the screen “I love to work out. How about you”? choose any option.
- 5.8. Make sure the Bluetooth setting is on, and then push “Next”. Follow the instructions on the app for pairing the bottle with the phone or tablet.
- 5.9. Location: skip this step, otherwise the app may override the manual fluid goal later.
- 5.10. Enter **the same email address used for Way to Health and the eCOS ePRO modules**. The participant may choose any password, since this will only be the password for their Hidrate Spark account; it does not have to be the same as the actual email password, or the one they used for the eCOS modules.
- 5.11. Skip or decline the prompts for enabling notifications or location.
- 5.12. To see if the bottle has paired correctly, choose the Profile icon  on the bottom of the home screen. The bottle information should display:



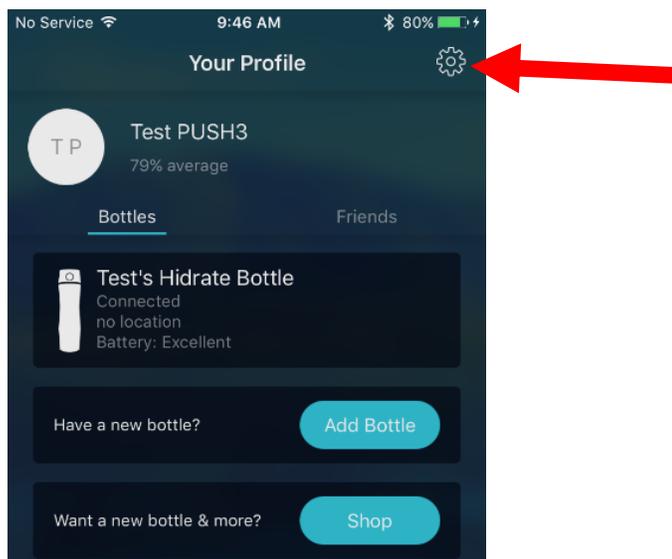
**The following should display upon set-up:**

***Name of bottle***  
**Connected**  
**No Location**  
**Battery: Excellent**

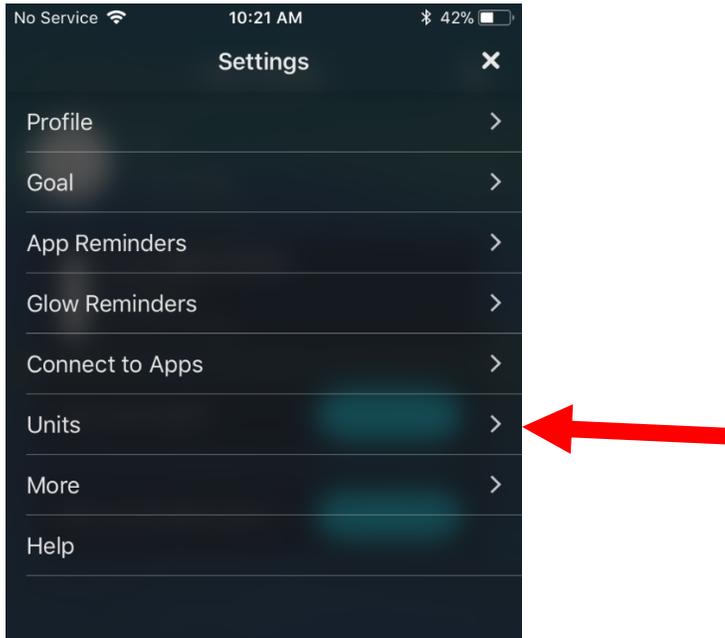
6. Set the units and fluid goal:

6.1. Choose the Profile icon  on the bottom of the home screen.

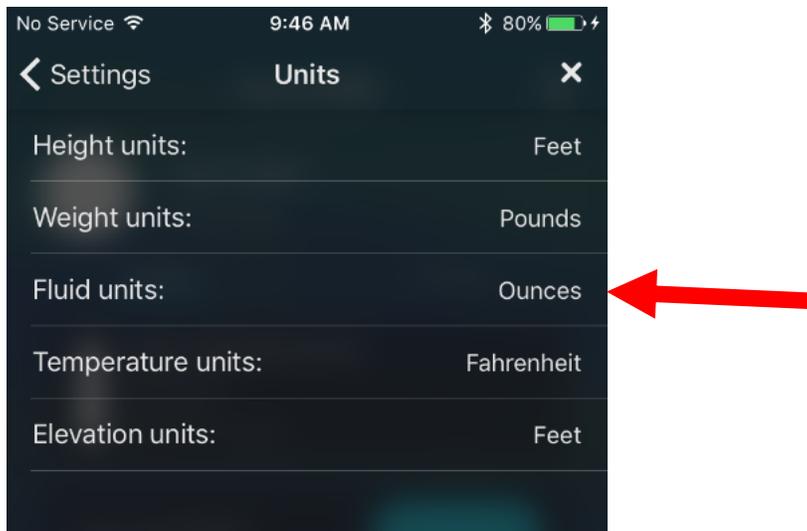
6.2. Choose the "Settings" icon  in the profile screen:



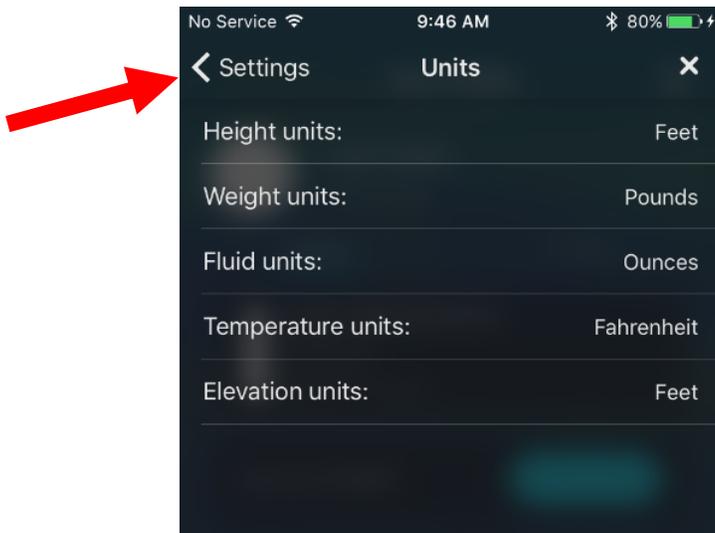
6.3. Tap on the “Units” option:



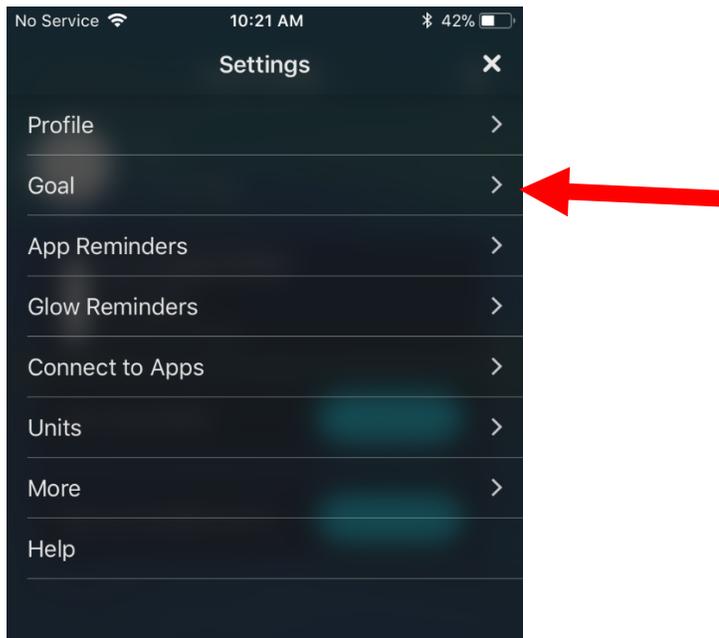
6.4. Tap on “Fluid Units” to change from “Ounces” to “Milliliters”.



6.5. To set the fluid goal (**Intervention Arm ONLY**), tap on < Settings to return to that screen:

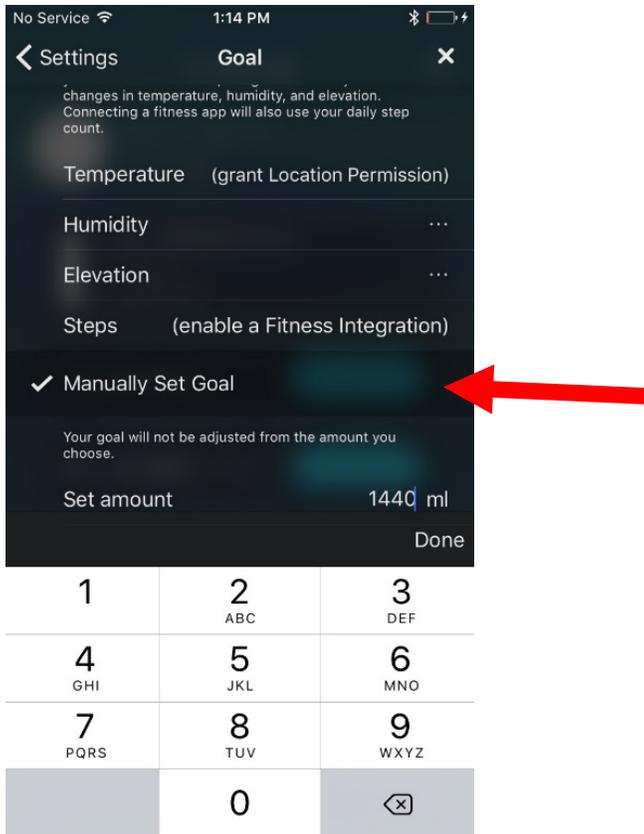


6.6. Tap on "Goal":



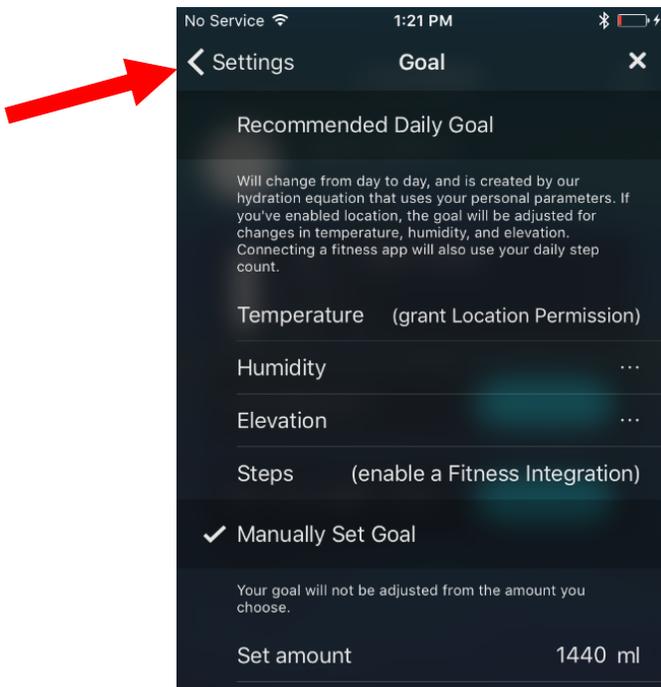
6.7. Following the instructions in the 24 Hour Urine Median and Fluid Prescription Calculator (MOP Appendix X), determine the participant's Baseline fluid prescription.

6.8. Tap on "Manually Set Goal" and enter the Baseline fluid prescription that was determined using the calculator:

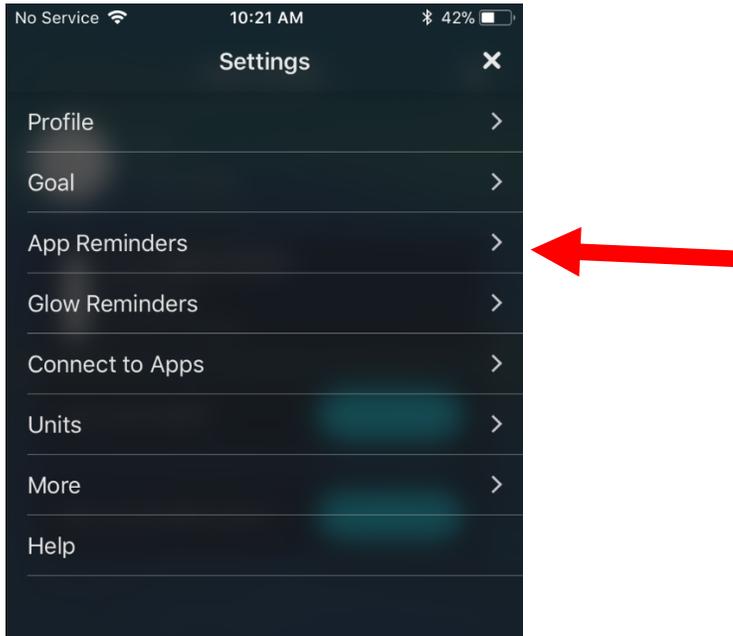


7. Turn off the Hidrate Spark notifications (glow and app reminders):

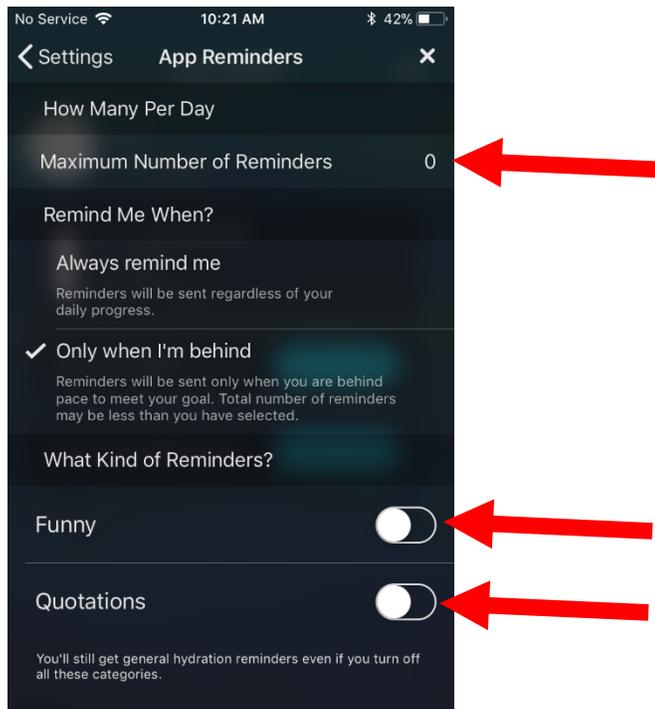
7.1. Tap on < Settings to return to that screen:



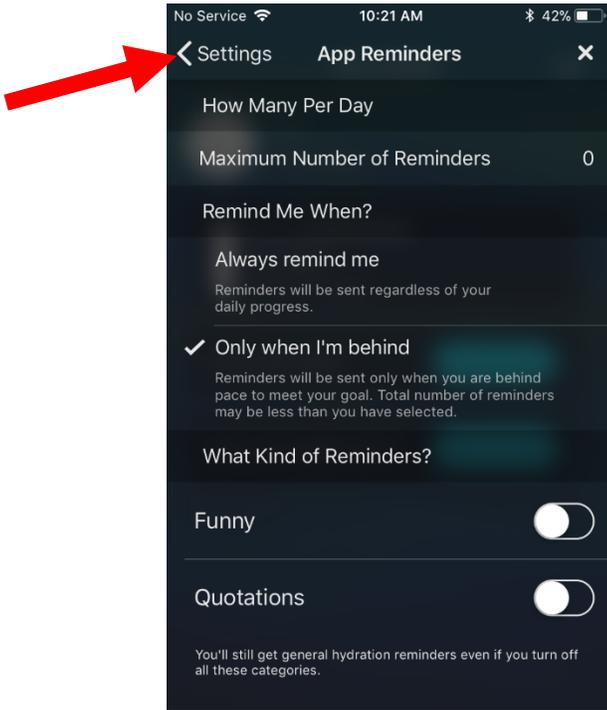
7.2. Tap on “App Reminders”:



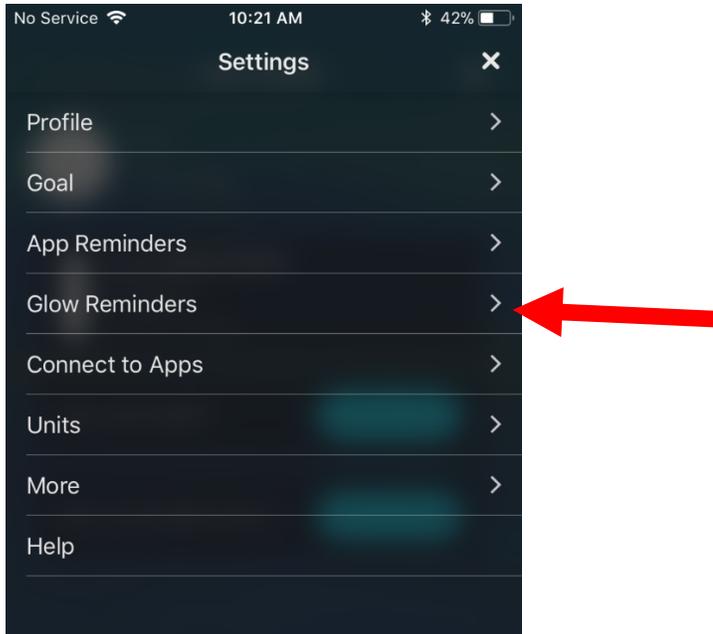
7.3. Change the number of reminders to 0. You won't be able to uncheck the “Always Remind me” or “Only when I'm behind” options, but that won't matter because the number of notifications will be 0. Make sure the buttons for the types of reminders are off (slide them left).



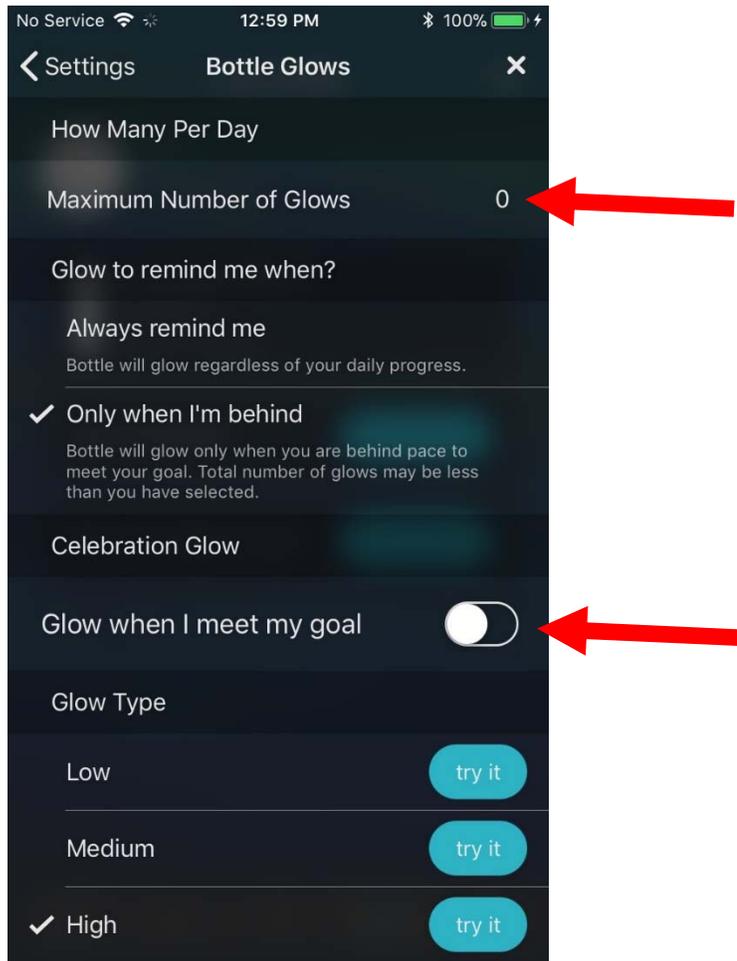
7.4. Tap on < Settings to return to that screen:



7.5. Tap on "Glow Reminders":



7.6. Set the number of glows to 0, and slide the “Glow when I meet my goal” button to off (slide it left, so that the blue goes away). You won’t be able to uncheck the “Always Remind me” or “Only when I’m behind” options, but that won’t matter because the number of notifications will be 0:



7.7. Remind the participant of the following:

- Not to change the glow or notification settings. The participant will receive messaging from Way to Health on whether or not they met their goal on a random incentive day.
- Not to change the manual goal unless prompted to do so by the coordinator.
- Not to sync the bottle and app with any wearable device (ex. Apple Watch) as this may override the manual goal.
- Not to connect with friends or social media like Facebook.

- To sync the bottle daily. The sensor can only store 2 days' worth of data. To complete a sync, the bottle needs to be within 10 ft of the phone/tablet, and there needs to be an internet connection.

## **Congratulations! Set-up is complete!**

### 9 Syncing

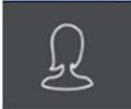
The bottle can store 2 days' worth of data, so participants should be encouraged to sync their bottles daily. Once the two days have passed, there is no way to recover the fluid intake data from the sensor. The bottle needs to be within 10 feet of the phone or table that has the Hidrate Spark app, and there needs to be an active internet connection.

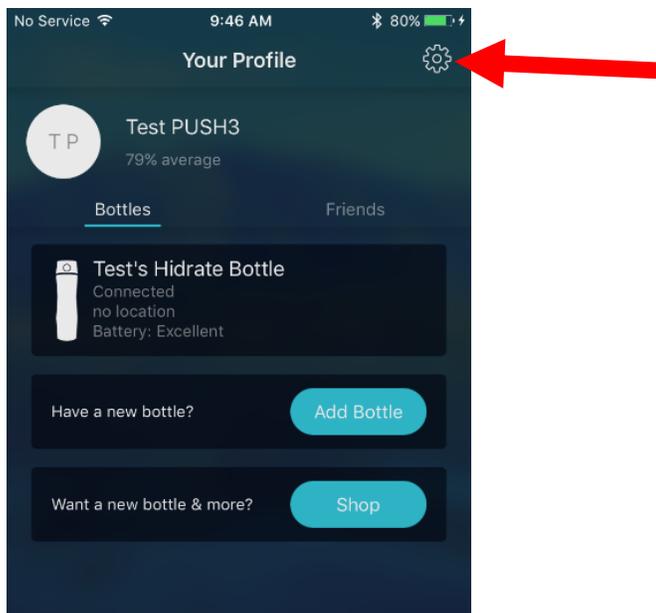
## 10 Low-Touch Intervention Instructions – Apple Devices

Following the financial incentives and Structured Problem Solving coaching, low-touch interventions become available to participants in the Intervention Arm. The following instructions explain how to set up the glow reminders, app reminders, and support partner functions in the Hidrate Spark app, which are all low-touch interventions available to participants.

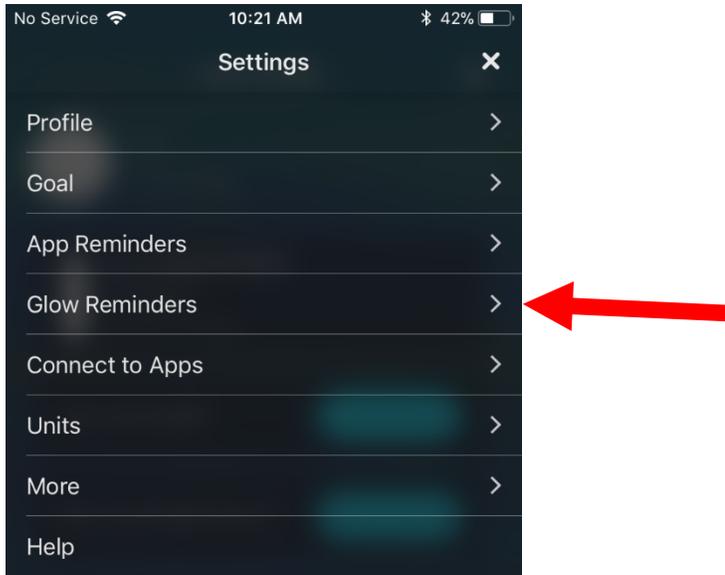
These options **SHOULD NOT BE SET-UP AT BASELINE**. See the study protocol for more information about the timing of low-touch interventions.

### 10.1 Glow Reminders

1. Choose the Profile icon  on the bottom of the home screen.
2. Choose the “Settings” icon  in the profile screen:

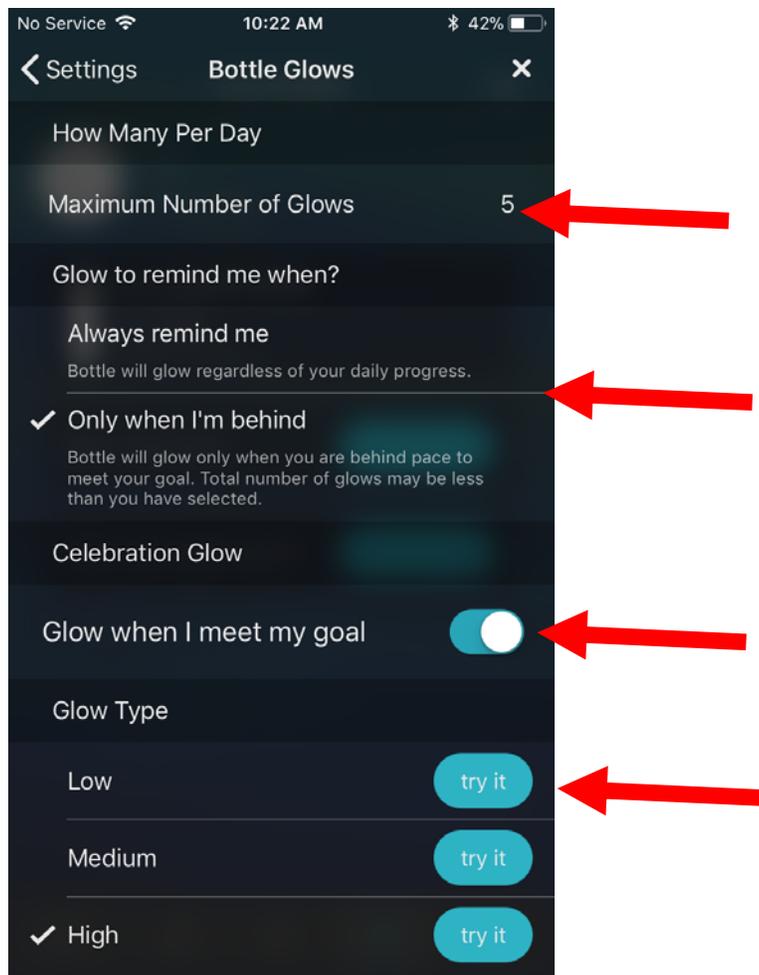


3. Tap on “Glow Reminders”:



4. Set the following:

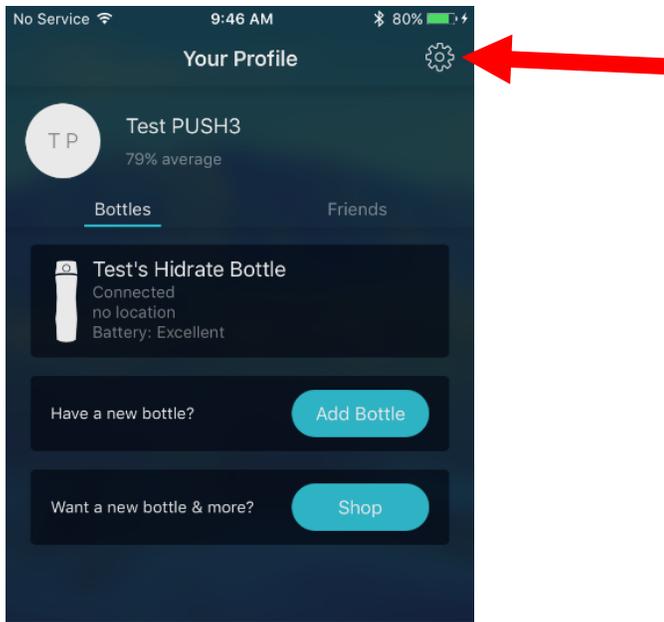
- The number of glow notifications that you wish to receive.
- If you want notifications always, or only when behind on your daily goal.
- If you want a notification when you meet your goal, slide the “Glow when I meet my goal” button to on (slide right, so that the blue shows).
- Under “Glow Type” select the option of your choice.



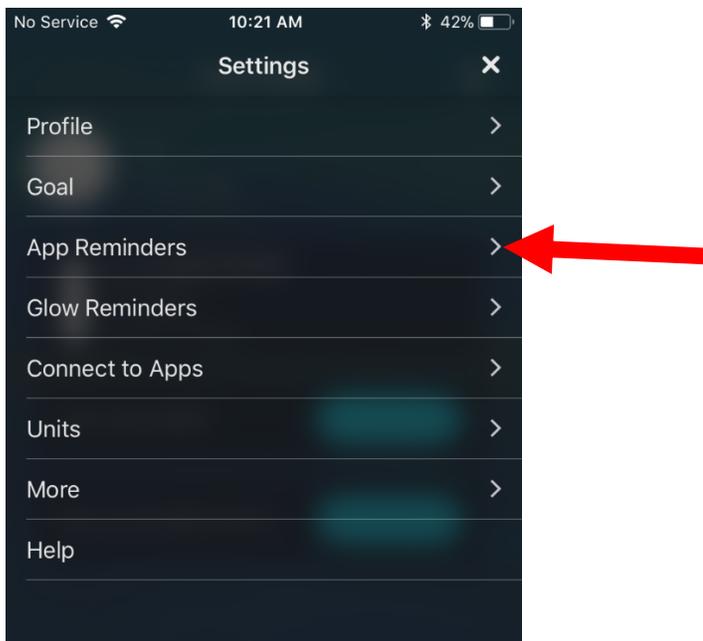
You may go in at any time to change the glow notification settings.

## 10.2 App Reminders

1. Choose the Profile icon  on the bottom of the home screen.
2. Choose the "Settings" icon  in the profile screen:



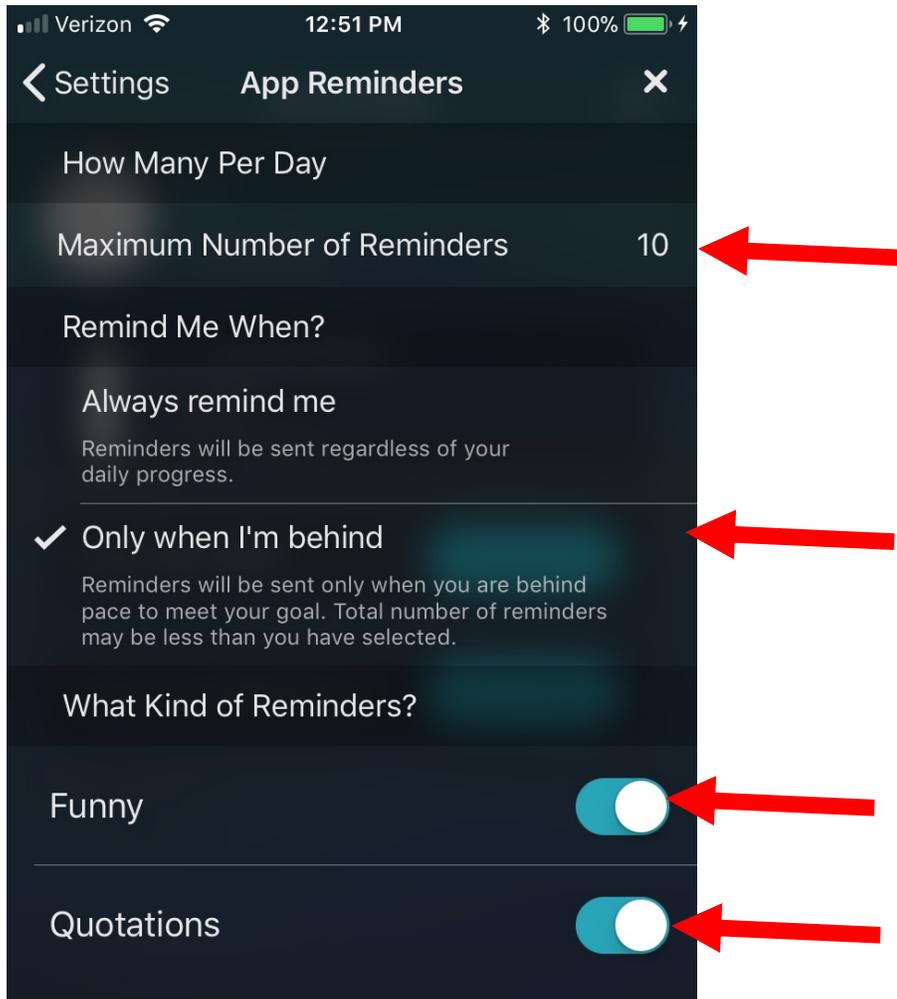
3. Tap on “App Reminders”:



4. Set the following:

- The number of notifications you wish to receive.
- Check either “Always Remind me” or “Only when I’m behind” options.

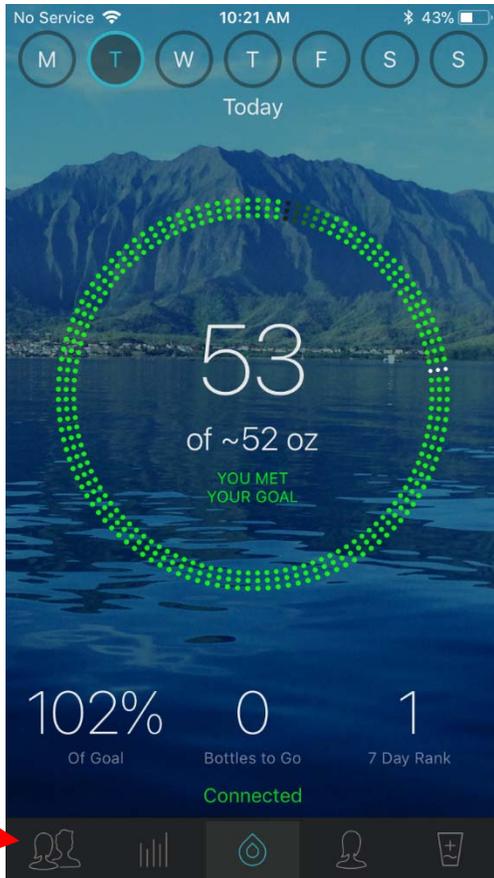
- Choose the types of reminders you want to receive (“Funny” or “Quotations”) by sliding the buttons to the right (so that the blue shows).



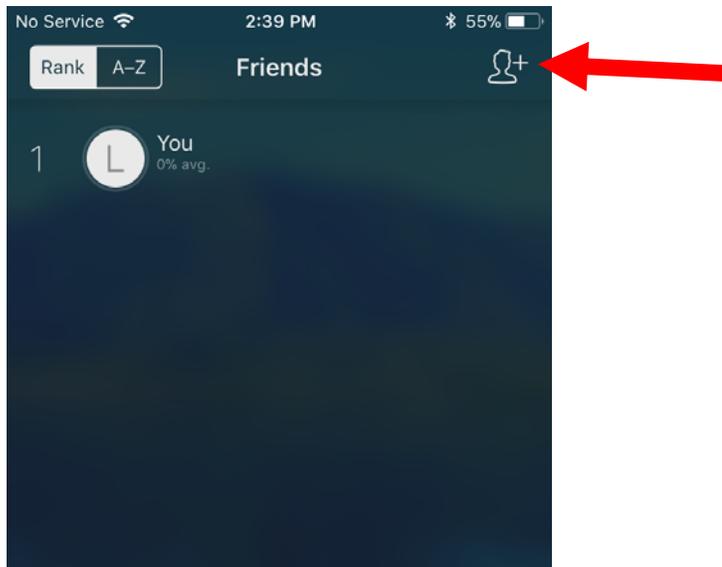
### 10.3 Support Partners

1. Before adding a support partner, that person must download the Hidrate Spark app and set up their own account. See pages 13-14 (steps 4 – 5.12) for instructions.

2. To add the friend on your app, tap on the “Social” icon  on the bottom of the home screen:



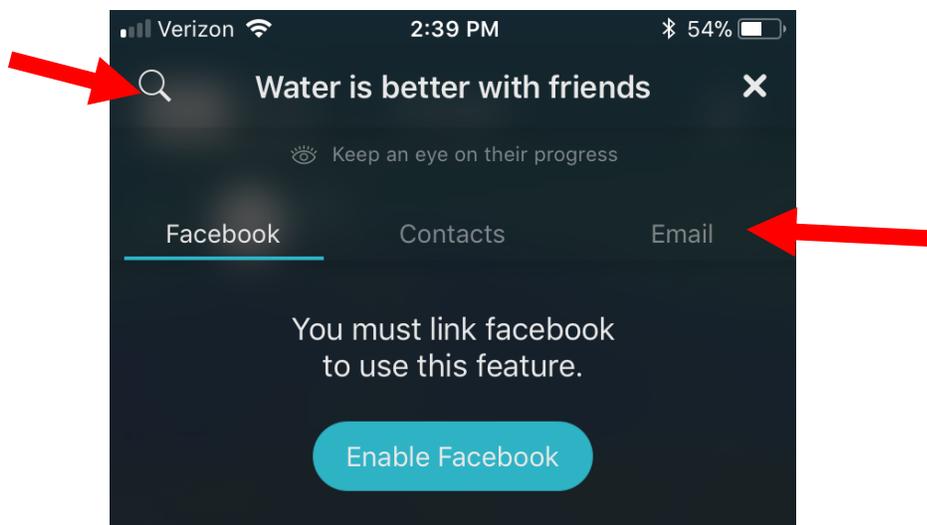
3. Tap on the “add a friend” icon on the top of the screen:



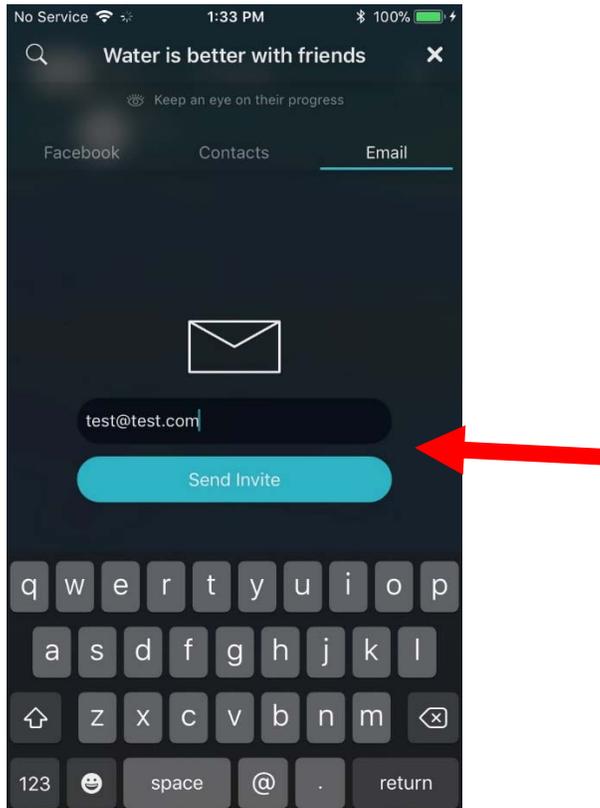
4. Choose the search option that best helps you find the person you want to add:

- Facebook will allow the app to connect to your Facebook account, and you can add someone from your Facebook friends. You will be prompted to grant Hidrate Spark access to your Facebook account.
- Contacts will allow you to choose someone from the contact list on your phone.
- Email will allow you to enter the email address of the person.

Tap on the option you want to use. You can tap on the magnifying glass in the upper left corner to help you search for a contact or email address.



For example, if you choose “Email” you will be asked to enter the email address of that individual and then click “Send Invite”.



5. The person you selected and sent the invite to will need to accept the request. Friend requests can be found under **Social > New (iOS)** or **Social > Notifications (Android)**
6. Once they have done this, you will show up on their Friends list, and they will show up on yours. They will be able to see your progress.

**Note:**

- When entering by email, keep in mind the account email is case-sensitive. All new accounts are automatically reverted to all lower-case letters at set up. If you're having trouble, double check the account email both you and your friend are using to ensure they're entered in all lower-case.
- If you or a friend have had an account for longer than 6 months, the email address may need to be entered exactly as it was when the account was set up. (Upper/Lower case letters must match).
- For a new potential friend to show up under the Facebook tab, both you and your friends accounts must be linked with Facebook.
- For a new potential friend to show up under the contacts tab, you must have the email they use to sign in to the Hidrate app as that persons email in the Apple contact app, or Android contacts.

- You can only keep track of three friends at a time, so you will have to un-watch friends in order to add different friends to your home screen.

## 11 Best Practices for Bottle Usage

### 11.1 Allowable/Not Allowable Fluids:

- Allowable:
  - Only put cold or room temperature water in the bottle.
  - Adding liquid or powdered water flavorings, along with small pieces of sliced fruit, is ok. Keep in mind, larger pieces can throw off the sensor, as it takes up more room, and cause the readings to be slightly skewed.
  - Cold water is fine, as is ice.
- Not Allowable:
  - NO soda, coffee, fruit juice, etc.
  - Don't put lemon oil into the bottle since it can damage the plastic.
  - Do not recommend putting any water warmer than room temperature, as the heat could damage the sensor stick.
  - Do not put the bottle in the freezer.

### 11.2 Cleaning the Bottle:

- DO NOT PUT THE SENSOR STICK IN THE DISHWASHER!
- The best way to clean your bottle is by removing the lid and then immediately removing the sensor stick. Make sure the lid of the sensor stick is screwed down all the way so triangles on the sensor shaft align perfectly and protrude into the triangle notches on the lid.
- Simply hand wash the sensor stick under the faucet with warm water. DO NOT put the sensor stick in the dishwasher as that may damage the sensor.
- You can put the bottle and lid in the dishwasher. Be sure to clean your bottle every so often. When the bottle and lid are clean just reattach the sensor stick and you're good to go.
- Also remove and clean the mouth seal on the inside of the lid. When you place the mouth seal inside the bottle cap, ensure the two arrows point in the same direction.

### 11.3 Recalibrating

- Your sensor may become less accurate over time, or if you are traveling due to pressure changes. Not to worry, a simple recalibration which we recommend doing every month will help.
- Go to your profile and click on the card that has your bottle.

- Below the map there is a link to “Recalibrate”. Follow the instructions in the app and you’re all set.

#### 11.4 Other:

- SET THE BOTTLE DOWN AFTER EACH DRINK, AND BEFORE & AFTER YOU FILL IT UP FOR SEVERAL SECONDS as there is an orientation sensor in the bottle which will only take accurate readings when the bottle is sitting upright on a flat surface.
- Your work Wi-Fi may only allow trusted web pages which may cause issues with the app. If you notice issues turn off restricted Wi-Fi and use your phones internet for creating an account, pairing, syncing, or resetting your password.
- You need an un restricted internet connection to create an account, add a bottle, and for your data to sync to our back-end.
- You can add more water to the bottle even if there is water in it without messing up the amount you have drunk as long as you set it down before and after you fill it with the lid screwed down.
- To dump out water you don’t want to drink, make sure to remove the lid and pour out the water. If you pour it out of the mouthpiece it will register as water you have drunk.
- A bottle can only be associated with one account. You can have multiple bottles per account, however you will only be paired with one bottle at a time. This is usually the one you were most recently close to. To pair a bottle to someone else’s account you must first unpair it from your own.
- Do not fill your bottle past the fill line, as the sensor may displace water that will get stuck under the lid and make it appear as if it is leaking even though it is just spillage from over filling.
- If you are prompted to do an app update, or a firmware update for the sensor, please do so as it may contain improvements to the app and the sensors measuring capabilities.

## 12 Data Transfers

Once a participant is added to Way to Health and creates a Hidrate Spark account, using the same email address for both, a link is established between the two systems and data transfers will begin. Coordinators and SPS Health Coaches will be able to log-in to Way to Health to view a participant’s fluid goal and fluid intake data.

## 13 Incentive Payments (Intervention Arm)

As noted in the protocol, there are “incentive” days on which a participant can earn \$1.50 for meeting her/his fluid goal. The exact days were randomly generated by the Statistics team at the SDRC. After the first six months, during which every day is an incentive day, the incentives will start to taper off. Coordinators will not know which days are incentive days and which are not; if they figure out the pattern over time, they should not share this information with any participants.

Participants will receive text messages from Way to Health on the morning after an incentive day, letting them know if they did or did not meet the goal, and providing their current account balance.

If any issues are experienced by a participant, contact the SDRC and the Way to Health teams:

- SDRC: [push@dm.duke.edu](mailto:push@dm.duke.edu)
- Way to Health: [waytohealth@uphs.upenn.edu](mailto:waytohealth@uphs.upenn.edu)