



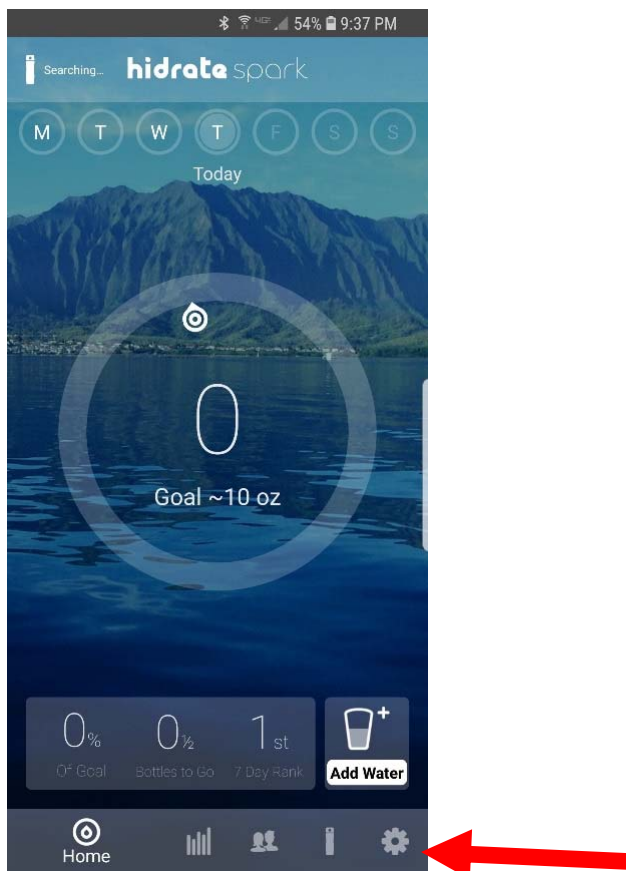
Hidrate Spark Glow and App Reminders  
Set-up Instructions – Android Devices  
Version 2.0  
January 22, 2019

## 2 Low-Touch Intervention Instructions – Android Devices

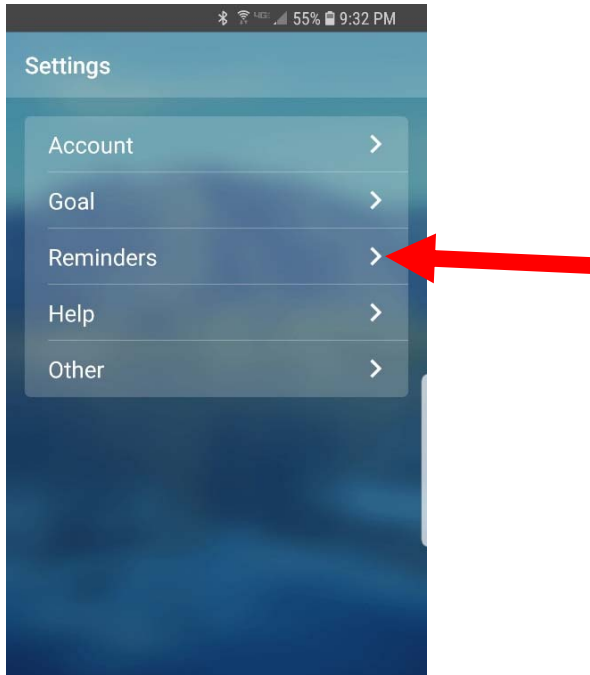
The following instructions explain how to set up the glow reminders and app reminders functions in the Hidrate Spark app.

### 2.1 Glow Reminders

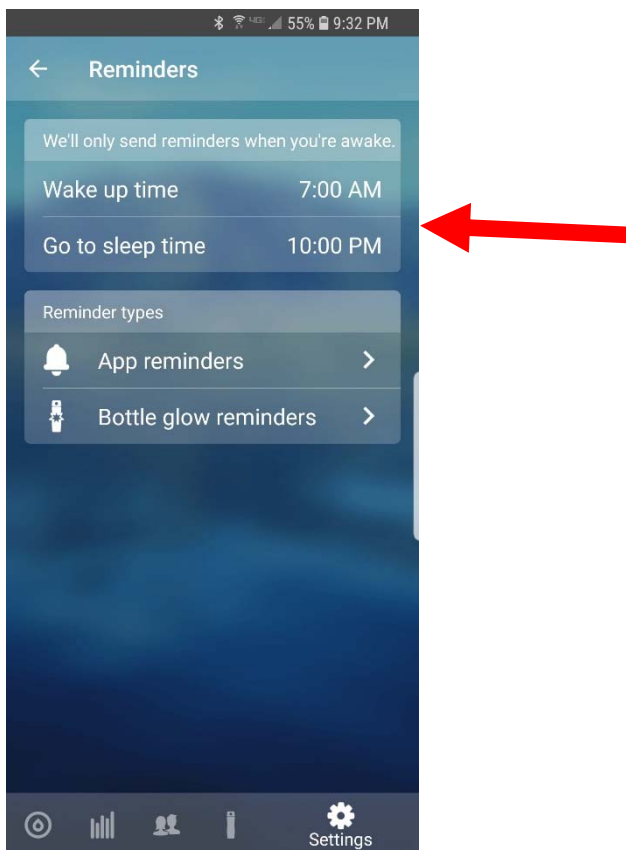
1. Choose the “Settings” icon  in the home screen:



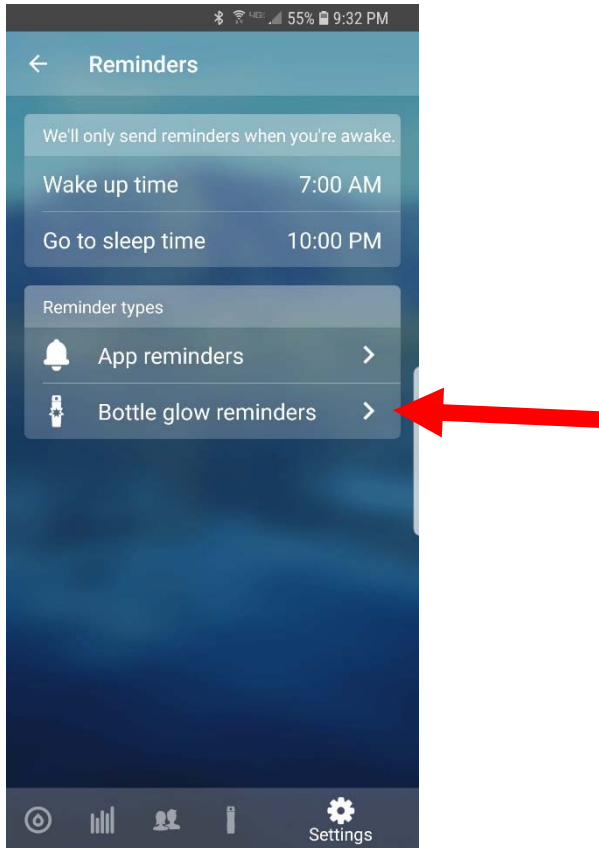
2. Tap on "Reminders"



3. Set your wake up time and go to sleep time

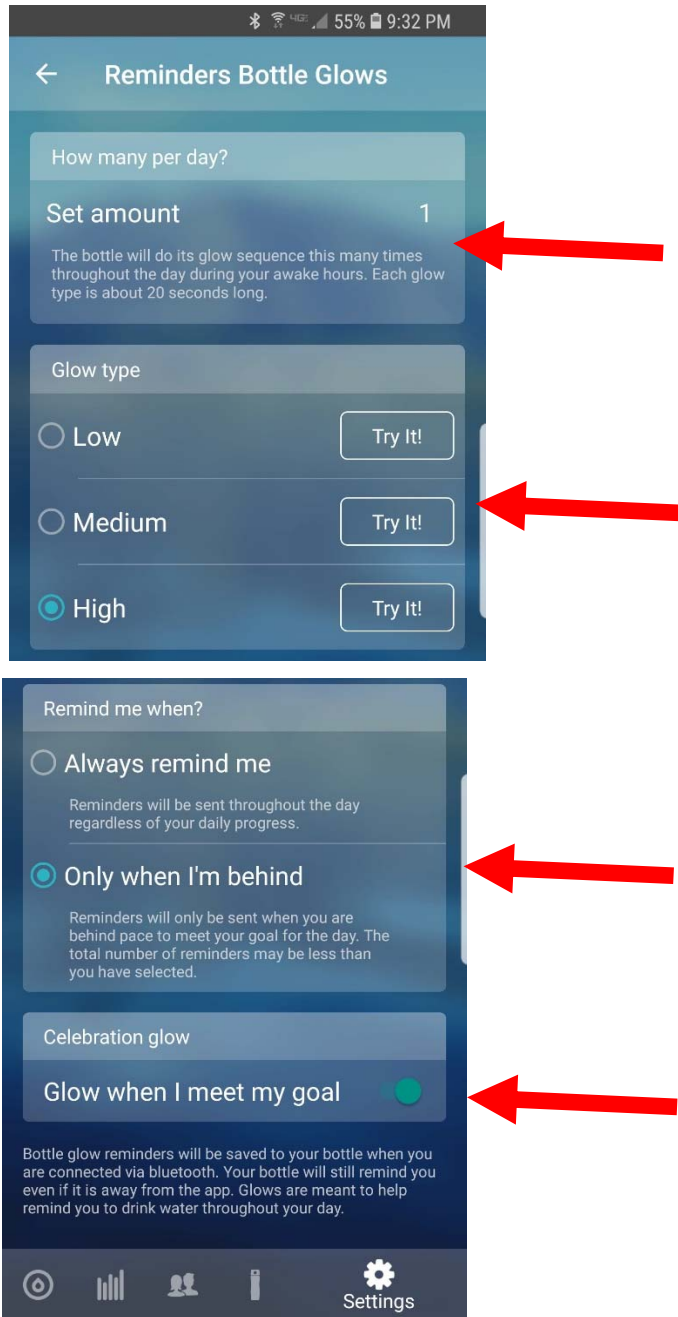


4. Tap on “Bottle glow reminders”:




5. Set the following:

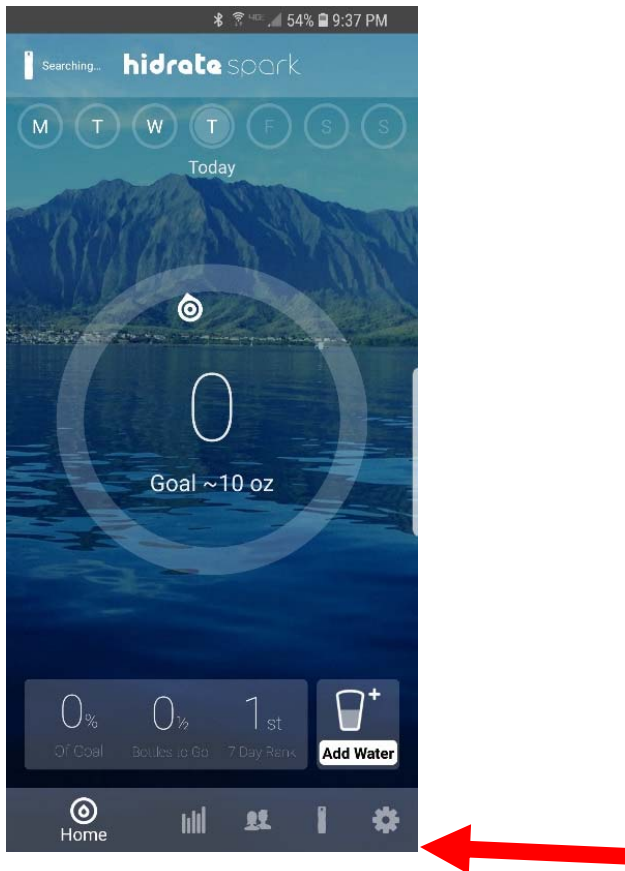
- How many time throughout the day you would like the glow – click and then select a number from 0 to 10.?
- Glow type – select the option of your choice
- Check either “Always Remind me” or “Only when I’m behind” options.
- If you want a celebration glow when you meet your goal, slide the “Glow when I meet my goal” button to on (slide right, so that the green shows).



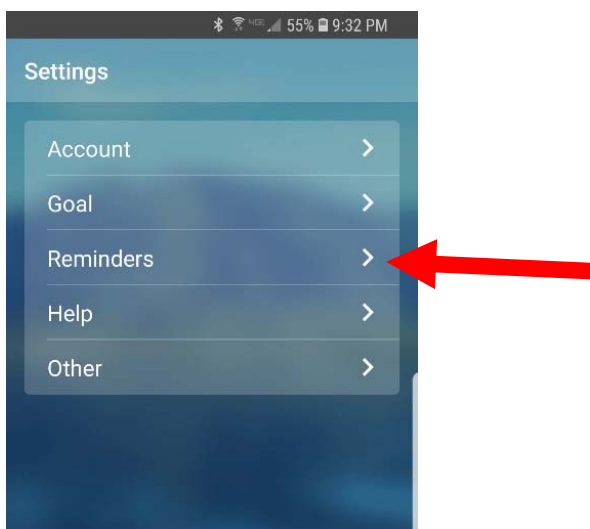
You may go in at any time to change the glow notification settings.

## 2.2 App Reminders

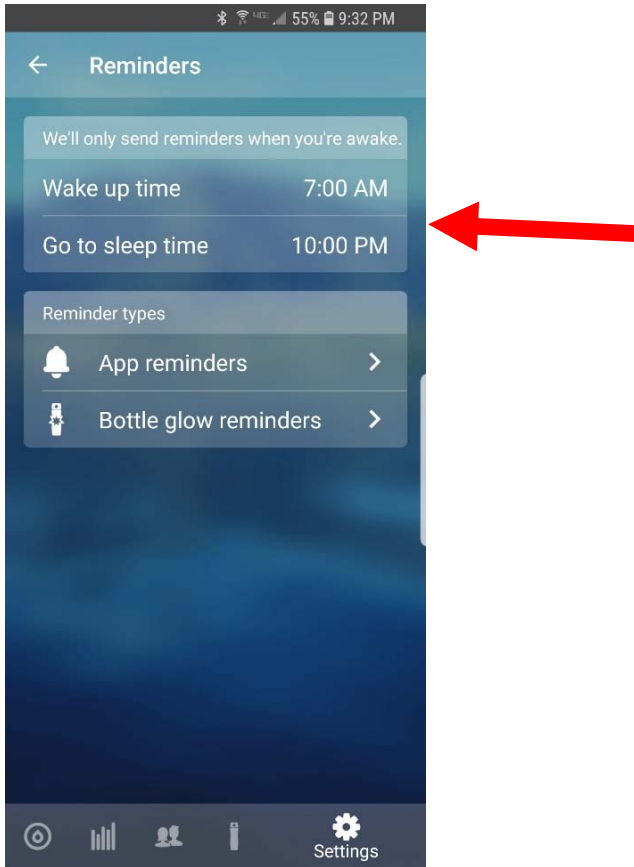
1. Choose the “Settings” icon  in the home screen:



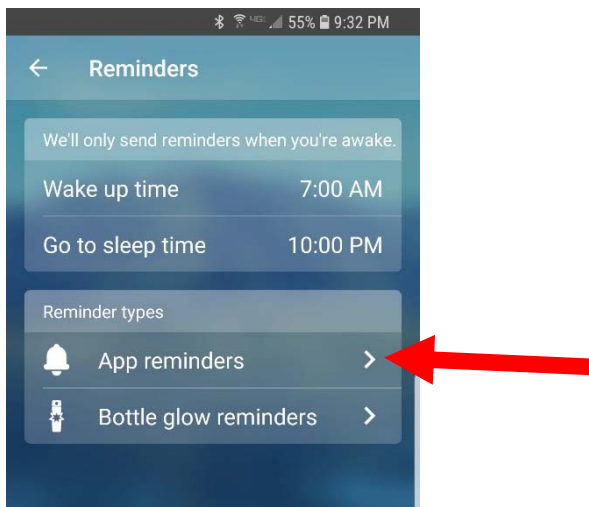
2. Tap on “Reminders”:



3. Set your wake up time and go to sleep time



4. Tap on "App Reminders"



5. Set the following:

- How many reminders you would like to receive – click and then select a number from 0 to 10
- Check either “Always Remind me” or “Only when I’m behind” options.
- Choose the types of reminders you want to receive (“Funny” and/or “Quotations”) by sliding the buttons to the right (so that the green shows).

