



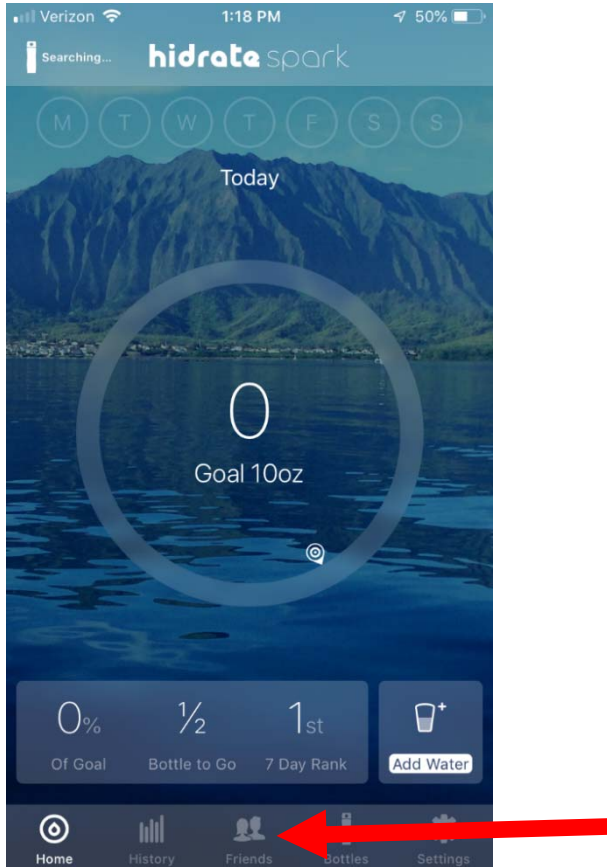
Hidrate Spark Support Partners
Set-up Instructions for Support Partners
Version 2.0
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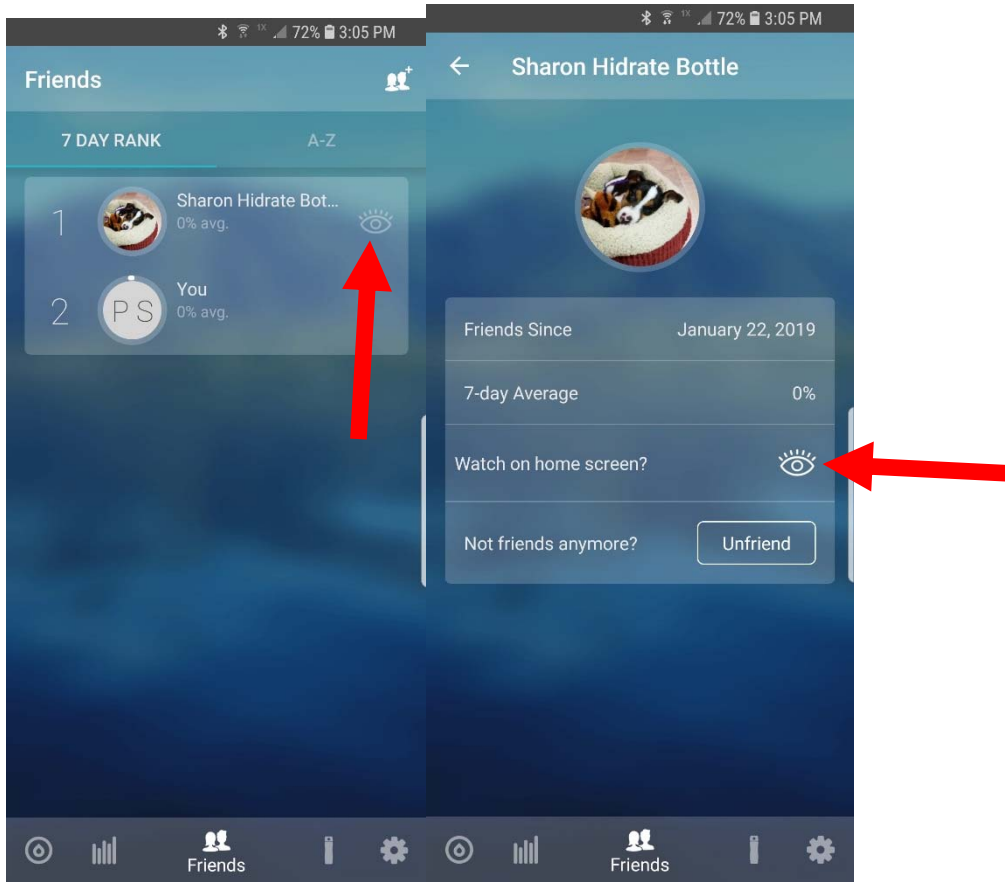
2 Support Partner – Hidrate Spark app set-up

Thank you for agreeing to be a Support Partner for your friend that is participating on the PUSH study. The following instructions explain how to create your account in the Hidrate Spark Water Bottle app. You do not need to have a Hidrate Spark water bottle to be a Support Partner and the instructions written below are assuming you do not have a water bottle.

1. Download the Hidrate Spark Water Bottle app from either the Apple App Store or the Google Play store.
2. Set-up the app and create an account by following the below steps:
 - 2.1. Open the app
 - 2.2. Create your account by completing the “Sign Up” section
 - 2.3. Enter your email address, full name (first and last), press “continue”.
 - 2.4. Answer the information questions asked.
 - 2.5. Select a birthday.
 - 2.6. Select a sex
 - 2.7. Enter a height.
 - 2.8. Enter a weight.
 - 2.9. Enter an activity level.
 - 2.10. For location, reminders, and/or notification questions that present during set-up, select your desired answers to allow or not allow
 - 2.11. For the “add bottle” and bottle purchasing options , ignore. These questions may present again, but can be ignored.
 - 2.12. Provide the email address you used to create your account to your PUSH study friend
 - 2.13. Accept the friend request from you PUSH study friend, once received

- 2.14. To keep any eye on your friend and add them to your home screen, go to your friends list and click on the “eye” to add them to your home screen so you can keep an eye on them and provide support





* The location and notification options may appear in different sequence depending on your phone

Note:

- For a friend to show up under the Facebook tab, both you and your friend's accounts must be linked with Facebook.
- For a friend to show up under the friends tab, the email your friend uses to sign in to the Hidrate app must be used.

