



How to Use OnTimePoint™ (OTP)

+ Step 1

- Download and install OnTimePoint™ on your mobile device:
 - Play Store (Android)
 - App Store iOS

+ Step 2

- Login to your user account with the Study ID and Participant ID.
 - Your participant and study ID are provided to you by your study contact. Please keep these in a secure location.
- Follow the on-screen instructions to set-up your profile. This may include:
 - Providing OnTimePoint access to features that help the system keep track of samples.
 - Entering your general sleep and wake times
 - Linking to a FitBit device

+ Step 3

- Complete all tasks under "Your Move" as soon as possible. This may include;
 - Adding awakening and/or sleep times.
 - A Daily Questionnaire
- You may receive notifications to remind you when you have upcoming sample collections, if your study contact has enabled this feature. Follow all instructions carefully and take your samples on time.
- Some screens only appear once, so make sure you read this information carefully and follow all directions before accepting.
- **Ready to Collect?** Make sure you have your collection devices ready. Tap the Collect Sample Button, scan the barcode on your saliva collection device, and follow all instructions accordingly.
- **Collecting on Multiple Days?** Please access the app daily to allow the app to synchronize your daily sample schedule.

+ App Screen Overview

- Review this example of the user dashboard screen. Pay close attention to the items under "Your Move" and the "Collect Sample" button.

The screenshot shows the Salimetrics app dashboard. At the top, the status bar shows the time 11:33 and signal strength. The app title "Dashboard" is centered, with a hamburger menu icon on the right. Below the title, the location is "California, CA" with a "Refresh" button. The "Your Move:" section includes "Awakening/Sleep Time(s)" with an "Update" button and "Daily questionnaire" with a "Start Survey" button. A "New Achievement:" banner features a yellow star icon and text: "You've earned a Yellow Certificate: Congrats! You've successfully accessed the OnTimePoint App and set up your account." The "Your Badges:" section shows a yellow star icon, "Samples Remaining: 10 samples" with ten blue water drop icons, and "Study Duration: 2 days" with two calendar icons. A "Read sample instructions" link is below. A large blue "Collect Sample" button is at the bottom. The footer says "Powered By: SALIMETRICS".

This is your "to do" list

Study Rewards for completing tasks on time

A sample is ready for collection