



How to Use OnTimePoint™ (OTP)

+ Step 1

- Download and install OnTimePoint™ on your mobile device:
 - Play Store (Android)
 - App Store iOS
 - Please make sure you have the latest version of OTP downloaded. If you receive a notification to update throughout your study, please do so as soon as possible.

+ Step 2

- Login to your user account with the Study ID and Participant ID before your collection day.
 - 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
 - Critical updates, if necessary
- 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.
 - Once completed with saliva collection, please don't forget to read your Post Collection instructions, if available, which will appear under Your Tasks.
- **Collecting on Multiple Days?** You will receive a silent notification to open the app prior to your first sample collection for each day you are collecting. Please access 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 displays 'T-Mobile', signal strength, Wi-Fi, '2:35 PM', and '49%' battery. The app title 'Dashboard' is in a blue header with a menu icon. Below is the 'Your Tasks:' section with 'Awakening/Sleep Time(s)' (Update button), 'Daily questionnaire' (Start Survey button), and a large blue 'Collect Now' button. A 'New Achievement' box shows a yellow star 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, 'Samples Remaining: 7 samples' (with 7 water drop icons), and 'Study Duration: 3 days' (with 3 calendar icons). A link for 'Read Sample Collection Instructions' is at the bottom, along with the Salimetrics logo and 'Powered By: SALIMETRICS'.

This is your "to do" list

A sample is ready for collection.

Study Rewards for completing tasks on time.

Click here for Study and Sample instructions. (You may have to scroll down to view.)

Read Post Collection Instructions as soon as you have completed your collection.



+ Barcode Trouble or Not Scanning?

- If your barcode is not scanning, click on "Not Scanning" and you will be able to enter your barcode manually.

Step 1: Tap the "Not Scanning?" Button

Step 2: Type in the barcode ID at the bottom of the label you are trying to scan



Step 3: Tap the Submit Button

