



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

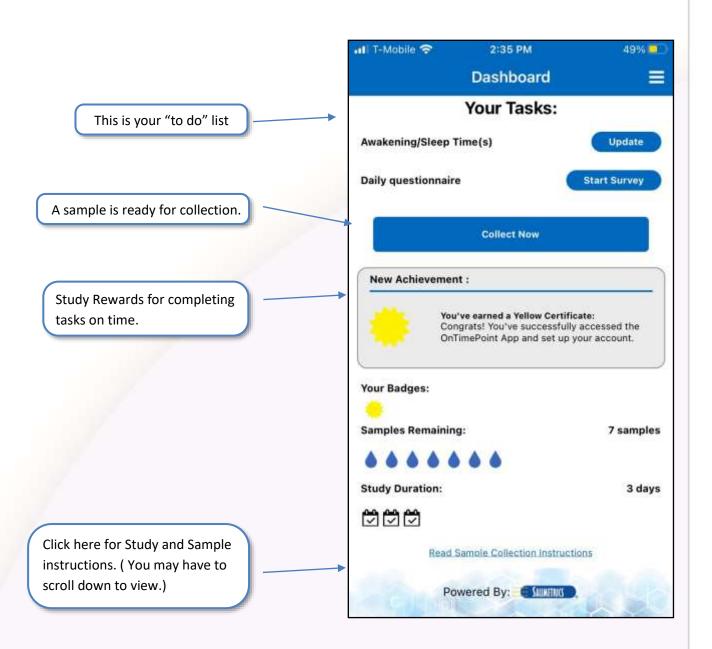
- Login to your user account with the Study ID and Participant ID before your collection day.
 - Your participant and study ID are provided to you by your study contact. Please keep these in a secure location.
- Follow the on-screen instructions to set-up your profile. This may include:
 - o Providing 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

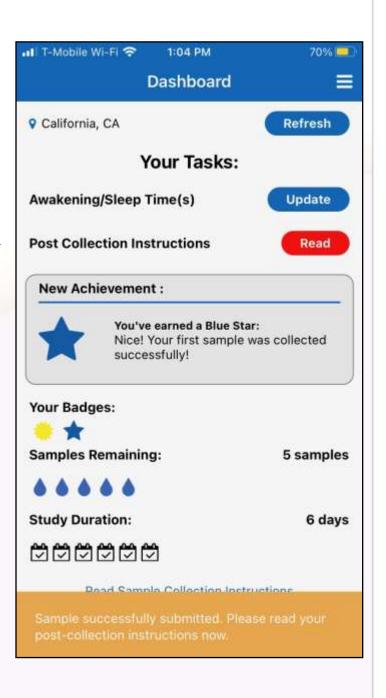
- Complete all tasks under "Your Move" as soon as possible. This may include;
 - Adding awakening and/or sleep times
 - A Daily Questionnaire
 - Critical updates, if necessary
- You may receive notifications to remind you when you have upcoming sample collections, if your study contact has enabled this 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.

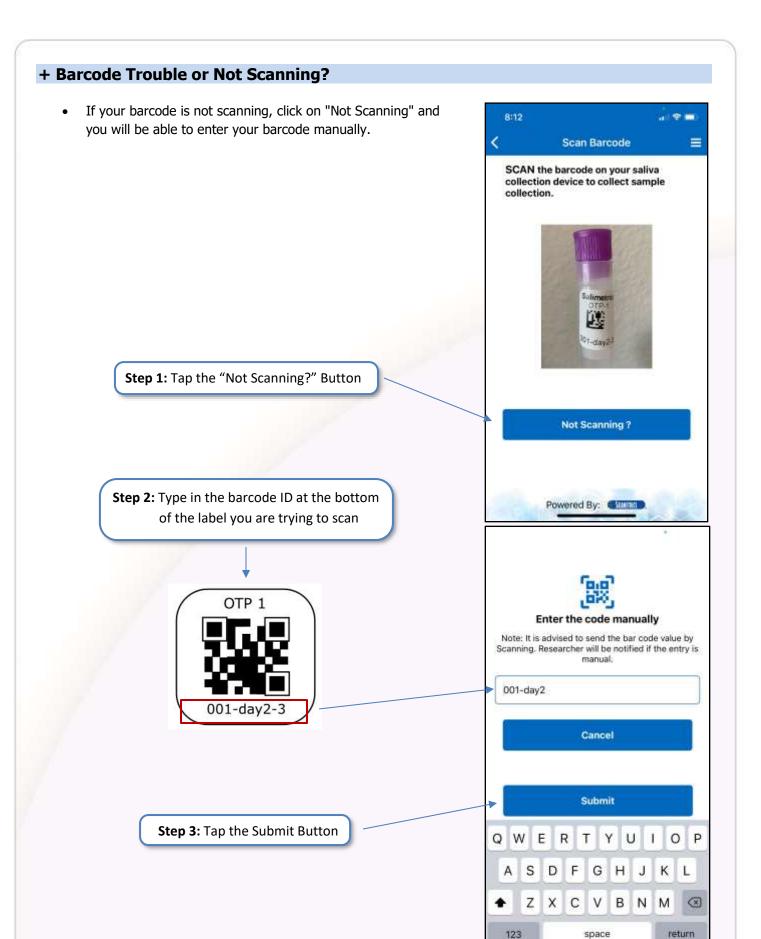
+ App Screen Overview

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



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





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