User-guide for pre-pilot test

Testing the DfG Personal platform

Welcome to the Pre-pilot test. Here you will come on the same user journey as a patient/citizen with the final version. Along the way, you will encounter individual functions that have not been fully developed or fields that have already been filled in. Just ignore them. If you have any questions during your test journey, please consult the provided User Guide.

Have a good trip through the Crane project. 🎉

How to start the pre-pilot test

This is an invitation to participate in the pre-pilot test. Please follow instructions carefully in this online guide to testing the DfG platform:
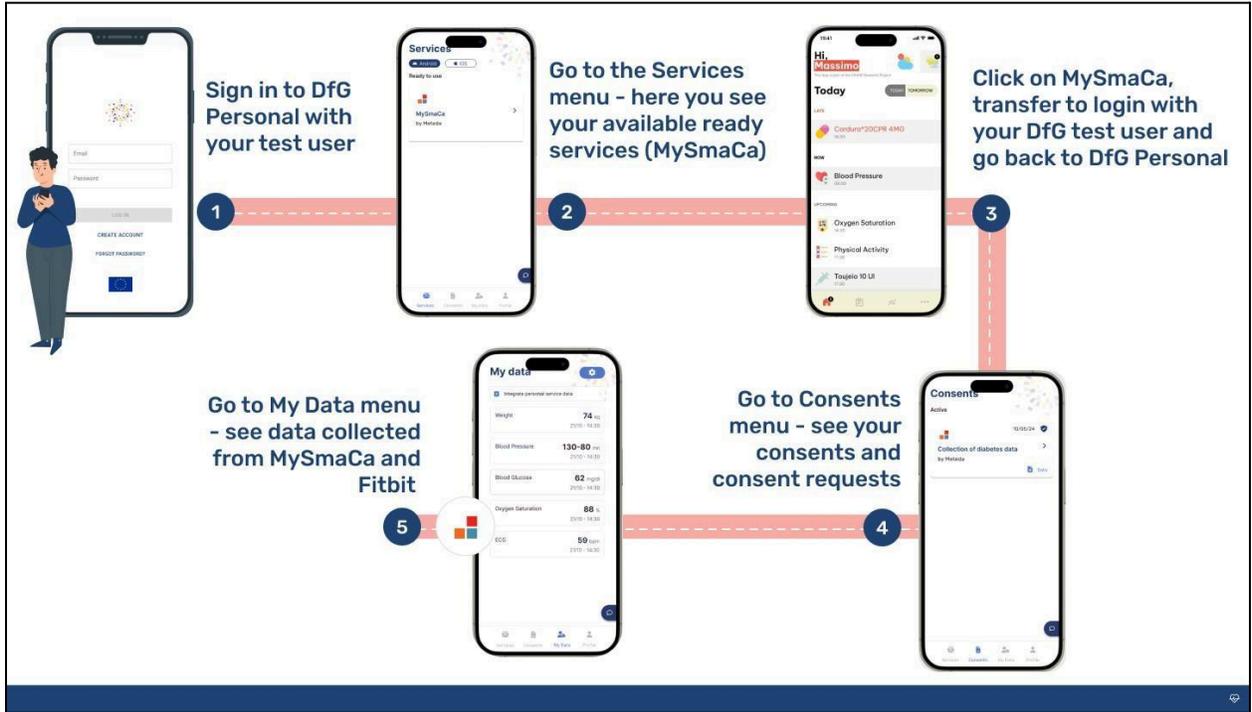
What is the 'DfG Personal' platform?

The 'DfG Personal' platform is the central hub or control room for all activities within the Crane – DATA for CARE universe. To onboard the DfG Personal platform please do the following before starting the test:

**Study your included test kit:**

Every test-person has received a test kit from DATA for GOOD to test the DATA for CARE solution. It includes:

1. An android smartphone, where the DfG Personal web app and MySmaCa app service in English has been preinstalled . And also a Fitbit app and Journl app in English has been preinstalled.
2. A Fitbit smartwatch
3. A Beurer blood pressure device
4. Individual login information for the test-person (test e-mail and password) and information on mini-website (url) for the Pre-field test
5. A printed version of the test guide

Login as first-time user:

1. Login to your DfG Personal test account by filling in your test e-mail and password you received with your test kit.
2. In the DfG Personal platform there are 4 main menus: Services, Consents, My Data (Enabler) and Profile, located at the bottom of the screen.
3.
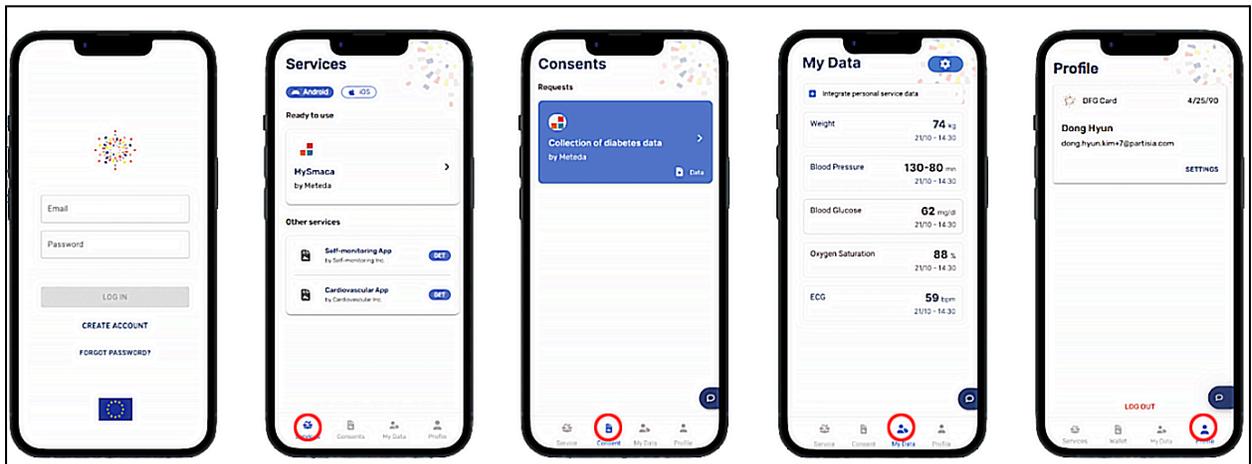
After logging in to the DfG Personal platform, you are now ready to onboard your test-journey. But first, let us explore the 4 menus:

Menu: SERVICES
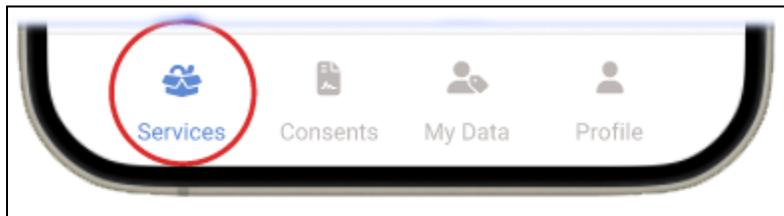
In the SERVICES menu you will find an overview of the services you use and services that are available in the platform.

For the prototype pre-pilot test, the MySmaCa service is available for testing. This is how you get access:

MySmaCa:

a. Click on MySmaCa in SERVICES menu.
b. Login with your DfG test user credentials (test e-mail and password). Your MySmaCa test profile has already been set up. (Observe: If there is a new version of the app, you will be asked to update it)
c. For more detailed info on the MySmaCa service, find quick user guide here: MySmaCa quick user guide.
d. Your Beurer BM 96 Cardio blood pressure device with ECG function is already paired with the MySmaCa app and ready for use.
e. Once your consent is granted, you can log in to the MySmaCa application using your DfG Personal test account via Single Sign-On (SSO), enabling a seamless and unified experience across platforms.

Now leave the MySmaCa app and switch back to the DfG Personal web app

Menu: CONSENTS (WALLET)
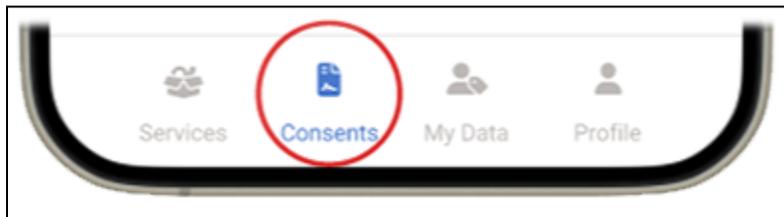
In the CONSENTS menu you can see and manage your consents. You get an overview of the consents you have given and consent requests.

In this pre-pilot test you will have 2 examples of consents – a consent already given to MySmaCa and a consent request from 'Lund University' for analysis.

Menu: MY DATA (ENABLER)
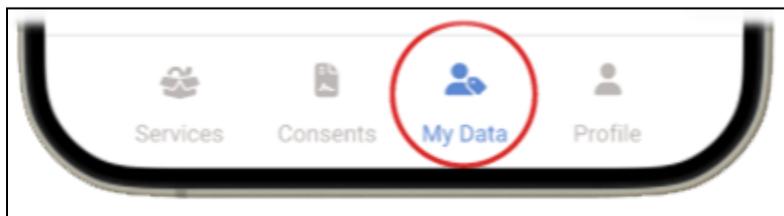
In the MY DATA menu of the DfG Personal platform you will (in the pre-pilot test) be able to see an overview of your data and measurements provided from your services – in this case MySmaCa – and see third party data connected to DfG Personal – in this case Fitbit.

Be aware – moving forward after the pre-pilot test this part will become customizable

where you will be able to see a list of data available and choose which data to be shown.

<div style="border:1px solid black; padding:10px;">

If Fitbit is NOT connected, please follow these steps first time.

1. To connect to a third party data provider, you need to click on the "Connect personal service data" where you can see your connections to third party services – in this case Fitbit.
2. Click on the Fitbit switch and you will be directed to the Fitbit app login screen, where you need to login.
3. For the login click on the "Login with Google" icon and login with your test user account (Google) that is provided for the pre-pilot test.
4. You will now be asked what Fitbit data points you will allow the "DfG Personal" to access. For the best result click "Select all", and you will get all the possible data points provided to the app.
5. You will then be transferred back to the "Connect personal service data" screen where you will see that Fitbit is now connected.
6. In the MY DATA menu you will now see your data your Fitbit device.

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Menu: PROFILE
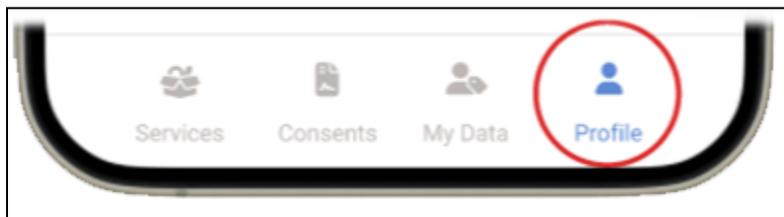
In the PROFILE menu, you can edit details of your account. (In your test profile do NOT change any settings.) Here you can also choose whether you want your data to

be eligible for research/analysis requests by using the check-box – meaning you can decide to switch off receiving ANY analysis requests at all. In the pre-pilot test it has already been chosen.

In the PROFILE menu you can also log out of the platform.

Navigation between a service and the DfG Personal platform

When you are in the MySmaCa service or Fitbit app and want to go back to your DfG platform, just switch back to the open DfG Personal web app in your homescreen. It is essential that you always return to the DfG Personal platform as this is the hub for the whole project.

When you become a returning visitor

Always login to your DfG Personal platform with your DfG test user credentials (e-mail and password) – also if you want to go to your MySmaCa service or Fitbit app. The single Sign On login ensures consistent and secure access across all integrated services within the ecosystem, including the MySmaCa service.

Practical testing of the DfG Personal platform

Now, let's try to do some practical testing of the DfG platform. Please follow instructions carefully:

Test Fitbit data in the platform

1. Login to DfG Personal platform, click on MY DATA (Enabler) and see the overview of your Fitbit data
2. Put on your Fitbit watch and do some activity – maybe take a walk.
3. Open your Fitbit app to see your collected data
4. Go back to MY DATA (Enabler). Now you can see that your Fitbit data overview has been updated with your last activity – be patient, it might take a little while to update. Remember, you have already given consent and integrated your DfG platform with Fitbit under the MY DATA menu.
5. If you have tried to update your screen too many times updating your data, you might get a prompt saying "Sorry, something went wrong"
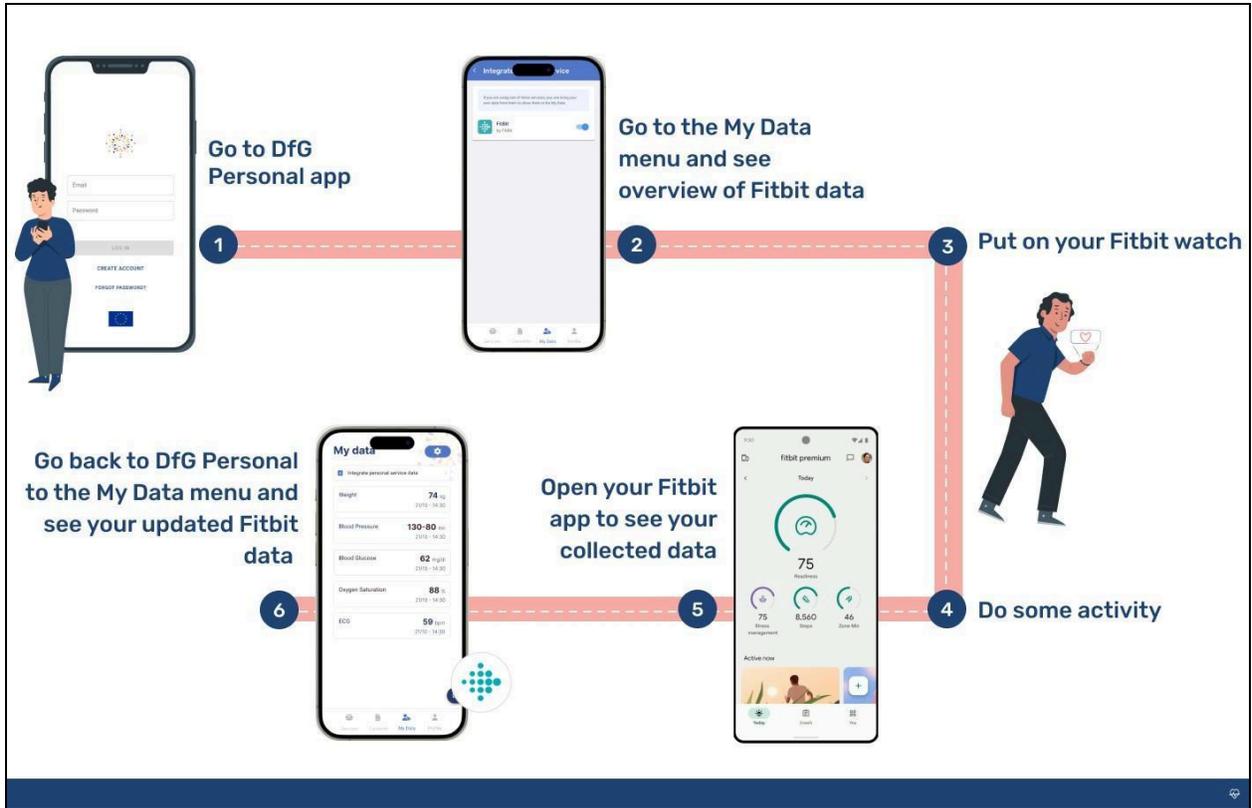
Test your blood pressure

1. Login to DfG Personal platform, click on SERVICES and access the MySmaCa app. Now login with your credentials
2. Follow these steps to take a blood pressure measurement (also see Beurer guide that comes with the device):
    a. Attach the cuff and adopt the correct posture
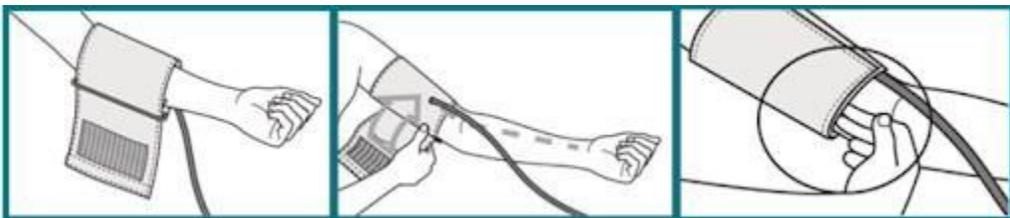
   b. Press "START/STOP" on the Beurer BM 96 Cardio device to activate it.

c. Select the desired user by pressing the memory buttons M1 (for user 1) or M2 (for user 2).

d. Now press the START button two more times until BP (Blood Pressure) is shown in the display.

e. After a few seconds the measurement starts automatically.

f. When the measurement has finished, a popup will open in the Home section in MySmaCa and ask you to import the data (or you need to click on measurement Bluetooth icon).

g. Access the Summary section to view the data from your Beurer device. Your results are automatically synchronized with the MySmaCa app.

3. Switch back to your DfG Personal app and go to your MY DATA (Enabler) menu. Now you can see your latest blood pressure measurement in your data overview.

This is an example of how the data integration works between DfG platform and the services and devices.
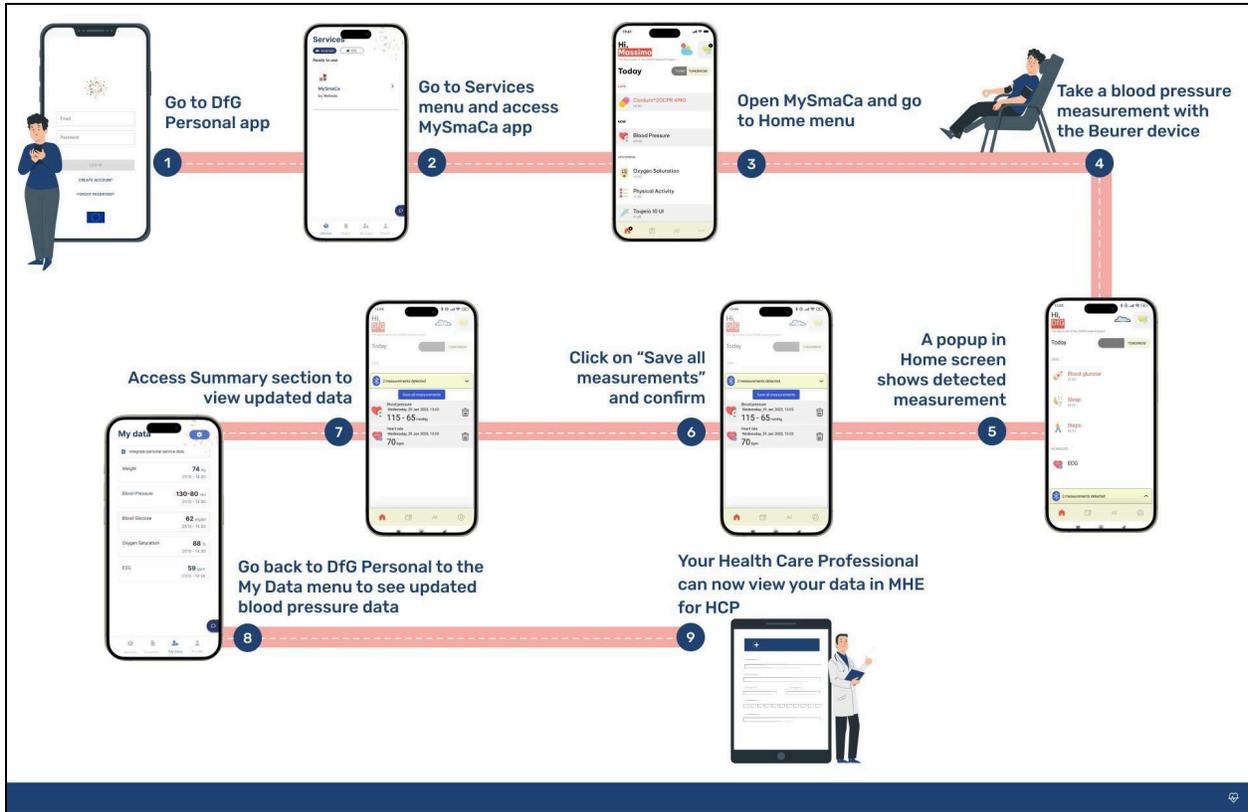
Test how to share your data for analysis

1. Go to CONSENTS menu your DfG Personal platform. Here you can see which consents you have given, the services available and possible consent requests. You will see an example of a consent request from Lund University to share your data for analysis.
2. Click on the consent and read more. Then click Give consent
3. Your data is shared for Confidential Computing in the Virtual Datalake
4. The analyst at Lund University can now do the analysis based on your data

Go to Consents in the DfG Personal (1)

Click on consent request from Lund University (2)

Read more and click "Give consent" (3)

Your data is shared for Confidential Computing through the Virtual Data Lake (4)

The analyst at Lund University can now do the analysis based on your data (5)
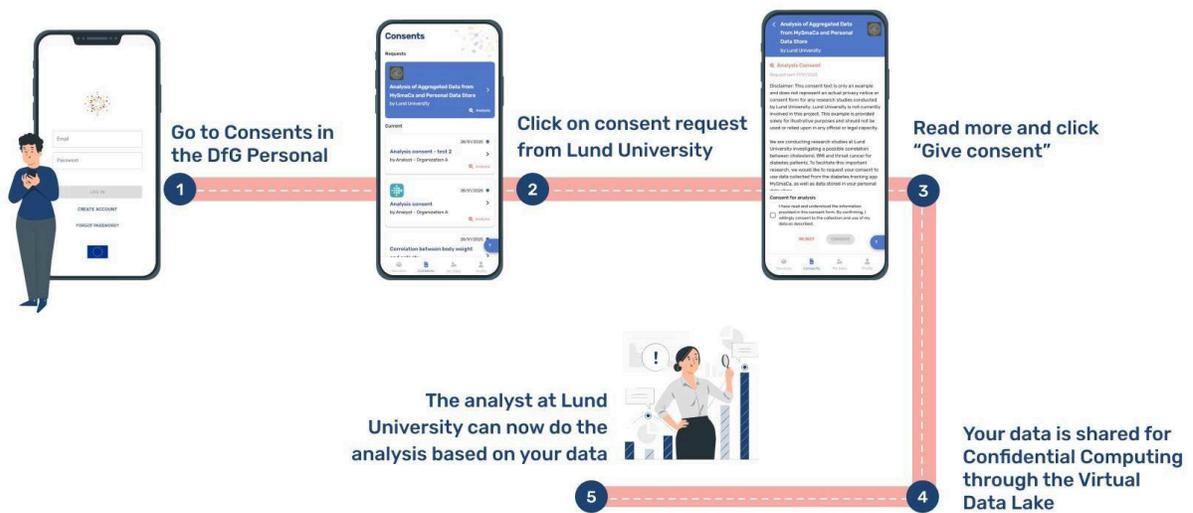
**<u>Withdraw/give consent and place data in your Personal Data Space:</u>**

All your consents are in your CONSENTS in the DfG platform. You can withdraw every consent directly from the DfG Personal platform.

Now, try to withdraw a consent and try to store your own data.

1. Click on the CONSENTS menu, click on MySmaCa (aka Meteda) and click on consent text. Click on Read more. Now go to the bottom and click on the Withdraw button. When you do this, a notice is sent to the service provider.
2. In your CONSENTS menu you will now see that consent to MySmaCa is no longer given.
3. Click on the MySmaCa app and go to 'Profile' section and log out (close app)
4. Try to login to the MySmaCa app again and you will be redirected back to DfG Personal to give consent once again
5. Click on Read more and give consent again.
6. Now close this window (click on x i top corner) and be directed directly to the

MySmaCa app.

Within the MySmaCa app, you have the option to manage your consent settings. If you choose to withdraw consent to the MySmaCa service within the app, you are automatically logged out of the application. Any attempts to log back in will redirect you to DfG Personal, where you can review and reauthorize the MySmaCa consent in the 'Consent' menu to regain access to the MySmaCa app.
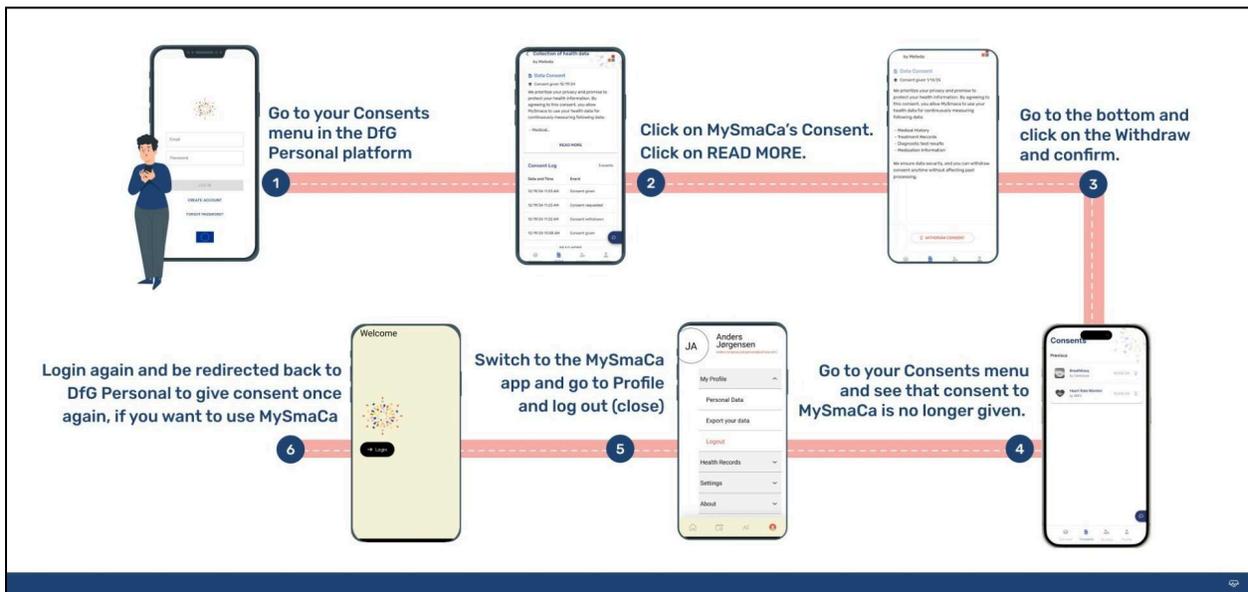
Link to your online website with your test guide and support

You can always link to the online website with your test guide and support

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Link to your online website with your test guide and support

https://dataforgoodfoundation.org/crane/

Contact for support

Contact us

Couldn't find the solution to your problem in the support page https:/dataforgoodfoundation.org/crane/support/ ?

Select your preferred method to reach out to our Support staff

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About the Crane project

Crane is a European project that aims to develop an integrated model for self-managed improvement of the well-being of chronic patients

Crane aims to change the citizen's self-perception as being a patient to become an active citizen by creating a platform where chronic patients move to self-management – supported by two pillars:

Healthcare from home

- Innovative technology.
- Intelligent use of data.
- Interaction with and monitoring patients/citizens.
- Reduced need for professional healthcare.

Garden of Care

- A tailored ecosystem to improve control, safety, security, freedom and well-being awareness of citizens.
- A strong ecosystem of health- and social-care providers to fulfill patients/citizens multiple needs.
- Support of self-managed treatments.

How will this work?

First, the patient/citizen will become in charge of his/her own health by giving him/her new insights, access to, and control of his/her own data – supported by GDPR legislation and the newest European data strategy.

This will provide new solutions for better control of own health data. And the ability to share the data when and with whom you want. In that way the patient's data can be used for the greater good and at the same time improve the patient's own health and well-being.

Today data in health and social care systems have different structures and are stored in many different silos. With this solution data and services from all actors – citizens, eHealth and the welfare tech industry as well as private and public healthcare and social service providers – can be shared and used securely and under the control of the patient/citizen.

Second, Crane will provide a secure public-private data platform solution that serves as a safe storage for the citizen's personal health data. To ensure acceptance and trust with the patient/citizen Crane will provide transparent and open policies, educational material and a feedback system to show potential gains for the individual – all provided via the Data for Good platform.

Crane Garden of Care is tailored to

- ❖ Improve control, safety, security, freedom and awareness of the citizen's well-being
- ❖ Empower the citizen to take responsibility for the design of his/her own personal integrated care mode and program.
- ❖ Encourage taking responsibility for your own health.