



Setup - User Guide



Crane Setup	2
Create Google account	3
Create Fitbit account and connect Fitbit device	12
Creating DfG account	25
Downloading MySmaca	28
Connecting Beurer device	29
Link to DfG's support website	30
Contact for support	31
About the Crane project	32

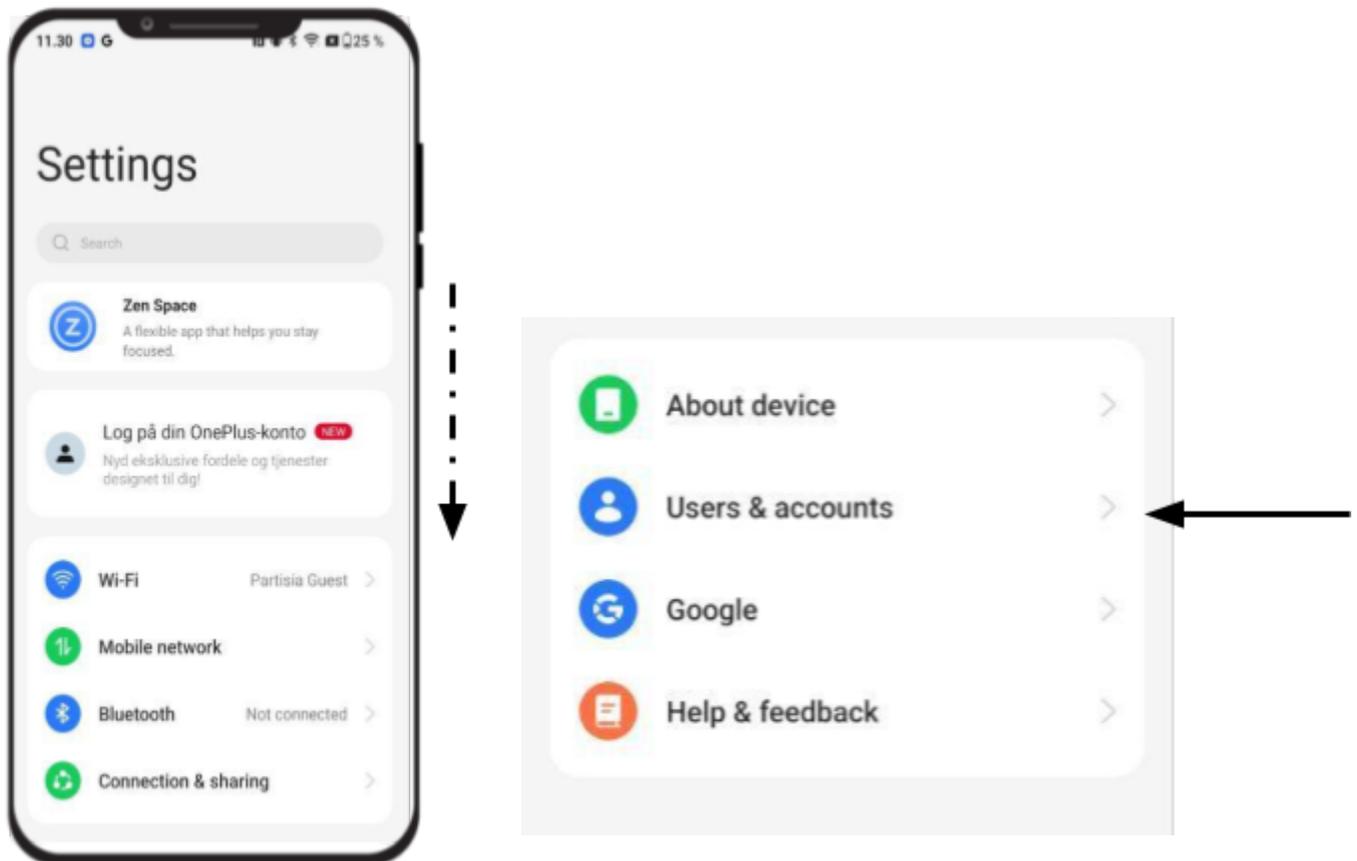
Crane Setup

Before you start using the 'DfG Personal' web app, there are a few setup steps required. Such as creating google accounts, fitbit accounts, etc. This guide will walk you through them so you can get started.

Create Google account

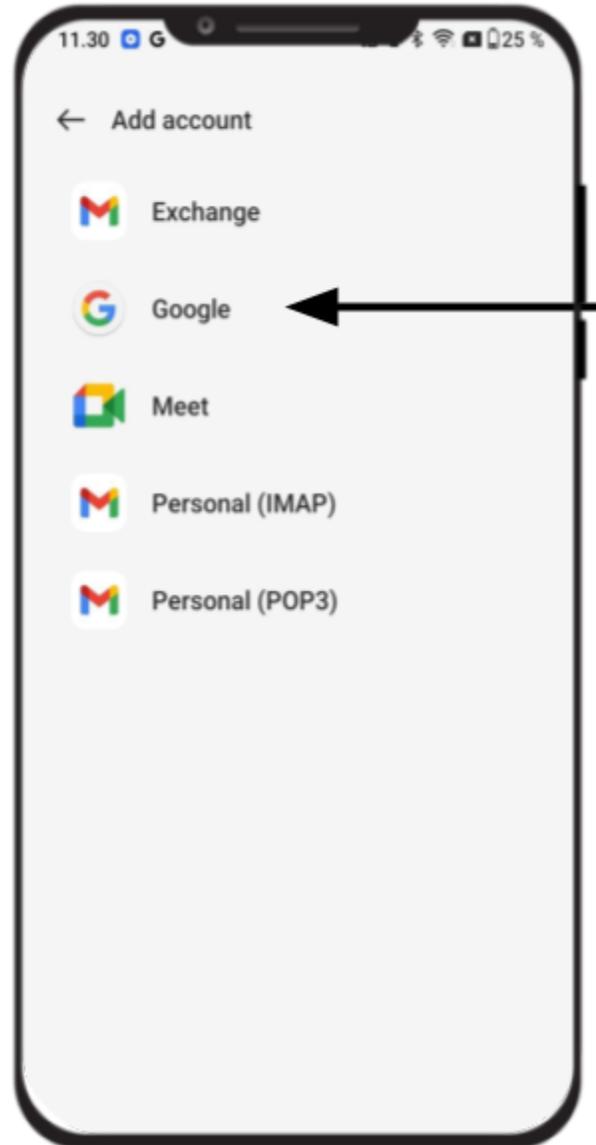
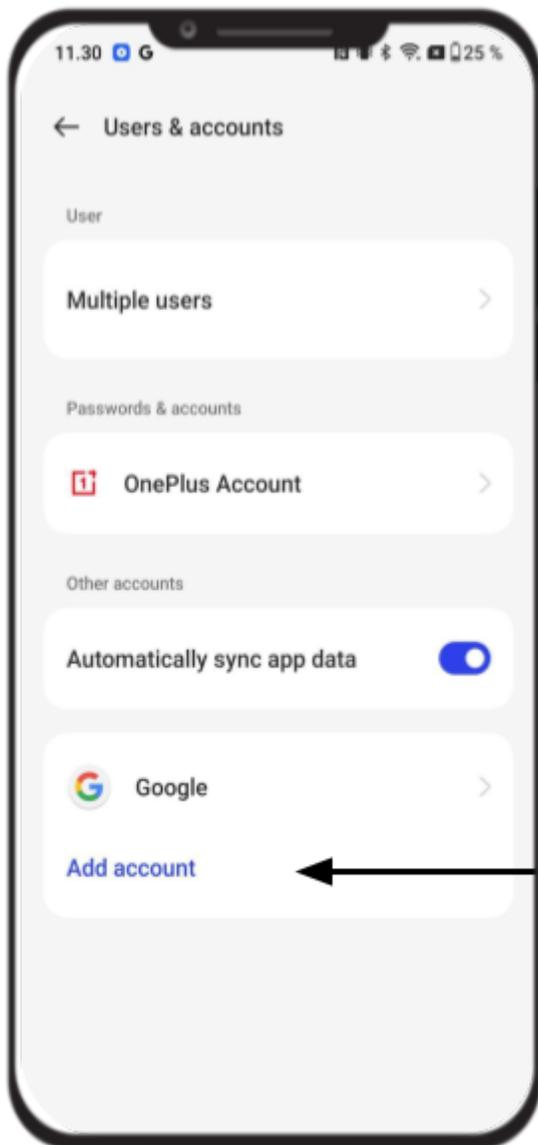
Step 1: Open the Settings App

- Go to your phone's **Settings**.
- Scroll down and tap **Accounts** (or it might say **Users & Accounts** depending on your device)



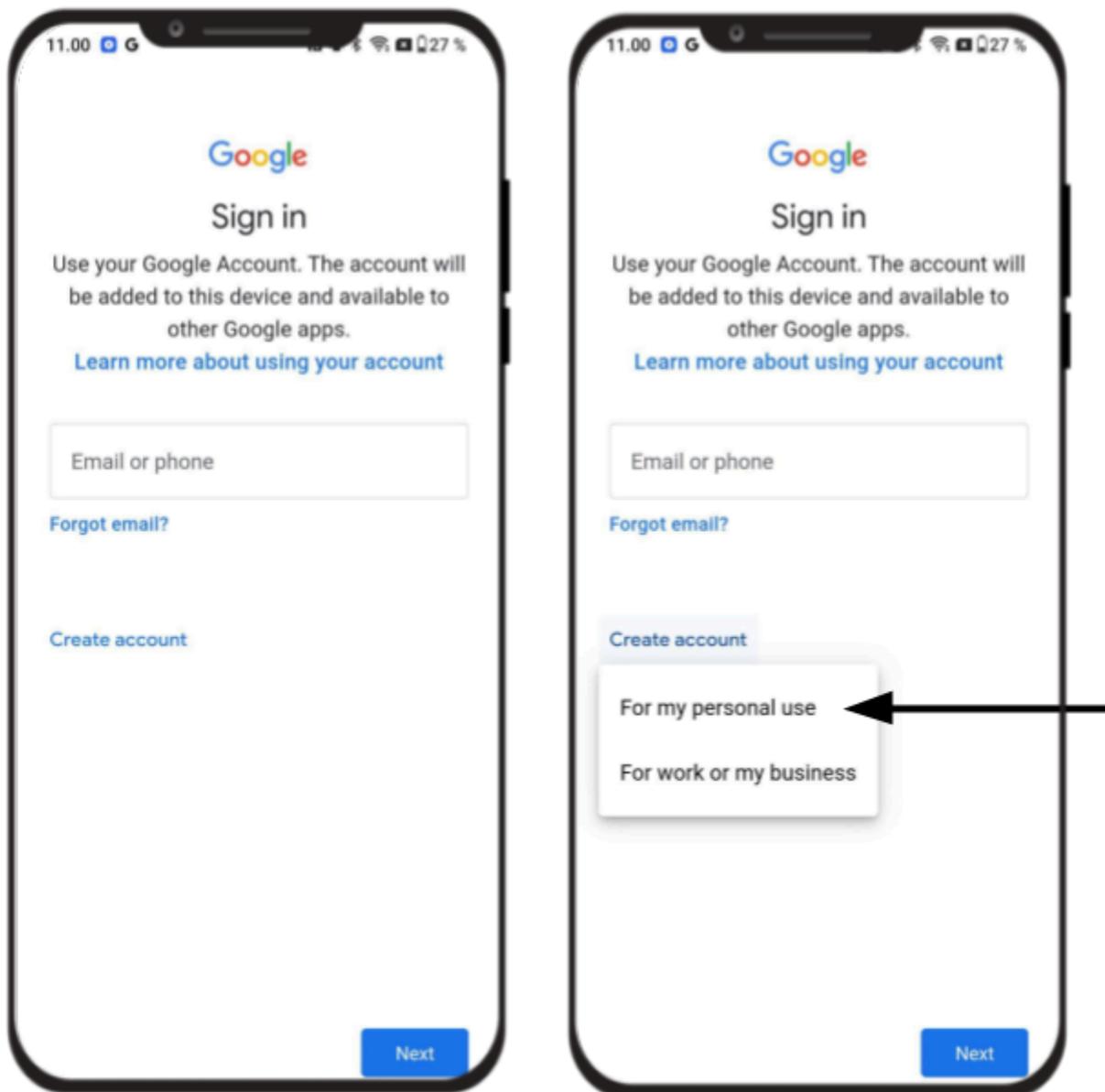
Step 2: Add a New Account

- Tap **Add account** at the bottom.
- Choose **Google** from the list of account types.



Step 3: Create a New Account

- On the sign-in screen, tap **Create account**.
- Select **For my personal use**



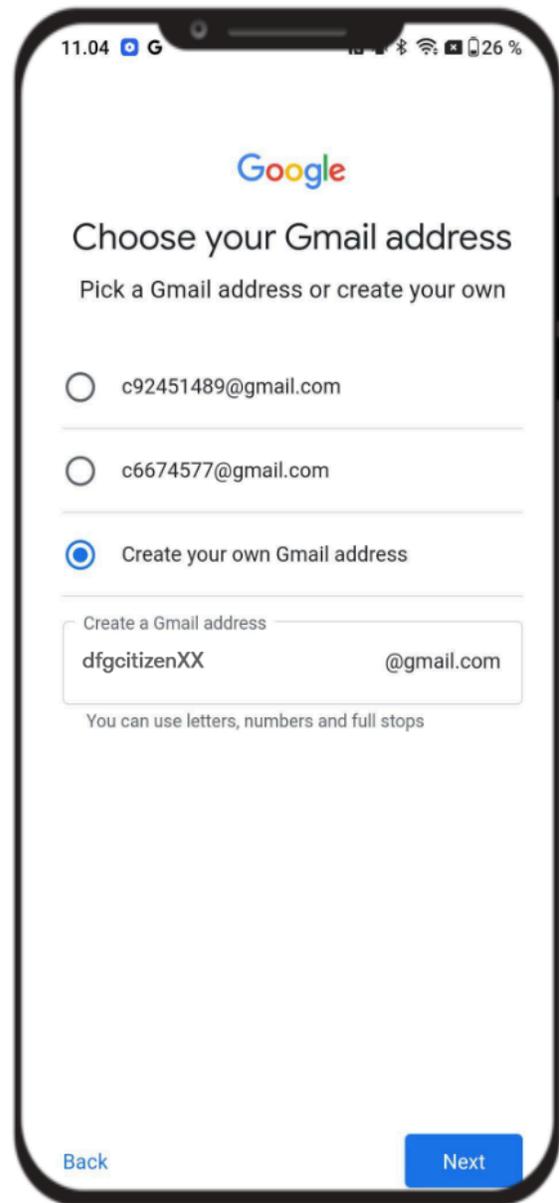
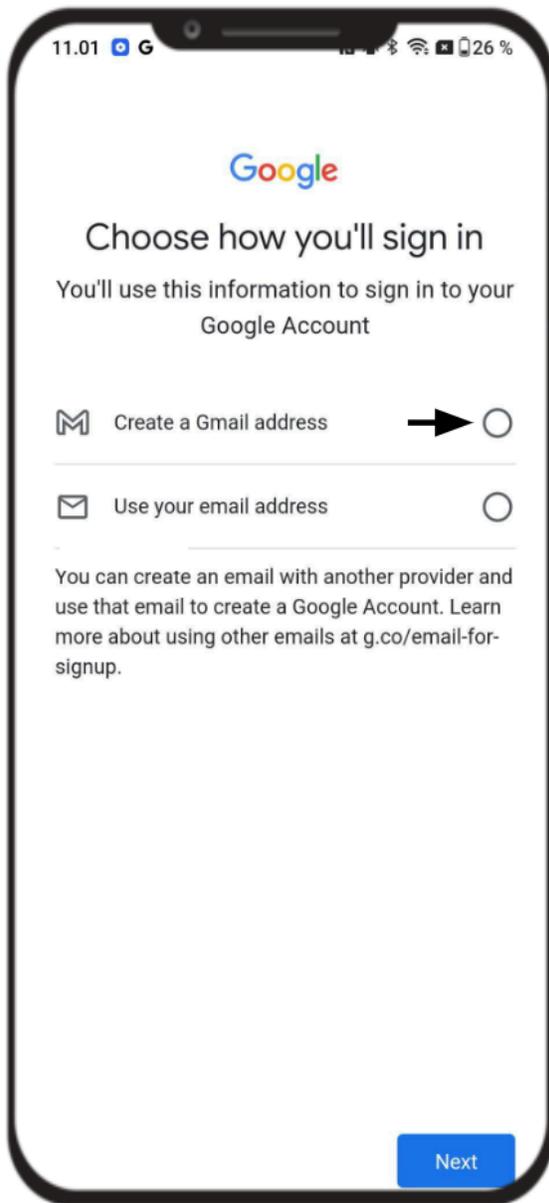
Step 4: Enter Basic Information

- Enter your **USER ID** (format: “**DfG Citizen XX**”).
You’ll find your Citi in the **Data for Care reference sheet** you have been provided
- Tap **Next**.
- Enter your **birthday** and **gender**, then tap **Next**.

The image displays two sequential screens from the Google account creation process on a smartphone. The left screen, titled "Create a Google Account", prompts the user to "Enter your name". It features a "First name" input field containing the text "DfG Citizen XX" and an empty "Surname (optional)" input field below it. A blue "Next" button is located at the bottom right. The right screen, titled "Basic information", prompts the user to "Enter your birthday and gender". It contains three input fields for the date of birth: "Day" (01), "Month" (January), and "Year" (1993). Below these is a "Gender" dropdown menu currently set to "Male". A link is provided at the bottom: "To learn more about why we ask for date of birth and gender, go to g.co/age-gender in your browser". A blue "Next" button is also present at the bottom right of this screen.

Step 5: Choose a Gmail address

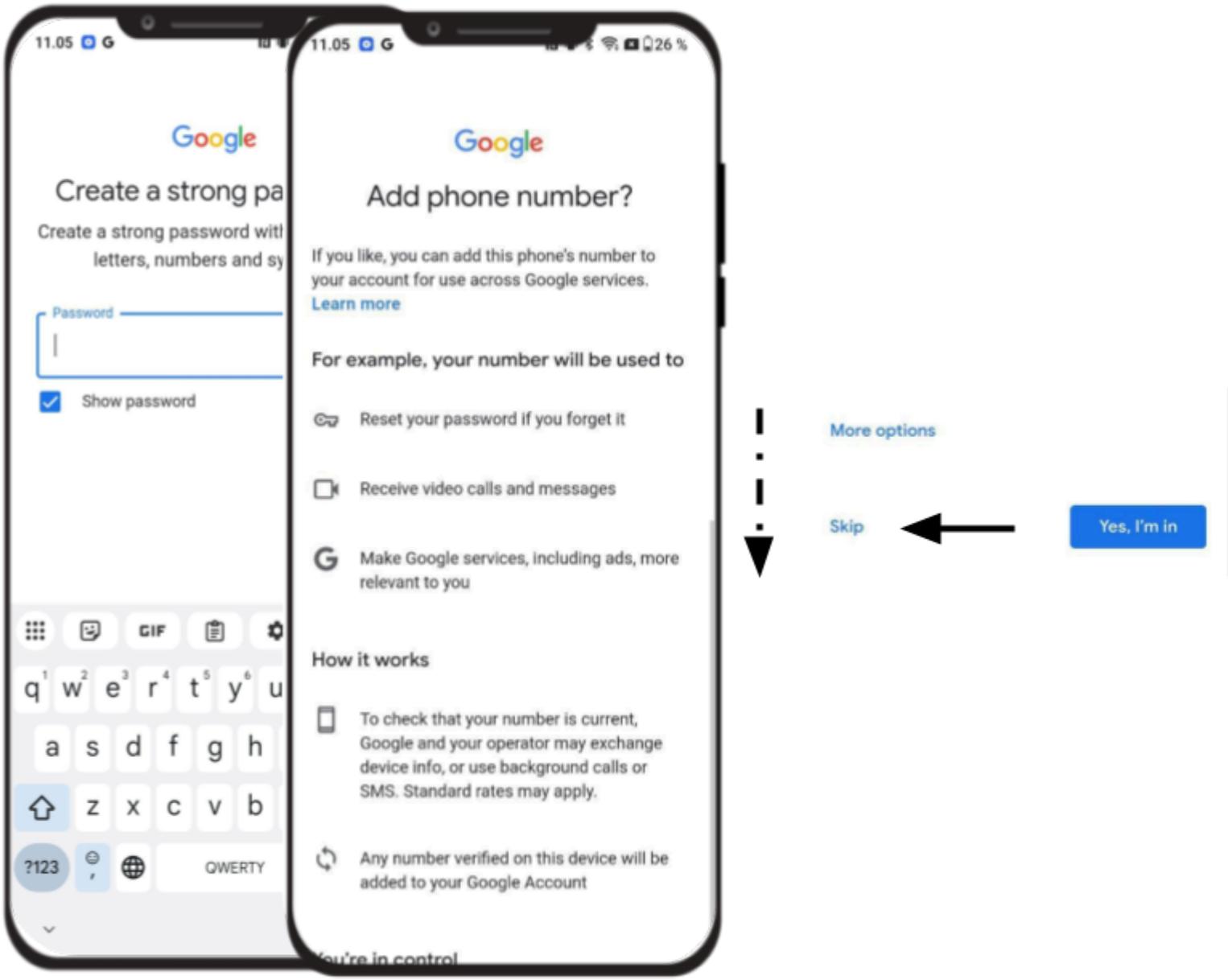
- Select **Create your own Gmail address**
- Insert your **USER ID** (this time all lowercase) in the text field
- You can select one or create your own.
- Tap **Next** when you've chosen.



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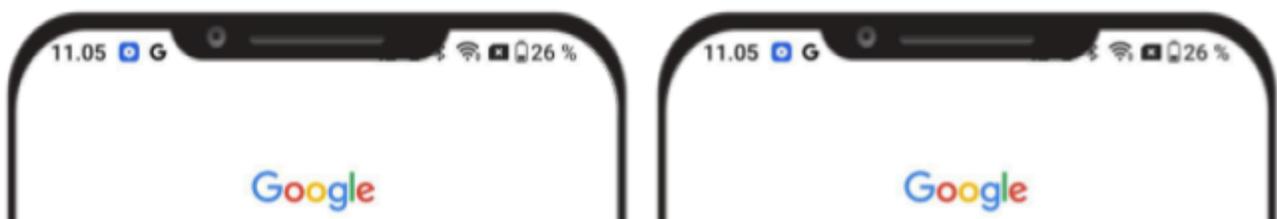
Step 6: Set a Password and skip phone number

- Enter a **strong password** and confirm it.
- Tap **Next**.
- Tap **Skip** for adding a phone number



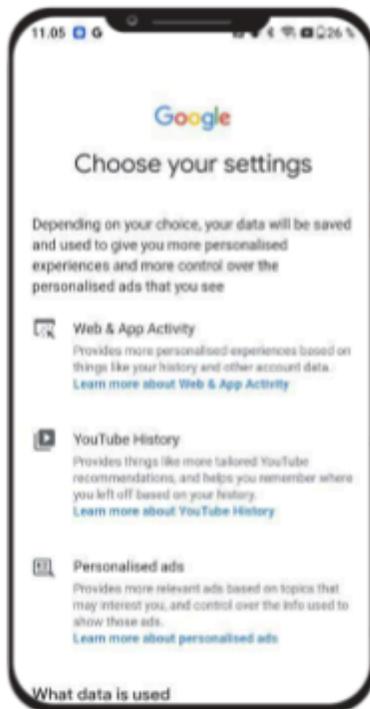
Step 7: Review and choose setting

- Tap **Next** to continue
- Tap **Choose in 1 step**



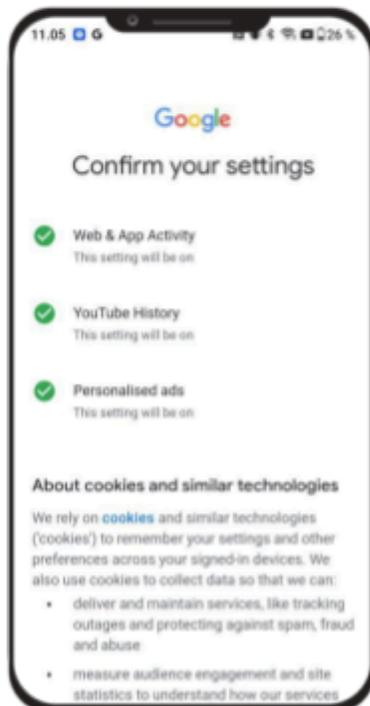
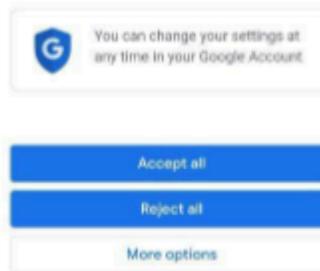
Step 8: Review setting and accept

- Read through Google's data terms.
- Tap **Reject all** to continue.
- Tap **Confirm** to continue



How you can manage your data

Web & App Activity older than 18 months and YouTube History older than 36 months will be automatically deleted. You can see your data and activity, manually delete it and withdraw your consent at account.google.com.



... may use information we store about the content that you're currently viewing and your location (ad serving is based on general location). Personalised content and ads can be based on those things and your activity, such as Google searches and videos that you watch on YouTube. Personalised content and ads include things such as more relevant results and recommendations, a customised YouTube homepage, and ads that are tailored to your interests.

You can change your browser settings to reject some or all cookies.

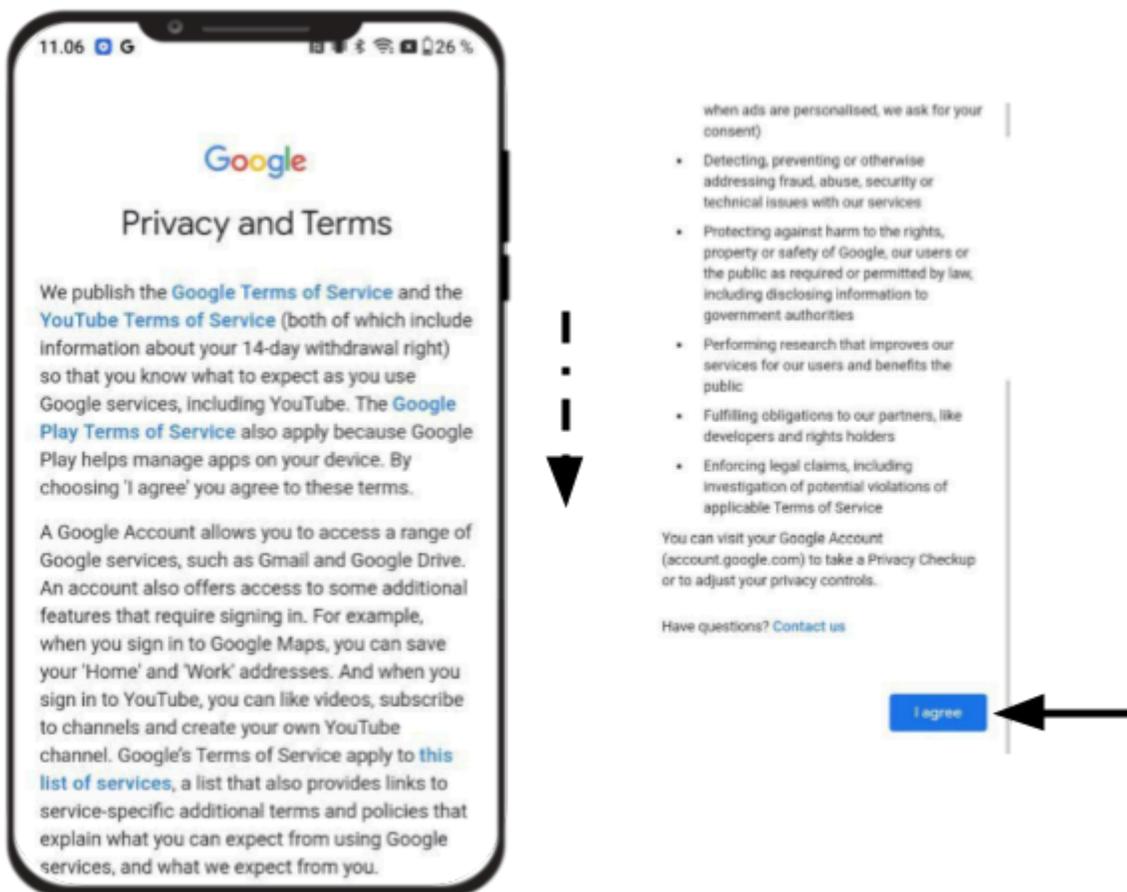
Privacy reminder

We'll send you a reminder to review these settings in a couple of weeks



Step 9: Complete Setup

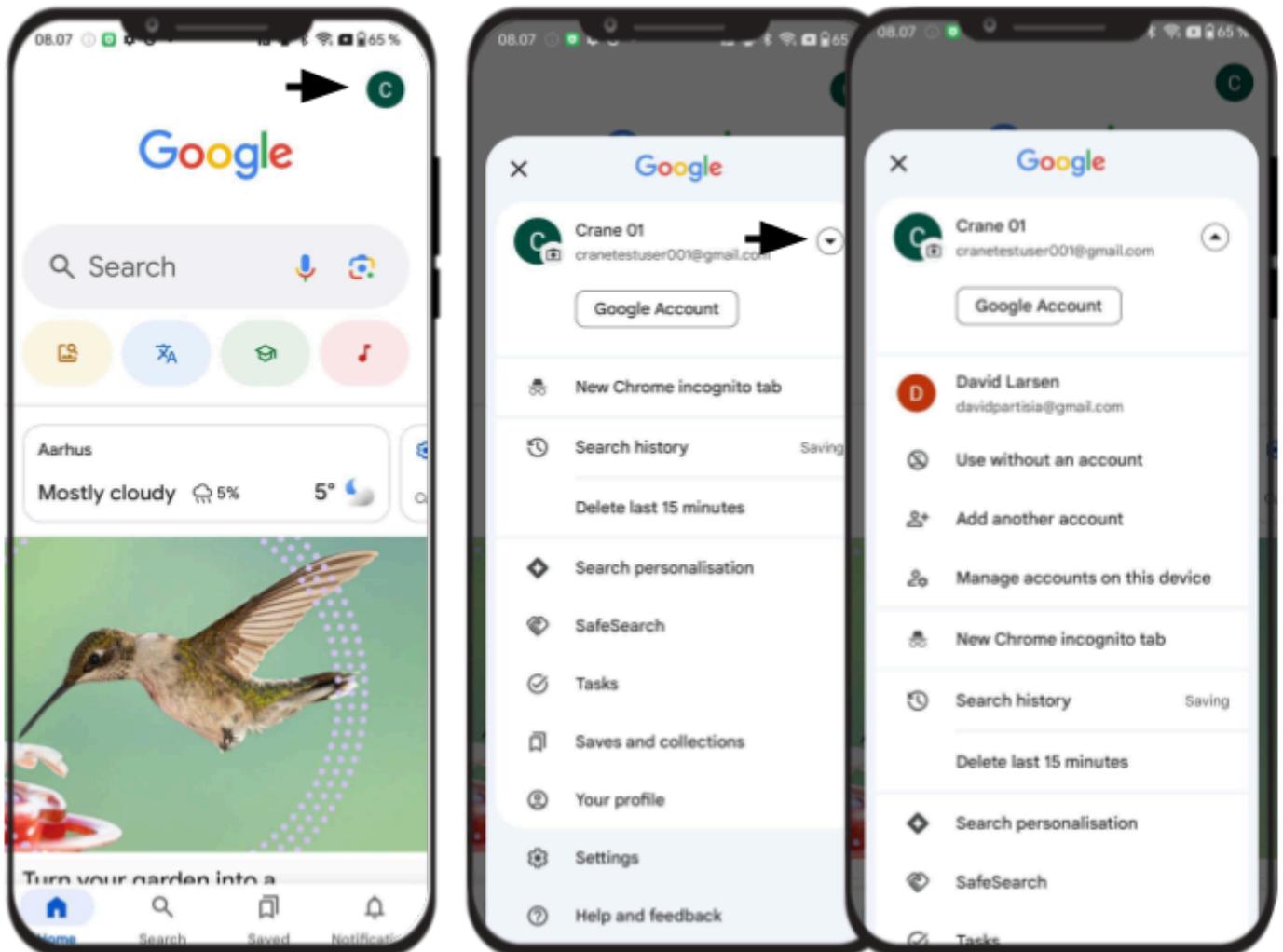
- Read through Google's Privacy and Terms.
- Tap **I agree** to continue.
- Your new Google account will now be created and automatically added to your phone.



Step 10: Switch between multiple Google Accounts

Now that you have created a new Google account, you might have **two Google accounts** linked to your device.

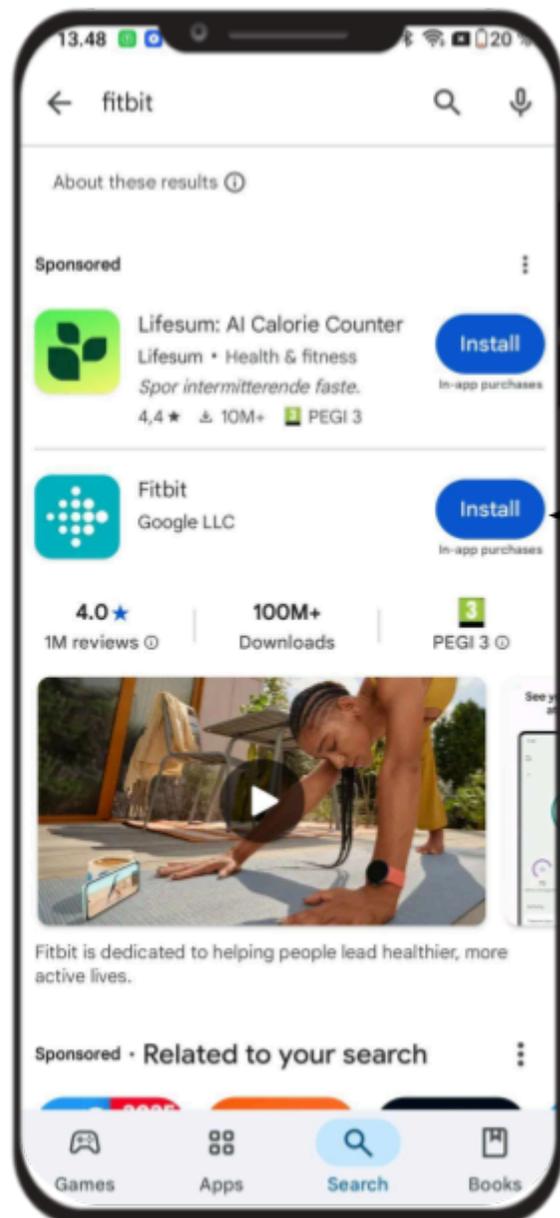
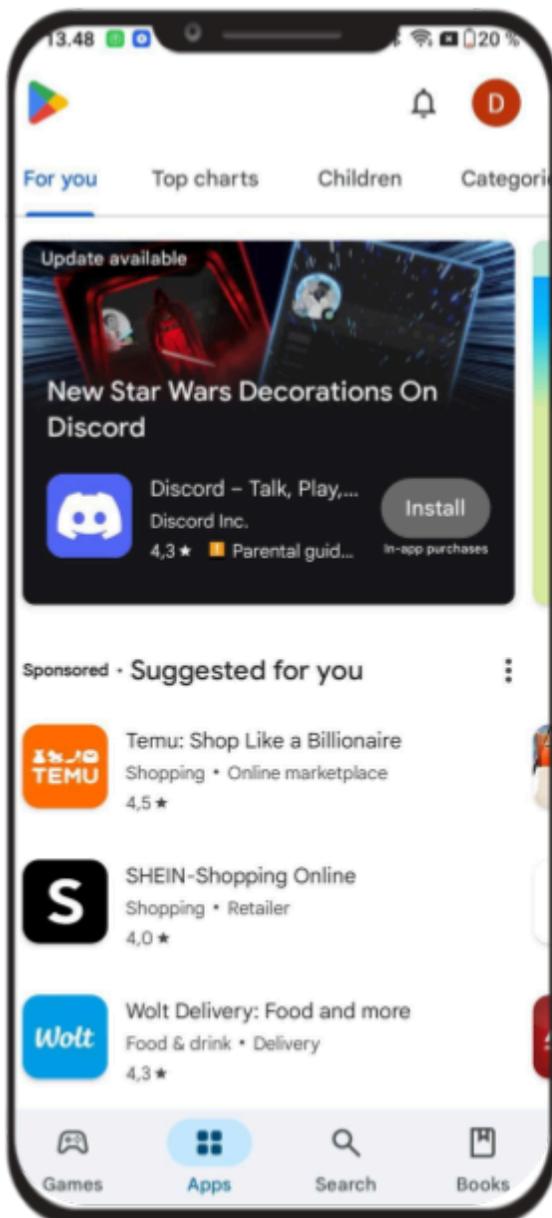
- Tap **Google** to open the app.
- Tap **Profile letter or initial** in the top right corner
- Tap the **dropdown arrow** next to your account name
- You will now see a list of your Google accounts
- Tap on an account to switch between them



Create Fitbit account and connect Fitbit device

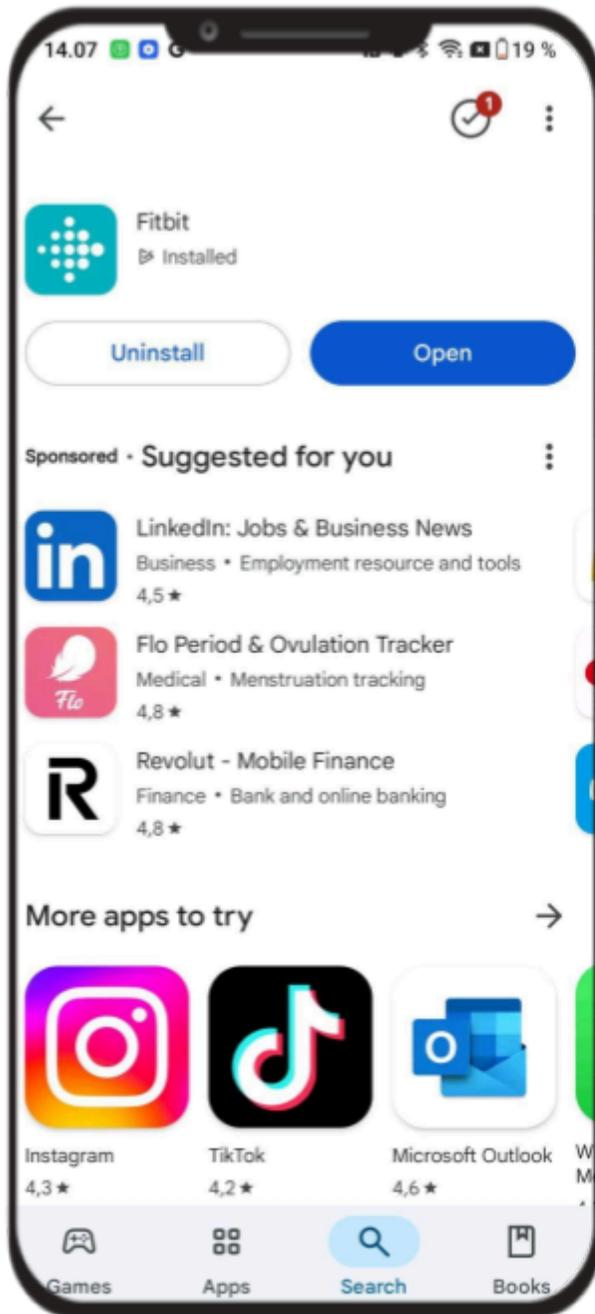
Step 1: Open the App Store and search for "Fitbit"

- Open the **Google Play Store**
- Tap on the **search**
- Type in "**Fitbit**"
- Tap on **install** at the **Fitbit**



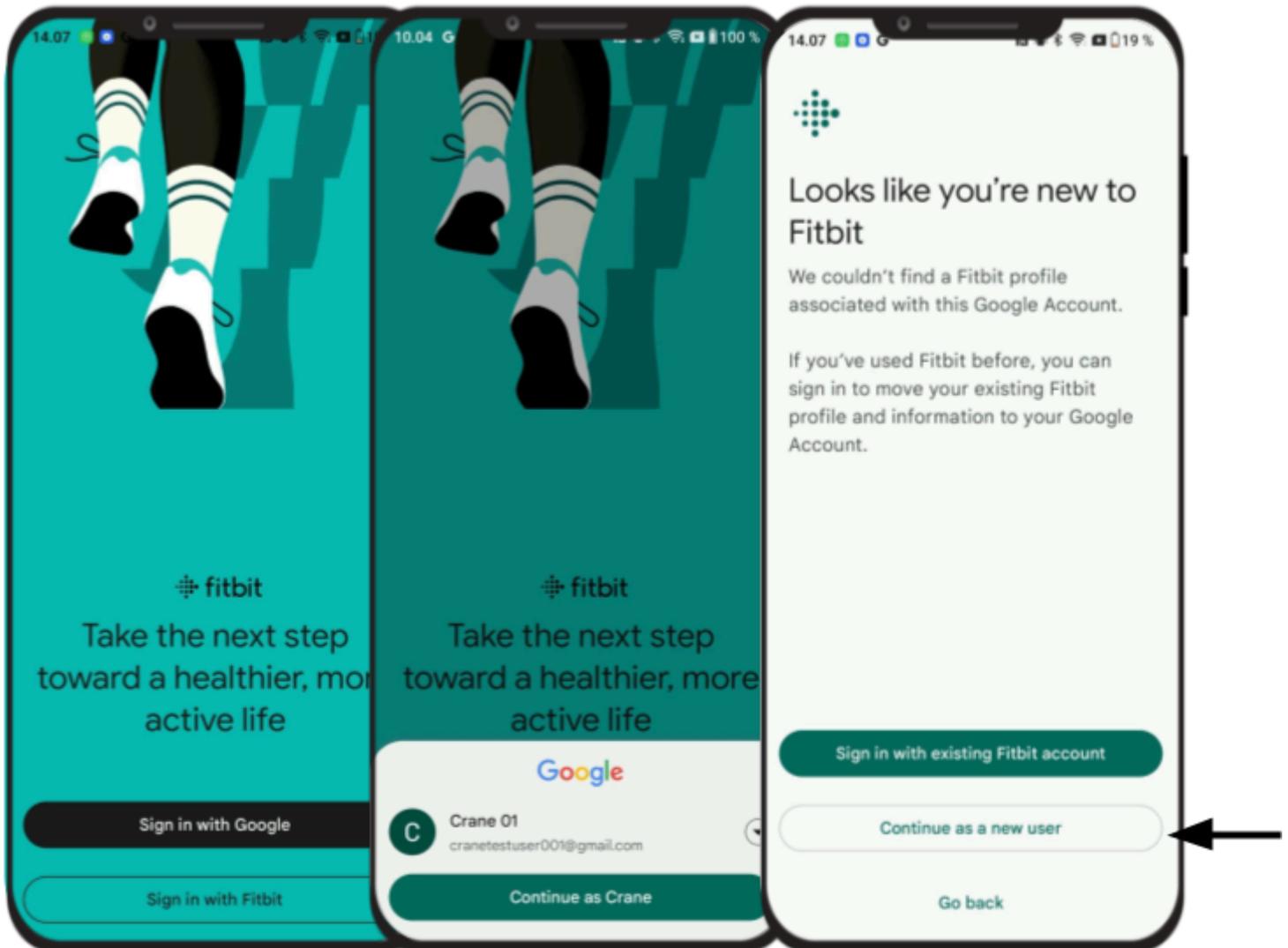
Step 2: Open the Fitbit App

- Tap **Open** once installed
- Or find the Fitbit icon on your home screen and tap it



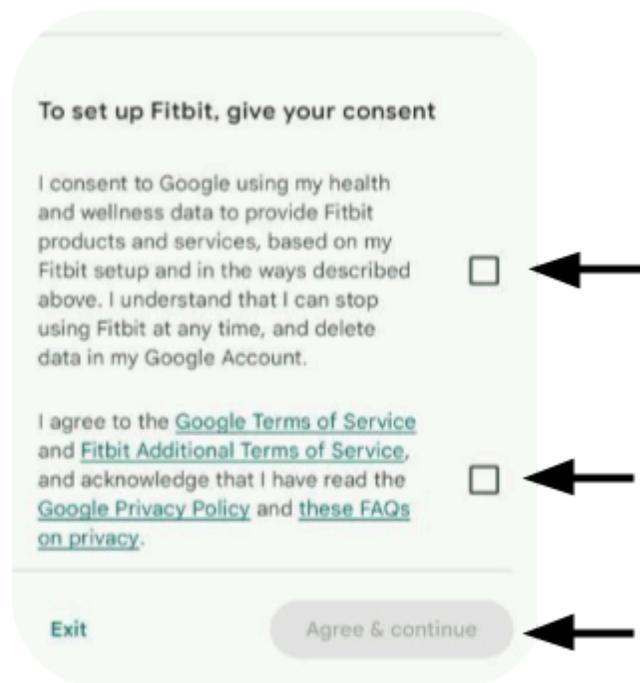
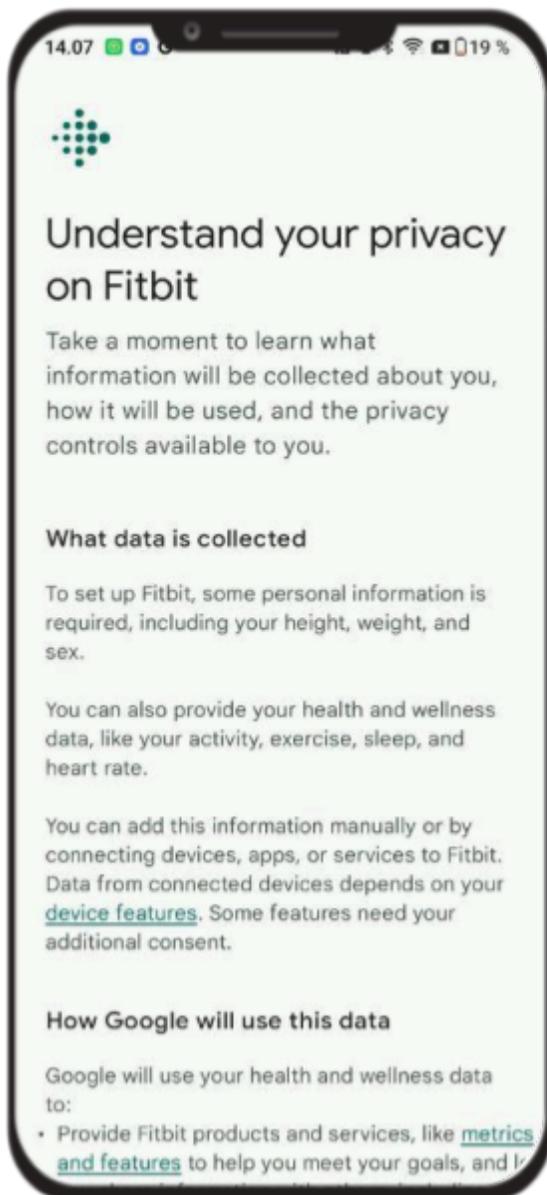
Step 3: Signing in “Fitbit”

- On the welcome screen, tap **Sign in with Google**
- Tap **Continue as (your name)**
- Tap **Continue as a new user**



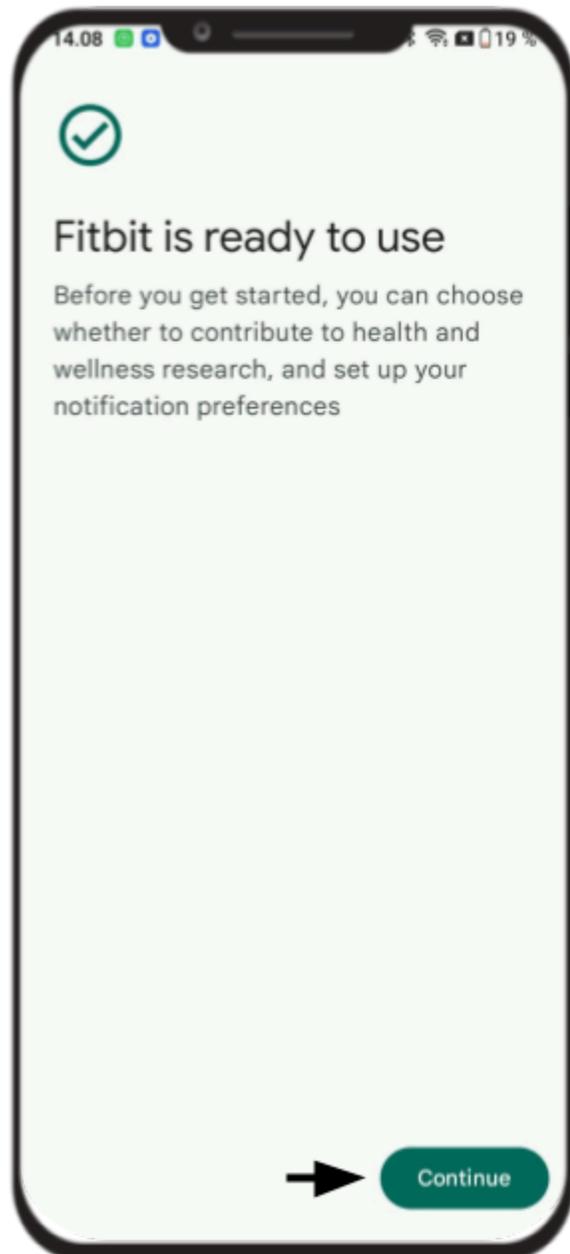
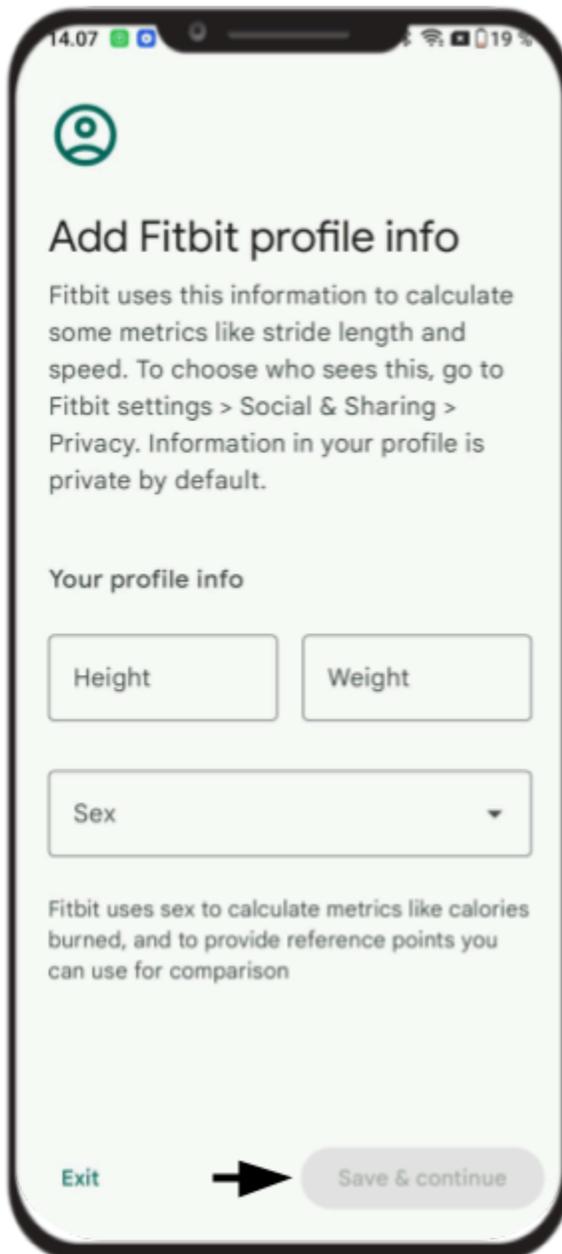
Step 4: Understand your privacy on “Fitbit”

- Read through Fitbit’s Privacy and Terms
- **Check the 2 consents**
- Tap **Agree & continue**



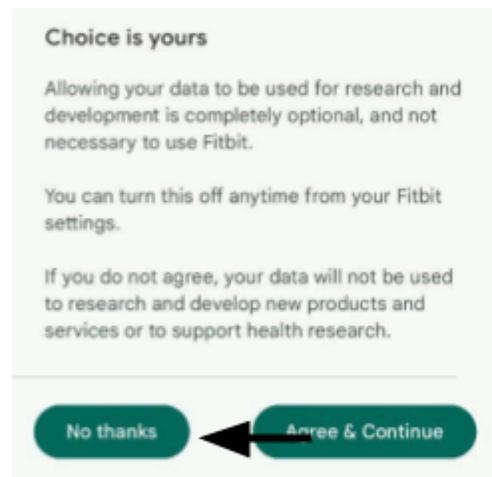
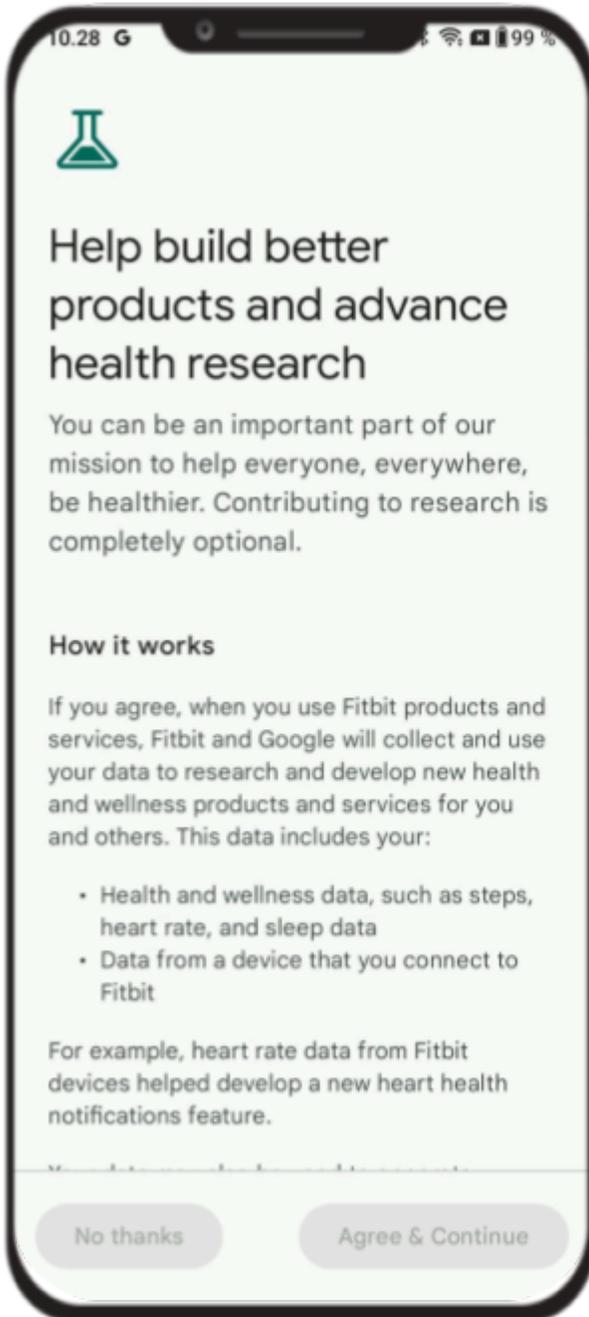
Step 5: Enter Fitbit profile info

- Enter your **height, weight, and gender**
- Tap **Save & continue**
- Your Fitbit is ready to use! Tap **Continue**



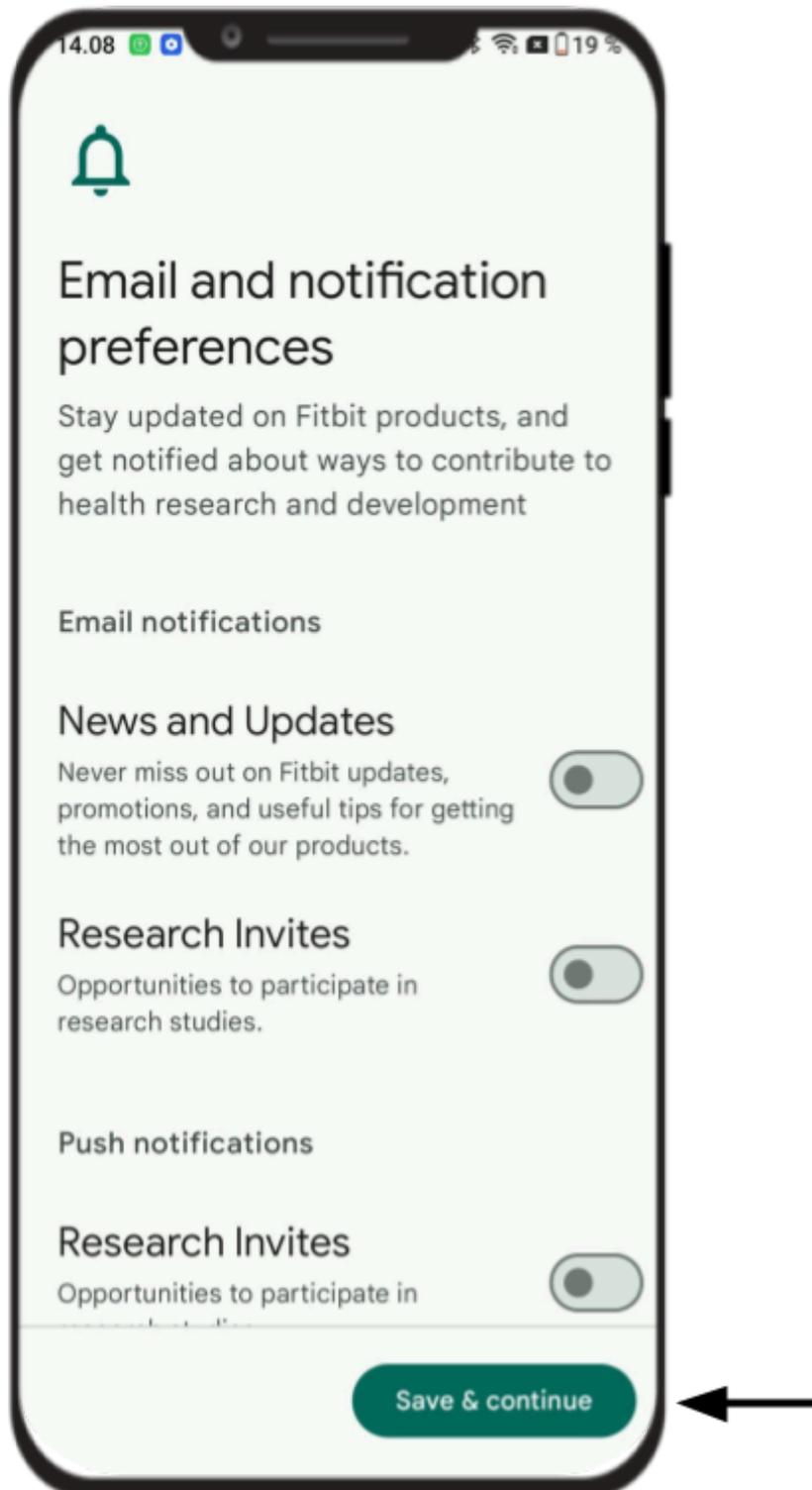
Step 6: Fitbit research and notification

- Scroll down and tap **No thanks** to research



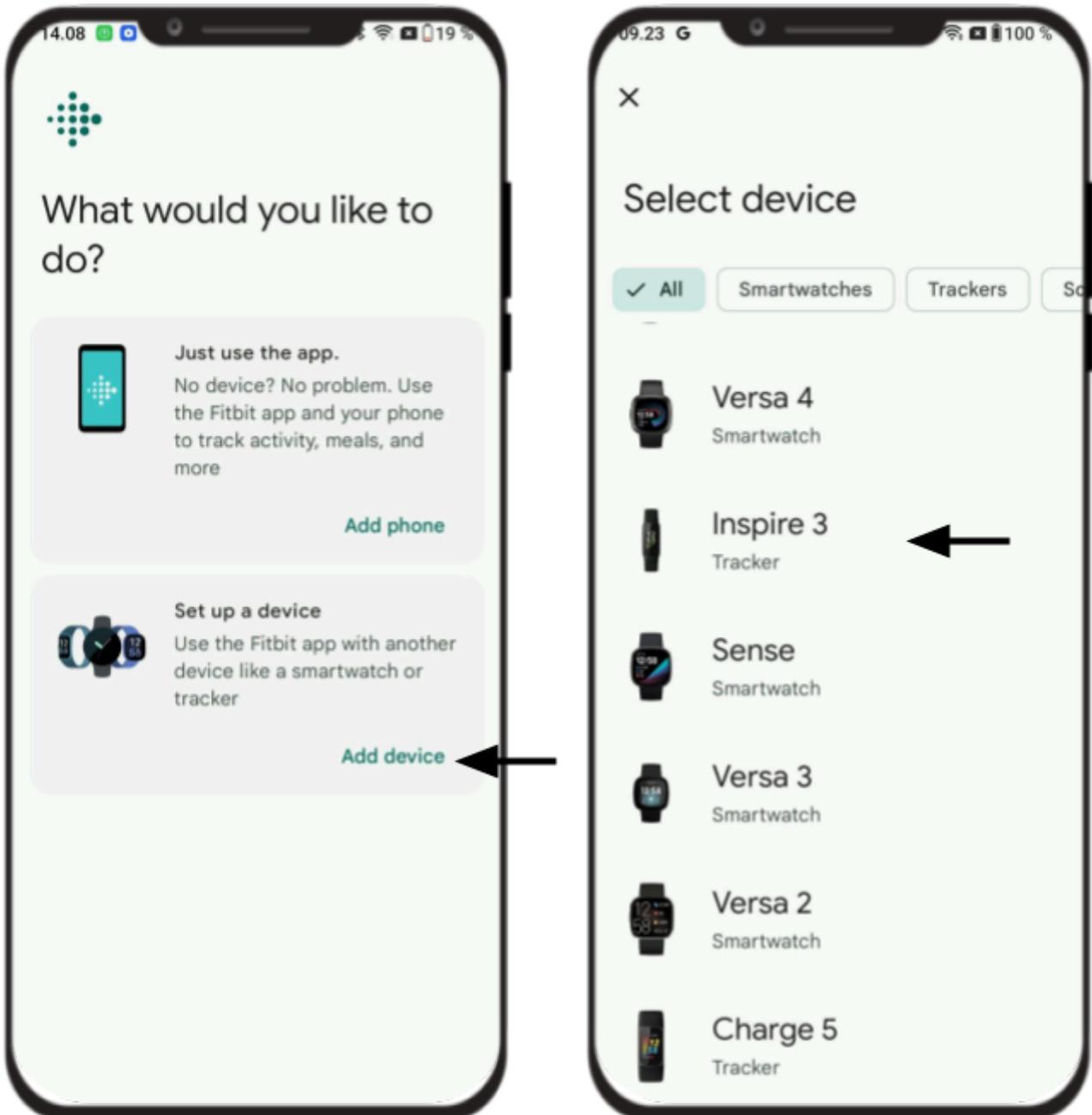
Step 7: Fitbit research and notification

- Tap **Save & continue**



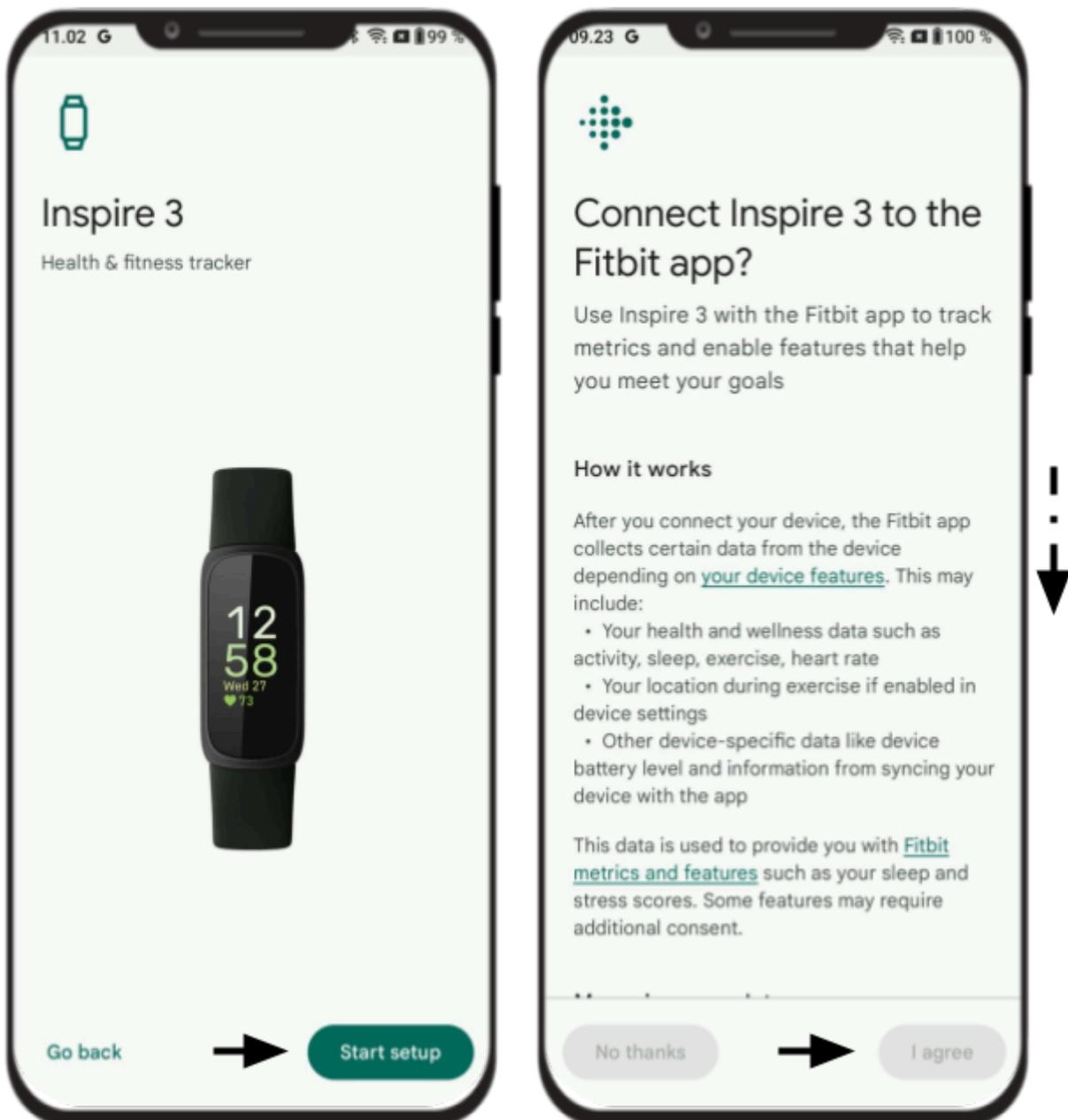
Step 8: Add device (ex. Inspire 3)

- Tap **Add device**
- Scroll and find the device (ex. Inspire 3)



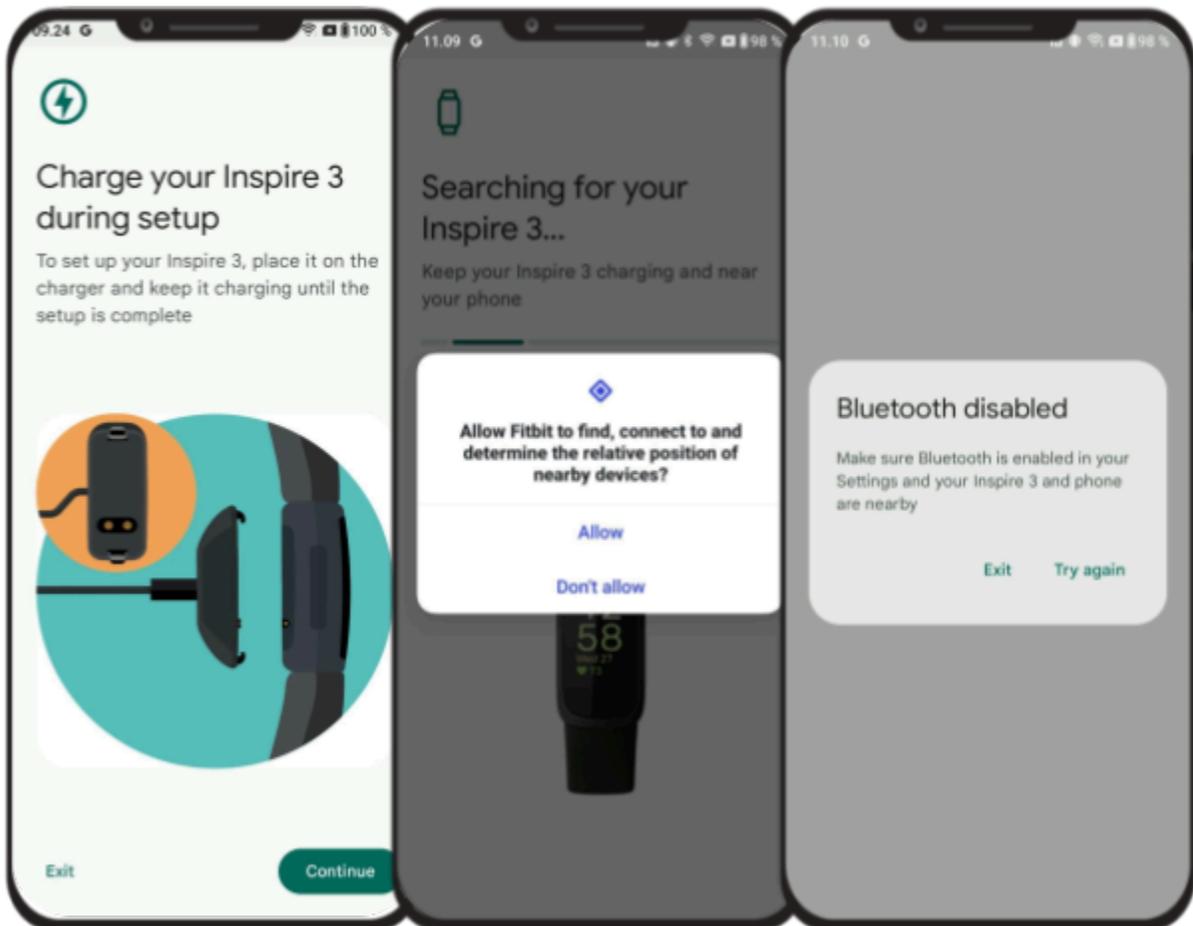
Step 9: Starting the setup

- Tap **Start setup**
- Scroll all the way down and tap **I agree**



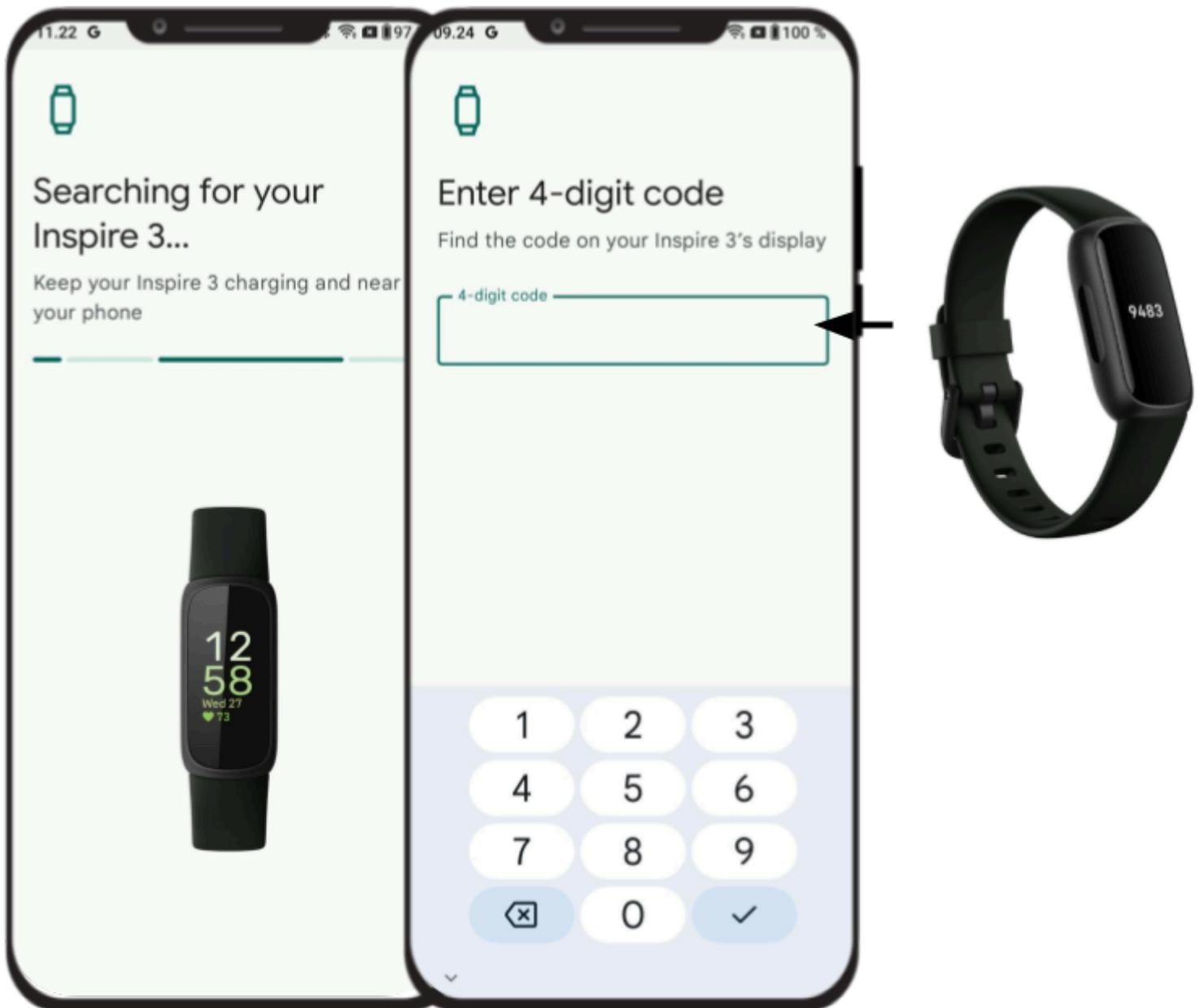
Step 9: Setting up the device

- Follow the setup guide (**Eg. Charge Inspire 3 during setup**)
- Tap **Allow** to let Fitbit find the device
- If your bluetooth is disabled, please **enable bluetooth**



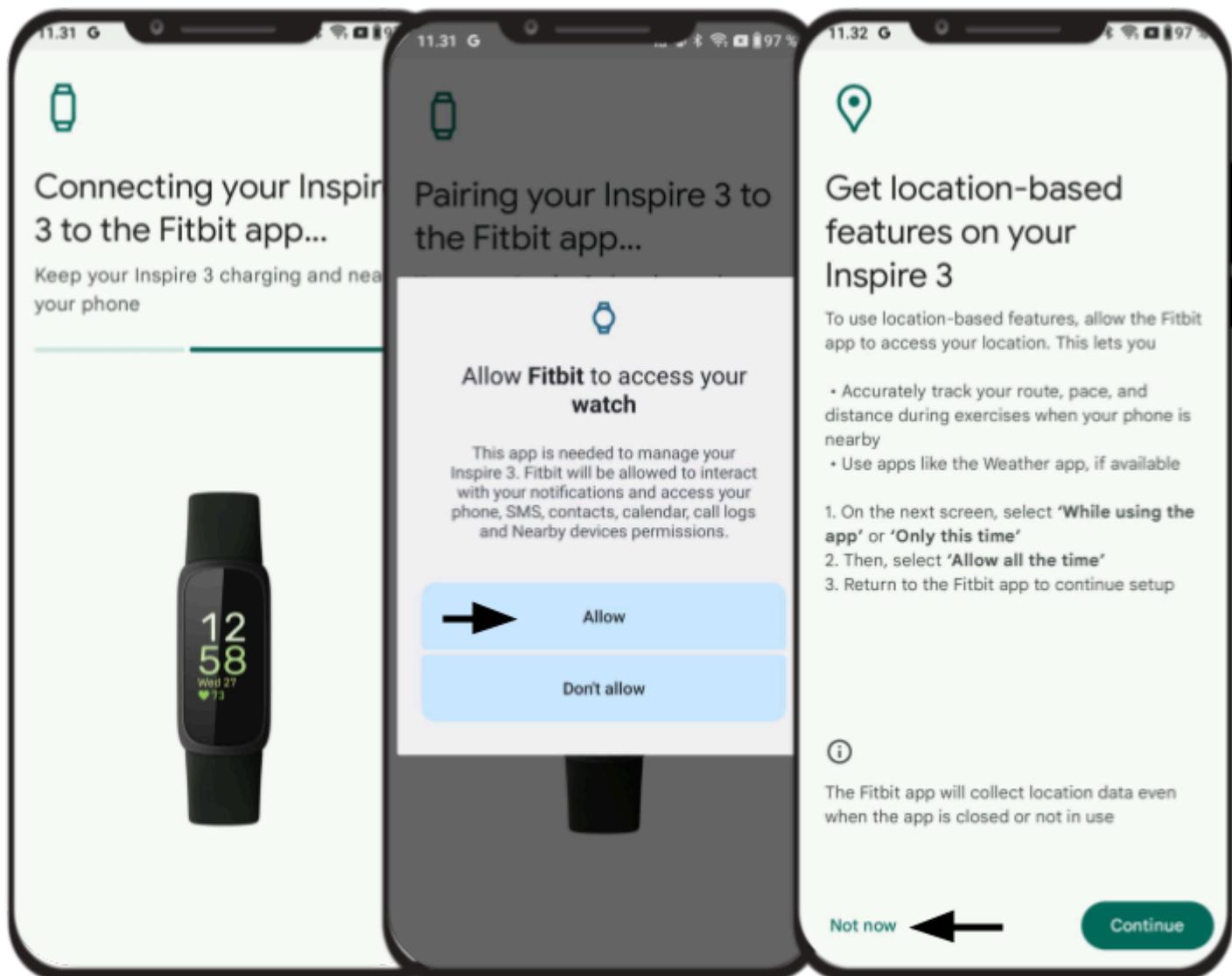
Step 10: Wait for Device to Be Found

- The app will search for your Inspire 3
- Once found, you'll see a **4-digit code** on your Inspire 3 screen
- Enter the **code shown on your Inspire 3** into the Fitbit app when prompted



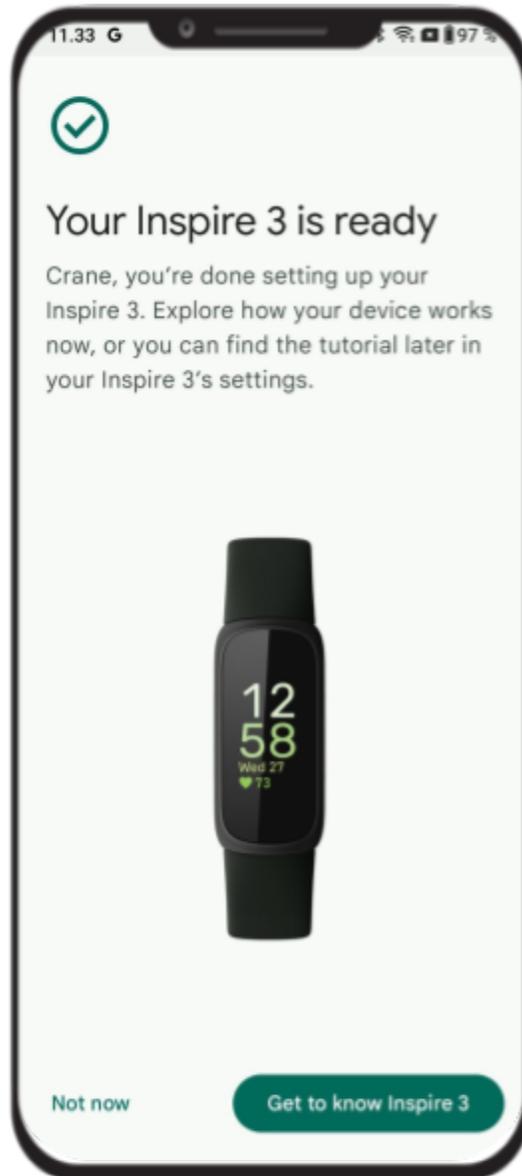
Step 11: Follow On-Screen prompts

- The app will begin connecting your device
- Tap **Allow** upon Fitbit accessing the device
- Tap **Not now** upon using GPS-location



Step 12: Fitbit device is ready

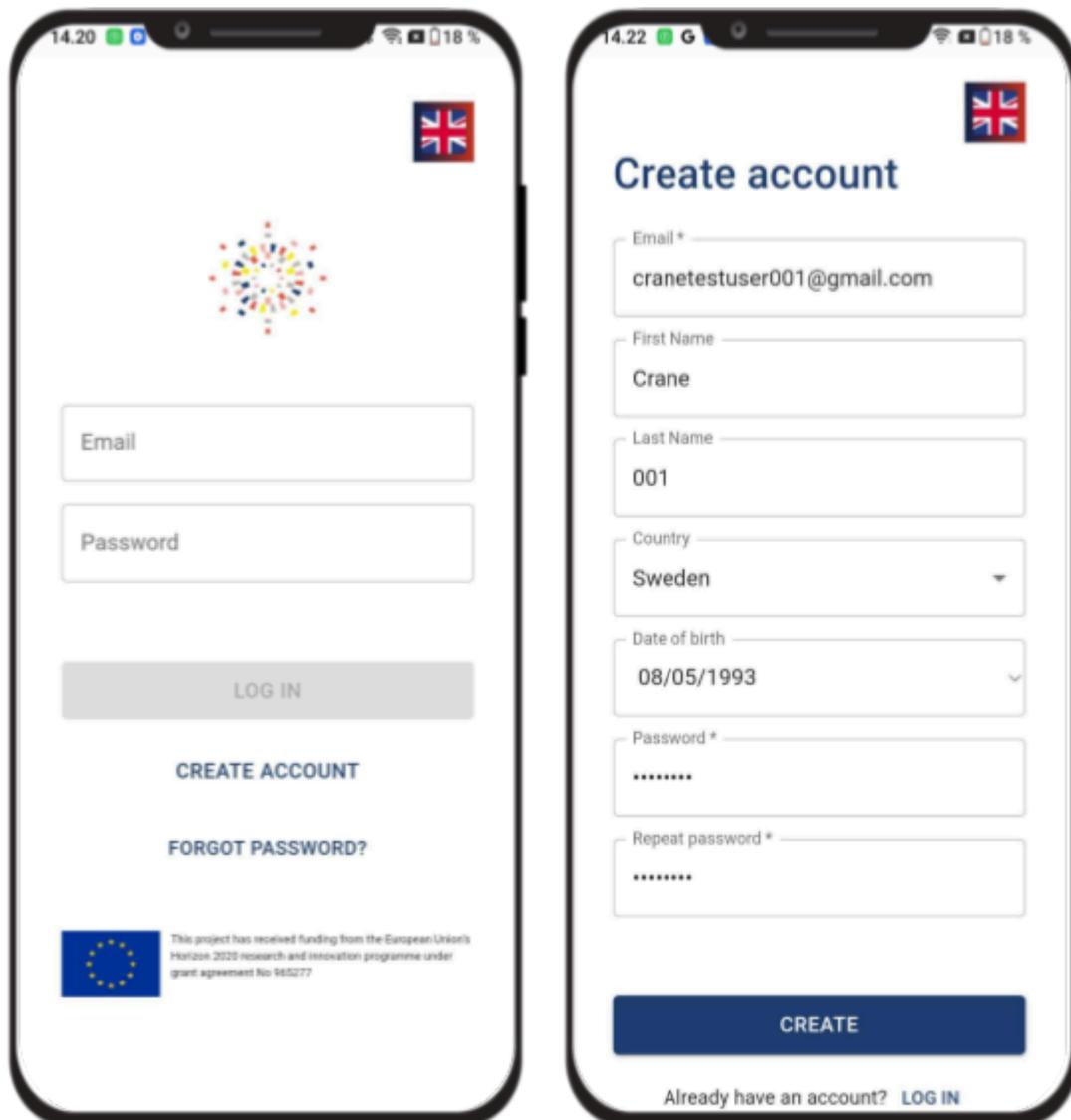
- Tap **Not now** for exploration



Creating DfG account

Step 1: Creating DfG account

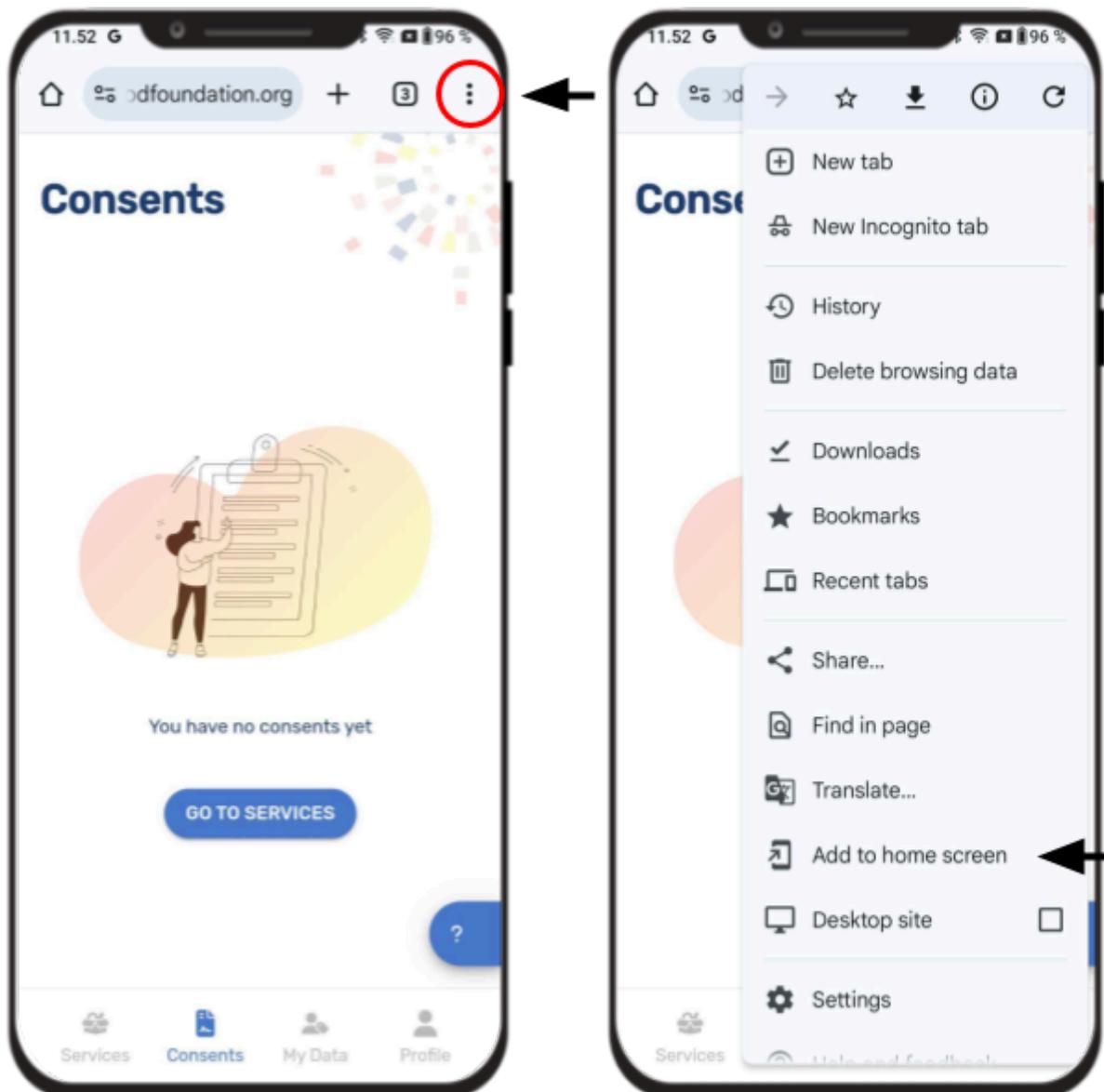
- Open **Chrome**
- Go to <https://crane.dataforgoodfoundation.org>
- Tap **Create account**.
- **Fill out** the basic information using the same credentials as your **Google Account**
- Tap **Create**



Downloading DfG as webapp

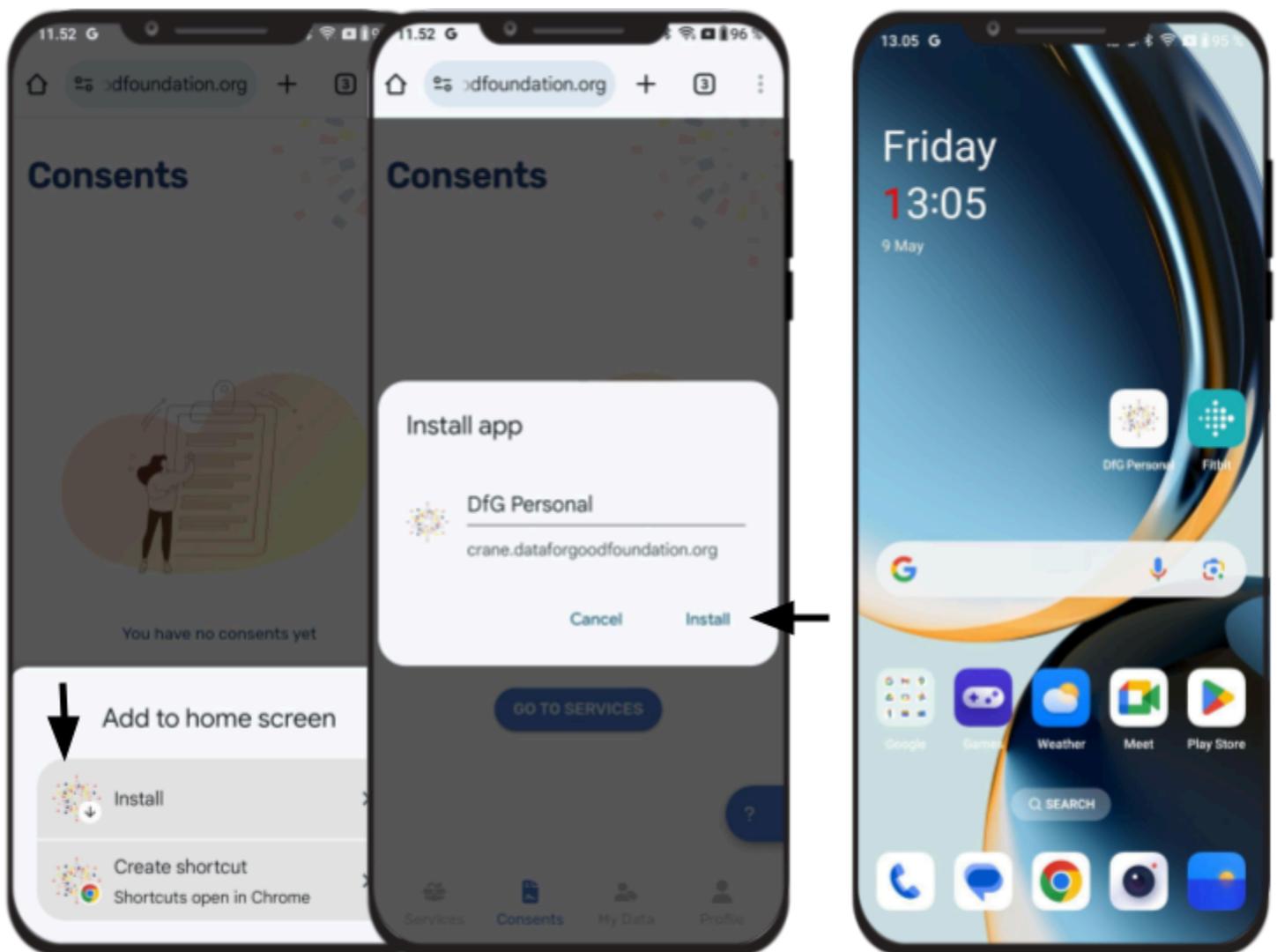
Step 1: Start the download

- Tap **at the three dots** at the topbar
- Tap **Add to home screen**



Step 2: Install DfG as webapp

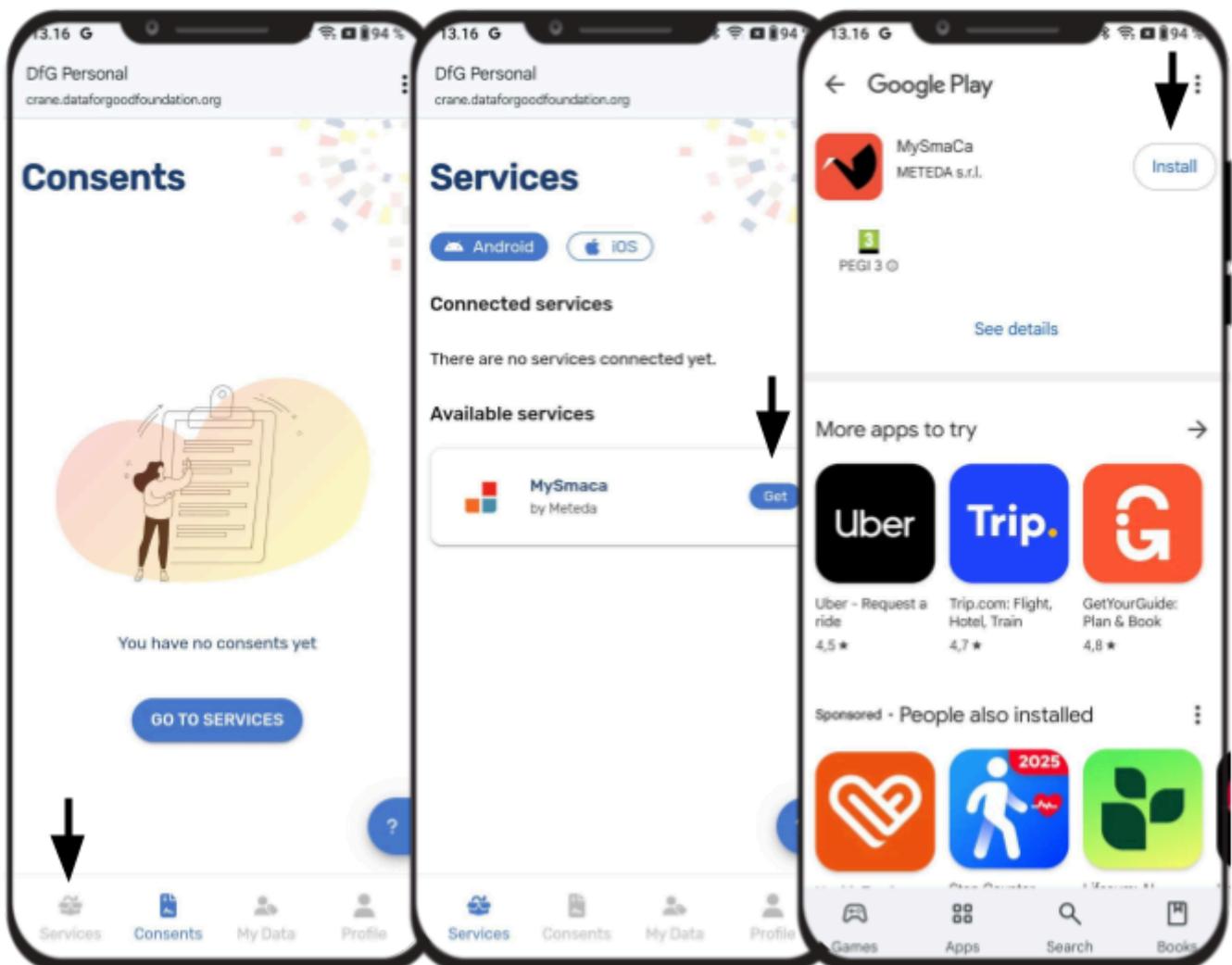
- Tap **Install**
- Tap **Install** to install the app



Downloading MySmaca

Step 1: Go to service in DfG personal

- Tap **service**
- Tap **get** at MySmaca
- Tap **Install** to install MySmaca



Connecting Beurer device

How to Connect a Device

1. Access the Device Connection Section:
 - a. Navigate to the Device Connection section from the app's main menu.
2. Select the Device Type:
 - a. Choose the type of device you wish to connect (e.g., Blood Pressure Monitor) from the provided list of compatible devices.
3. Start the Connection Wizard:
 - a. Follow the step-by-step instructions in the connection wizard:
 - b. Turn on Bluetooth on your mobile device.
 - c. Power on the Beurer BM 96 Cardio or other selected device.
 - d. Ensure the device is in pairing mode as per the manufacturer's instructions.
 - e. Confirm the device selection when it appears in the app.
4. Complete the Pairing Process:
 - a. Once the app establishes a connection, the pairing process will finalize, and the device will appear in your Device List.

DfG personal user guide link:

<https://docs.google.com/document/d/1CUE4C0G8SwRY40CuTaxXbyggVi8ITVsq/edit>

Deleting Google Account link

When the test is over, please use this link to remove/delete your google test-account from your private phone:

<https://support.google.com/accounts/answer/32046?hl=en>

Appendix

Aria Air Setup:

https://staticcs.fitbit.com/content/assets/help/manuals/manual_aria_en_US.pdf

Link to DfG's support website

You can always take a look at the resources from CRANE that are uploaded to Data for Good's website.

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/ ?](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.