

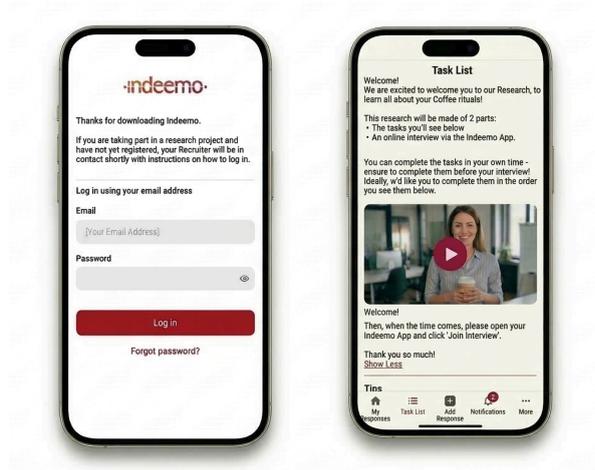
Your Guide to Using Indeemo

Welcome to the project!

We are excited to have you on board. This guide will help you get set up quickly and show you how to share your story with us.

1. Getting Started: Two Simple Steps 📱

- **Step 1: Register Online.** Open the invitation email from your researcher and click the registration link. You **cannot** register directly in the app; you must use this link first.
- **Step 2: Download the App.** Once registered, you will be prompted to download **Indeemo** from the App Store or Google Play. Log in using the email and password you just created.



2. Setting Up for Success ✓

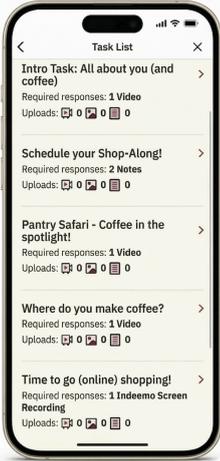
- **Device Requirements:** For the best experience, we recommend using an iPhone X or above (iOS 16+) or an Android device running version 12 or above.
- **In-App Tour:** Follow the quick tour when you first log in to see exactly where everything is.
- **Push Notifications:** Keep these turned **ON**. Your researcher might leave a comment on your post to ask a follow-up question (a "probe"), and notifications ensure you see it instantly.
- **Privacy:** Indeemo is private, one-to-one. That means only you and the research team

will see your posts. They will not be visible to other participants.

3. Your Task List

Your Task List is your home base for the study.

- **Check the Tips:** Before you start, read the **Tips** section to learn how your tasks will be shared with you—for example, if they are all available now or will be released over time—and to find best practices for recording.



- **Grant Permissions:** When you make your first upload, the app will ask for permission to access your **camera, microphone, and gallery**; please select "Allow" so you can successfully share your entries.

- **Check the Requirements:** Each task tells you exactly what is needed (e.g., 1 Video or 2 Photos).

- **Read While Recording:** If you're recording a video, tap the "**View Task List**" button on-screen to read the instructions while you speak so you don't miss a thing.

- **No Signal? No Problem:** You can record your entries even without Wi-Fi. The app saves them securely to your device so you can upload them later when you have a better connection.

4. Staying in Touch

- **The Notification Center:** Tap any alert to go straight to the message, comment or new task assigned to you.
- **Replying to Comments:** If a researcher leaves a comment on your post to ask a follow-up question, tap the notification to read it directly under your upload, then tap "**Add Comment**" to share your response.
- **Two-Way Conversation:** Keeping your notifications **ON** ensures you see these messages instantly, allowing for a real-time, 1-to-1 conversation with the project team.



5. Need a Hand?

If you have any technical issues with the app, please contact the **Indeemo Support Team** directly. We are here to help you!

- **In-App:** Tap the "**More**" menu and select "**Contact Us**".
- **Email:** Reach us at support@indeemo.com or participants@indeemo.support.