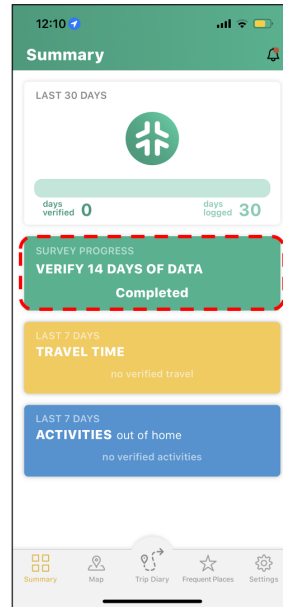
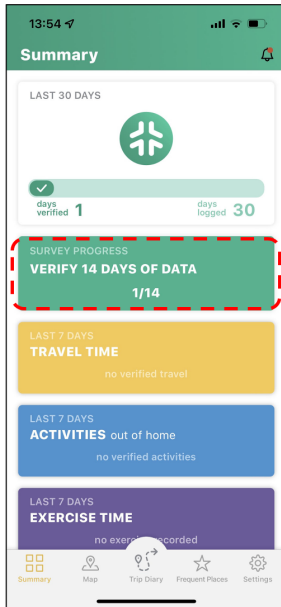


HOW TO USE THE X-ING APP

Checking Survey Progress

You will need to verify 14 days of travel logs for the EASE Project. To view your progress, tap “Summary” in the bottom menu.



The “Survey Progress” box indicates the number of days with fully verified travel logs.

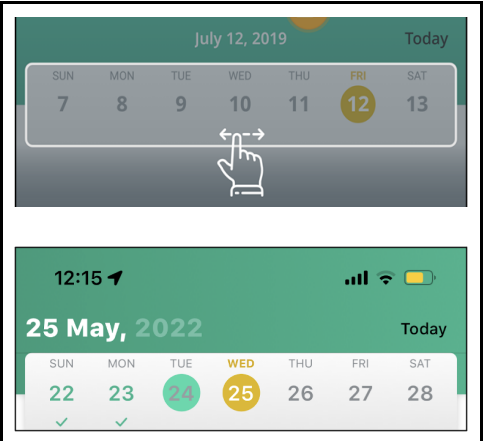
Once 14 days of travel logs have been fully verified, the "Survey Progress" box will state "Completed".

Verifying Travel Log

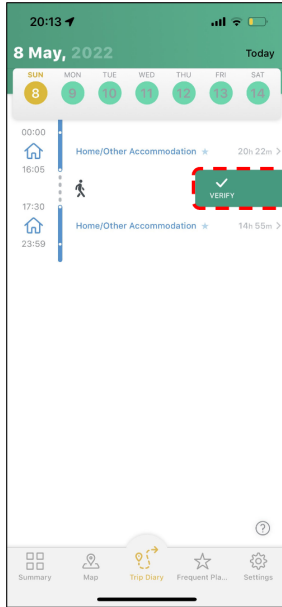
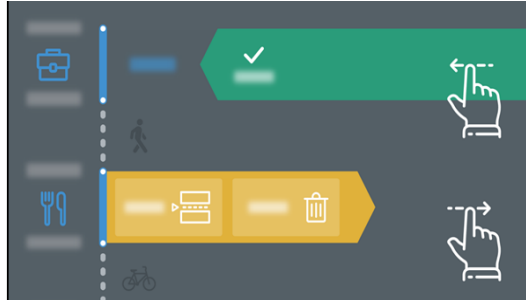
Tap “Trip Diary” in the bottom menu to access your travel log.

In the Trip Diary Screen, navigate the calendar by swiping left or right

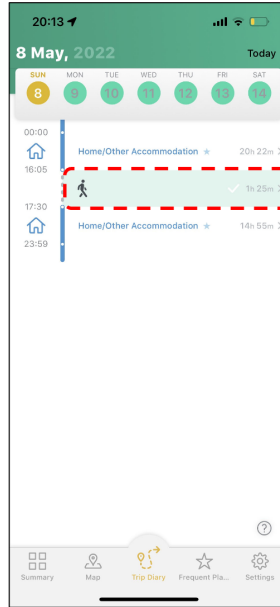
- Tapping on “Today” will navigate to the current date
- Orange circle: Date being viewed
- Green circle: Days with unverified segments
- Check mark: Days fully verified



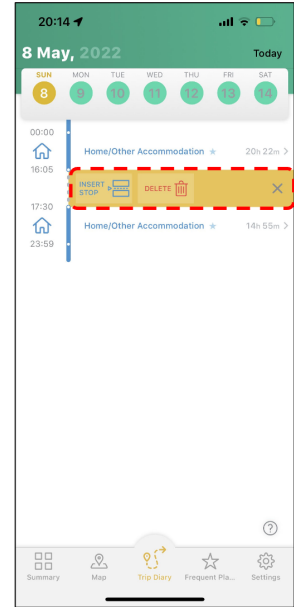
Verification Method 1: Swiping



If segment details are correct, swipe left to quick-verify that segment.



Once verified, the row will be highlighted in green and marked with a tick.



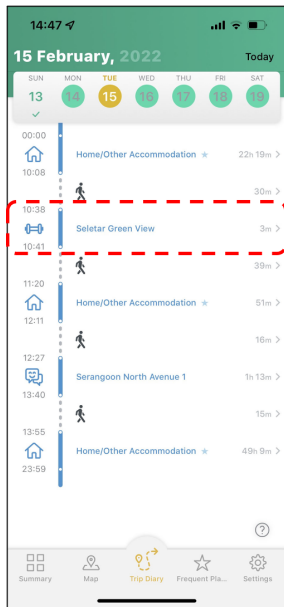
Swipe right to insert a missing trip/stop or delete that segment.

Verification Method 2: Navigating Details

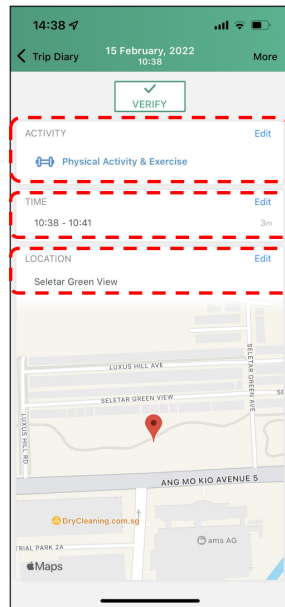
To view/edit any segment's details, tap anywhere in a segment of your Trip Diary to navigate to the Details screen.



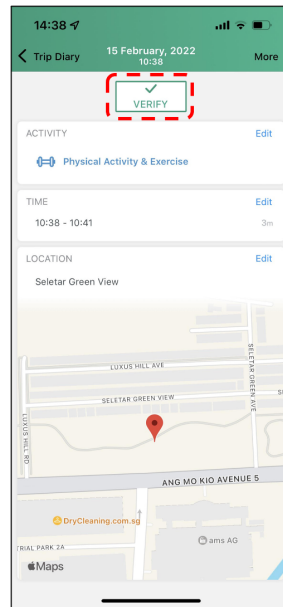
To verify stop details (activity done at location):



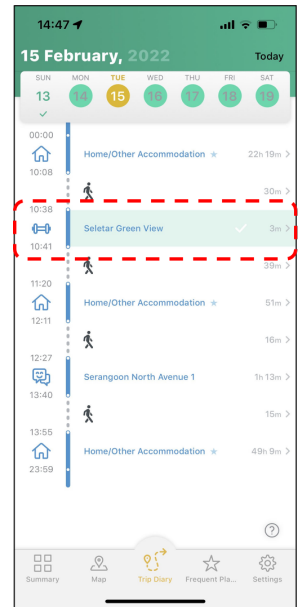
Tap on the stop segment.



Tap within the “Activity”, “Time” and “Location” boxes to edit any information.



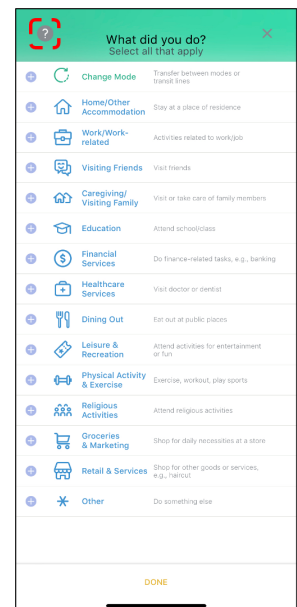
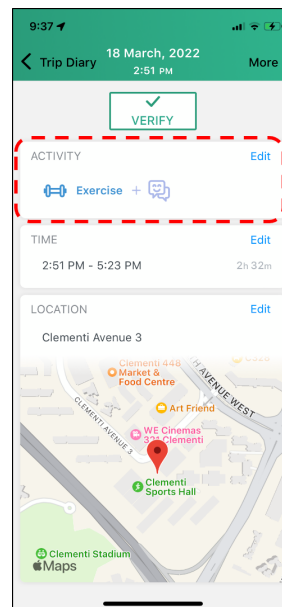
Tap “Verify” once all the information is correct.



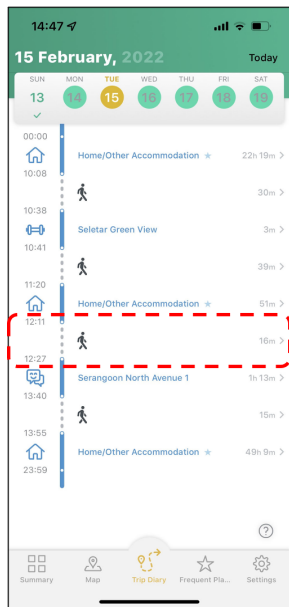
Once verified, you will return to the Details Screen. The row is now highlighted in green and marked with a tick.

To edit activity:

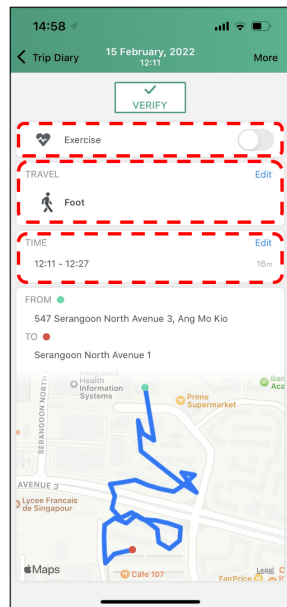
- Tap within the “Activity” box to edit the activity.
- You may select multiple activities for a given stop or location. If more than one activity is chosen, the Primary/Main activity must be identified.
- Tap on the question mark icon in the upper left corner to display a short description of each activity.



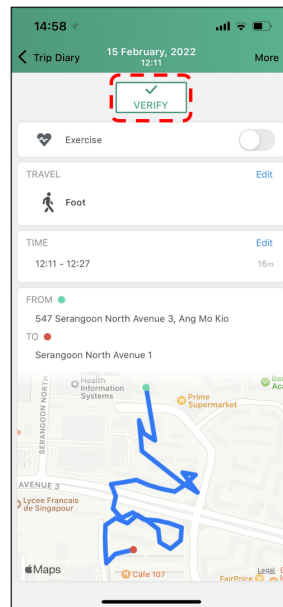
To verify trip details (mode of travel):



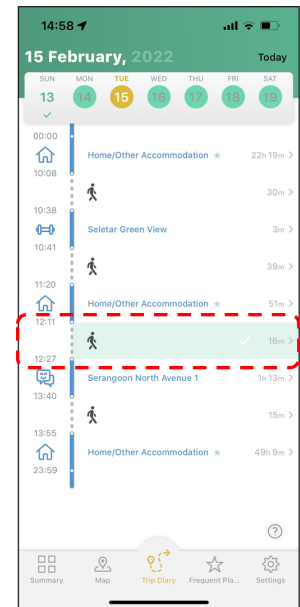
Tap on the trip segment.



Tap within the “Exercise”, “Travel” and “Time” boxes to edit any information.



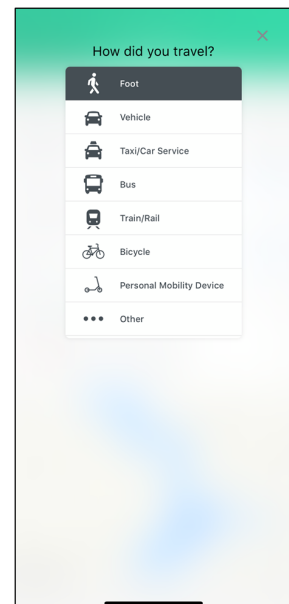
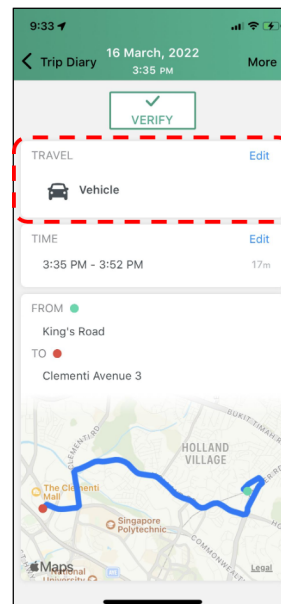
Tap “Verify” once all the information is correct.



Once verified, you will return to the Details Screen. The row is now highlighted in green and marked with a tick.

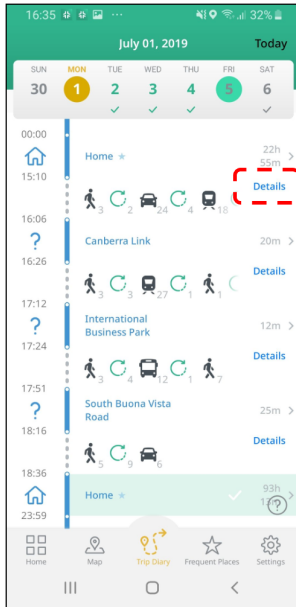
To edit travel mode:

- Tap within the “Travel” box to edit the travel mode.
- If additional information is required, the app will present follow-up questions.

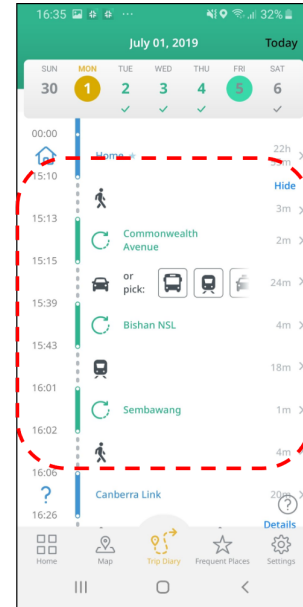


Expanding Trip Details

Sometimes, you may use more than one mode of transportation to travel between activities (for example, walking to a bus stop and then taking the bus). These are multi-modal trips. In such cases, the sequence of the trip will be presented in a horizontal line.



Tap on “Details” to expand the trip and display all of the individual segments vertically.

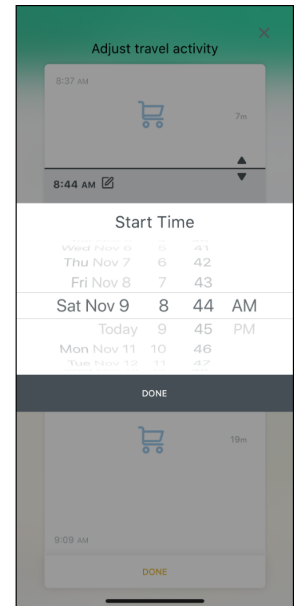
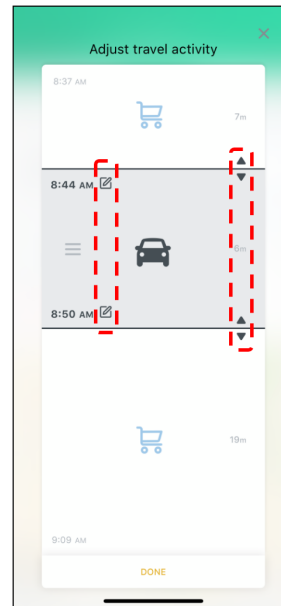


Each segment of that trip sequence has to be verified. Tapping “Hide” will collapse the trip back to a horizontal view.

Note: The 'change mode' activity (identified by a green circular arrow) reflects that point of change when you may have been stationary while waiting for the next mode of transportation.

To edit time (for Stops and Trips):

- Tap within the “Time” box to edit the start or end times of a segment.
- Drag the arrows to adjust the start or end time of a segment.
- Alternatively, tap on either of the pencil icons to bring up a picker to adjust start and end times.



If you need more help with using the X-ING app, scan this QR code
 Or visit: www.singhealth.com.sg/rhs/ease/pages/x-ing.aspx

