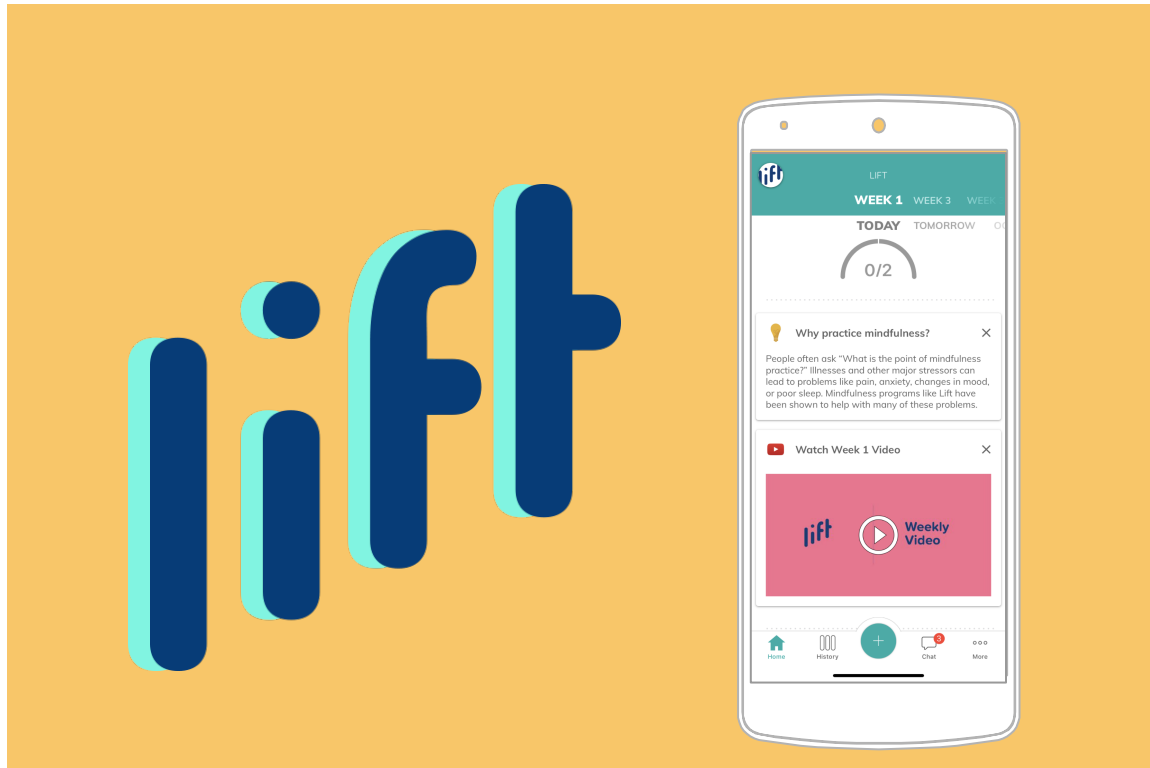


Lift participant guide



App support and study help

- **Lift app:** Email (support@pattern.health) or call (844-877-7827) at Pattern Health, the great group of people who developed the Lift app in Durham, NC.
- **Surveys or study procedures:** Email us (lift@duke.edu) or call Allie Frear (919-684-8914) in Durham, NC.
- **Compensation:** Call Allie Frear (919-684-8914) in Durham, NC.
- **I am really distressed and need help:**
Duke: 919-681-4410 or 919-681-1316 (24 hrs/day, 7 days/wk).
Oregon: 866-4-CRISIS (24hrs/7days)
Colorado: 303-602-7221 (24hrs/7days)
Everyone: 800-273-TALK (8255) is a free, 24-hour hotline for anyone in suicidal crisis or emotional distress.

Where can I always get a response:


Email: lift@duke.edu
Phone: 919-684-8914
Website: lift.duke.edu/help

What is the purpose of the Lift study?

The purpose of this study is to test an app that will deliver automated support to people, like yourself. We specifically want to determine which of the 8 slightly different versions of app work the best.



Lift participant guide

Getting started: downloading the Lift app



Getting started

- Go to: <https://app.pattern.health> and select Google Play or App Store
- Or search for **Pattern Health** in the Google Play store or App Store
- Enter your Invite Code - this is not case sensitive
 - Duke participants.....LIFTDU
 - Colorado participants.....LIFTCO
 - Oregon participants.....LIFTOR
- Fill out the registration form
- Complete onboarding steps





App FAQ

Q: I got logged out of the app. How do I get back in?
A: You can request that an email be sent to your device (see **Support Information** below). The email will contain a link to log you back in or you can contact Pattern Health support for a new secret key.

Q: Who do I contact if I am having problems with the app?
A: If you need medical attention, please contact your provider. However, if you need technical assistance with the app contact Pattern Health Technical Support (see **Support Information** below). All other questions can go to the LIFT study team.

Support Information

PATTERN HEALTH: App support Phone: 1-844-877-7827 Email: support@pattern.health	LIFT Study Team: All other issues: Phone: 1-919-684-8914 Email: lift@duke.edu Website: lift.duke.edu/help
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Duke IRB Pro00100252

What happens after I have downloaded the app?

Step 1: Just after you leave the hospital, the Lift app will send you an alert to complete a brief survey (Survey 1, Part A). This will determine if you qualify for the study.

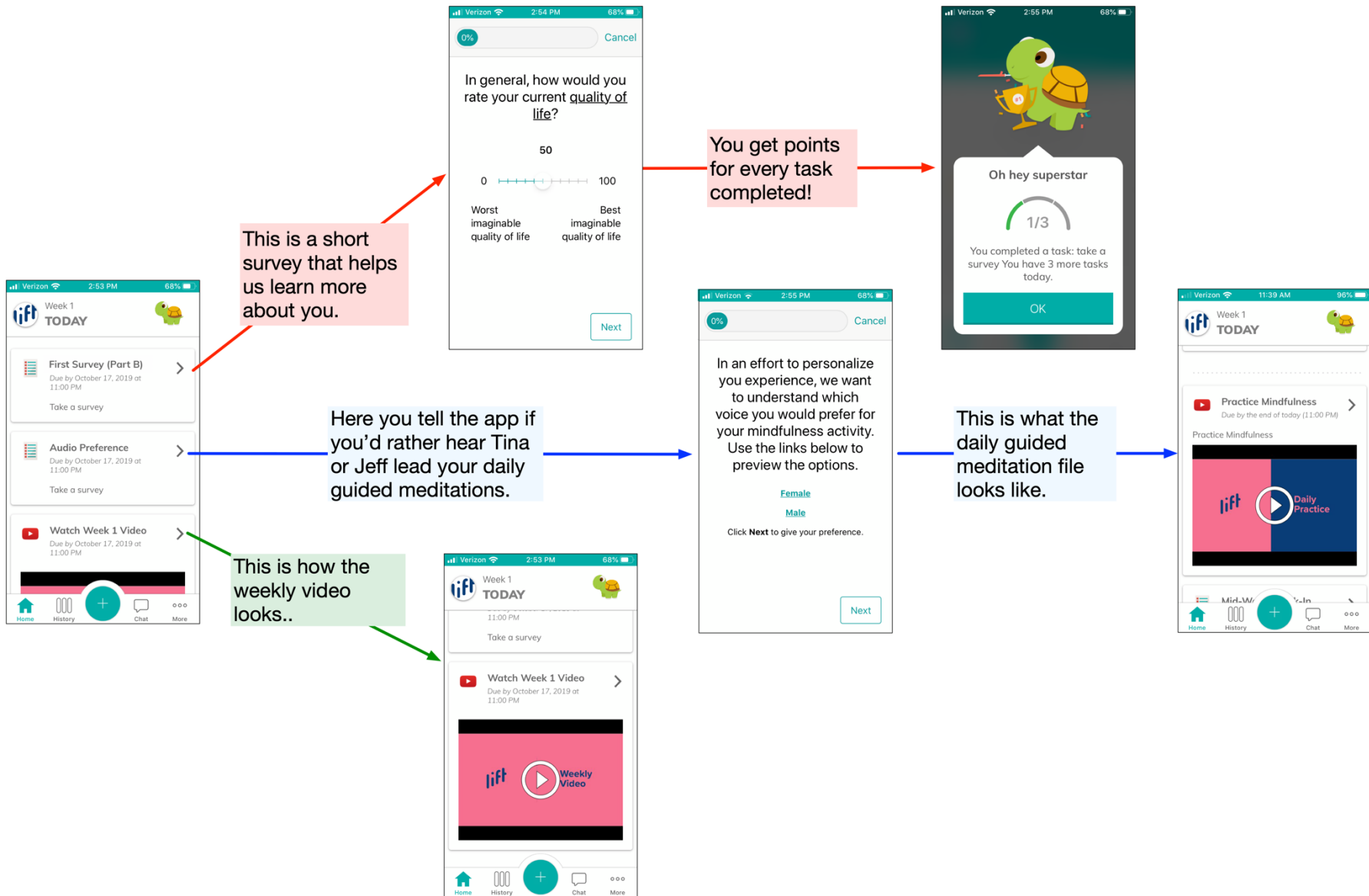
Step 2: If you qualify, you will be randomly assigned to 1 of the 8 versions of Lift. The app will tell you which one—and what to expect.

Step 3: Then you use the Lift app every day for 1 month. You'll answer a few short surveys through the app at the end of that month, as well as 2 months later. Then you're done!



Lift participant guide

Getting started: Using the Lift app for the first time



Lift participant guide

What do I need to do with the Lift app each day and each week?

The Lift app will guide you each day! Although each of Lift's 4 weeks has different content, the layout of each week is the same:

Daily tip

Each day there is a quick tip for how to apply mindfulness to your day.

Weekly video

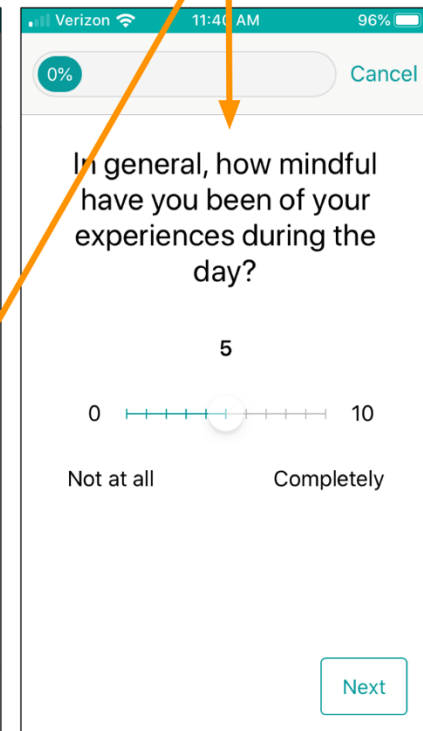
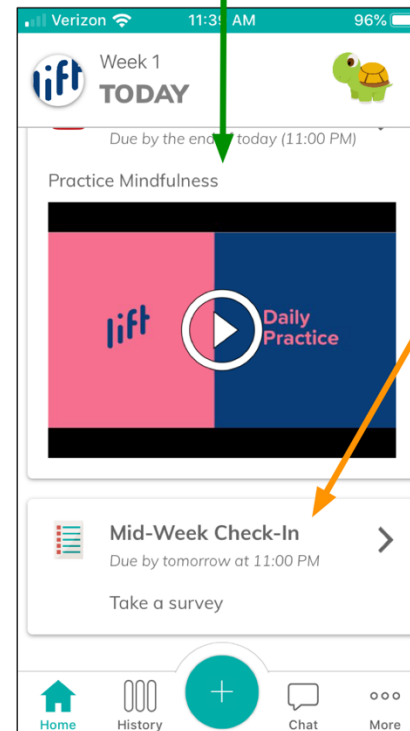
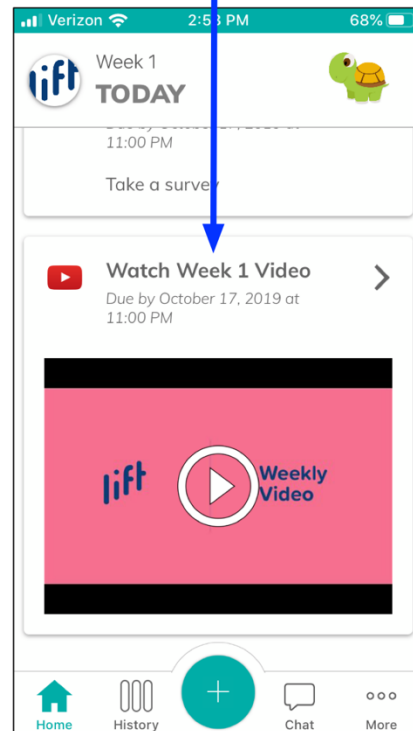
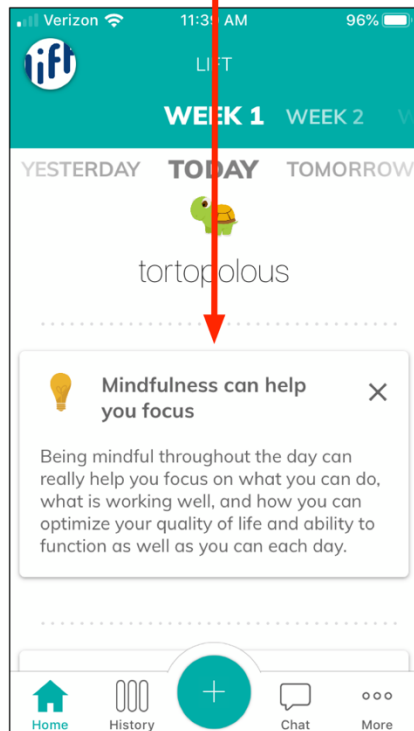
At the beginning of the week you watch a video that explains the skill of the week and also gives practical advice.

Daily audio-guided exercise

Each day you do a short guided meditation by listening to an audio file in the app—sort of like listening to YouTube or Spotify. You can choose either a female guide (Tina) or a male guide (Jeff).

Mid-Week Check-In

At the end of each week, you complete a short 2-minute symptom survey. This helps us understand how well the app is working for you. It also helps the app direct you to personalized content.

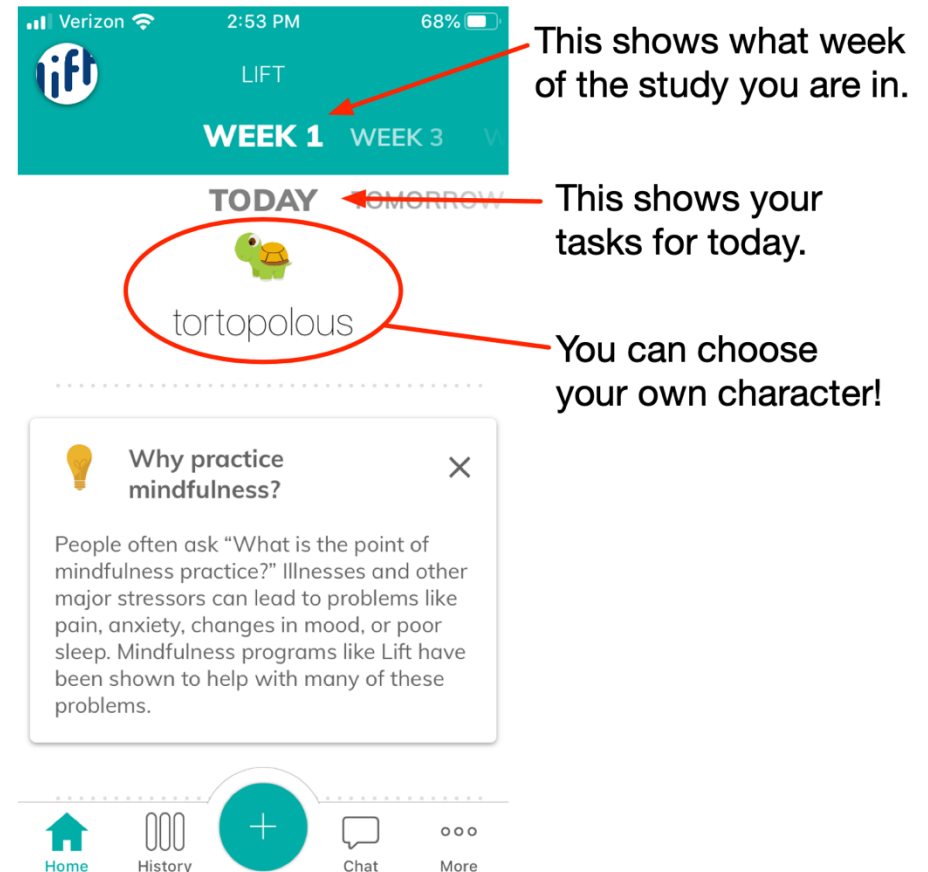


Lift participant guide

Overview of the Lift app



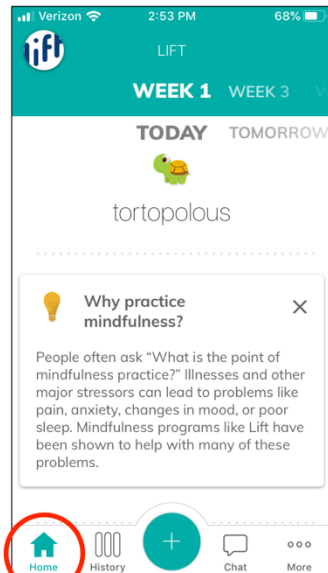
Understanding the **top** of the app screen



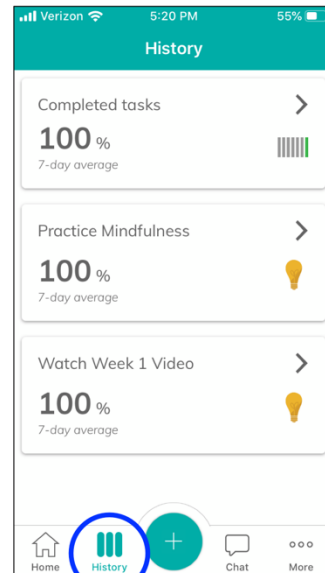
Lift participant guide

Understanding the **bottom** of the screen

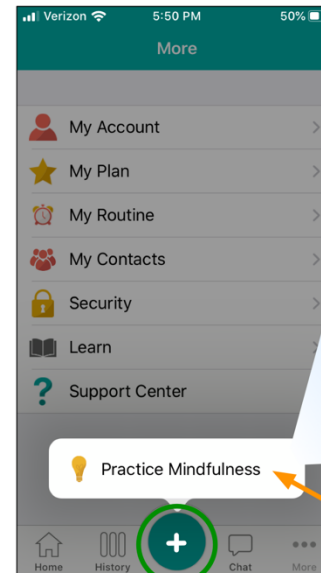
The **Home**, **History**, and **+** buttons



The **Home** button brings you back to your current day in the Lift program.



The **History** button shows how well you've been doing with Lift study activities.

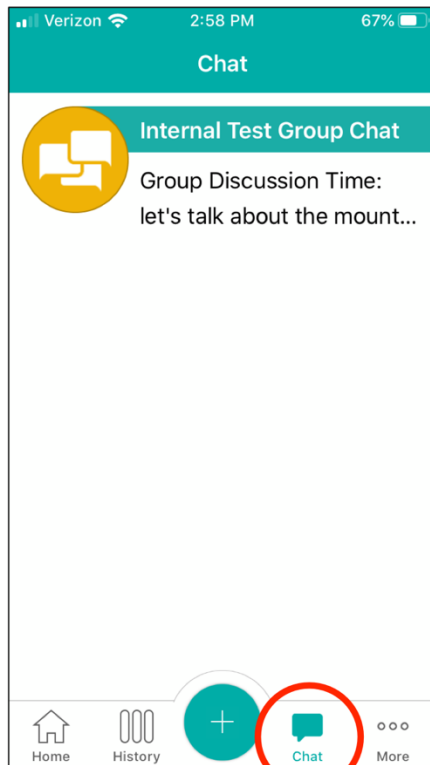


The **+** (plus) button will show a Practice Mindfulness tab.
Press **Practice Mindfulness** to go to the guided meditation.



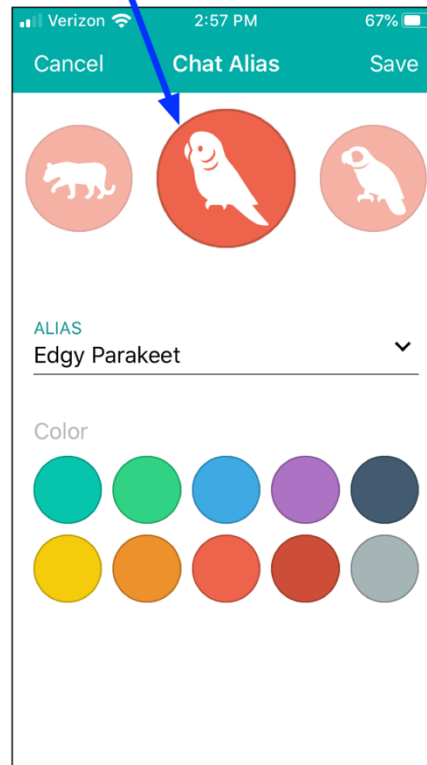
Lift participant guide

The **Chat** button (accessible by some groups)

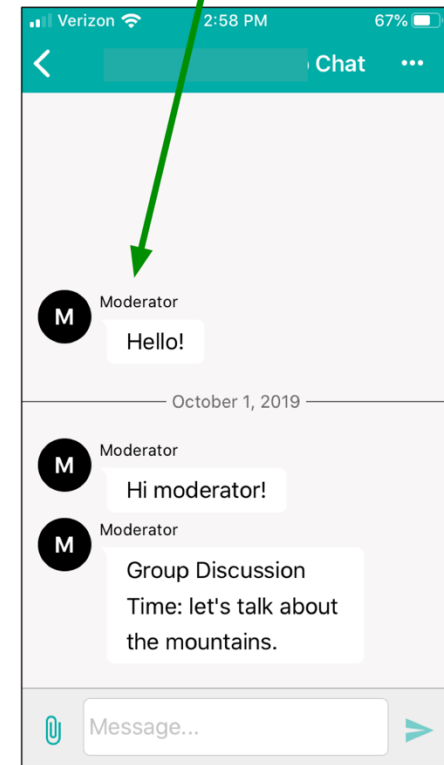


The **Chat** button will allow some groups to access the chat room.

Choose an alias to use the chat room. This gives everyone privacy.



You can chat with others in the study—and a trained Lift guide.



Lift participant guide

The **More** button.

