



# iOS User Manual

Version 1.0

Tuesday April 28, 2013



## Revision Sign-Off

By signing the following, the team member asserts that he has read the entire document and has, to the best of his knowledge, found the information contained herein to be accurate, relevant, and free of typographical error.

Name	Signature	Date
Alex Anduss		
Baer Bradford		
Greg Kolesar		

## Revision History

The following is a history of document revisions.

<b>Version</b>	<b>Date Revised</b>	<b>Comments</b>
0.1	Apr. 2, 2012	Initial draft.
1.0	Apr. 28, 2012	Version 1.0

---

---

## Table of Contents

Revision Sign-Off .....	i
Revision History .....	ii
Table of Contents .....	iii
1. Introduction .....	1
1.1 Purpose .....	1
1.2 Overview .....	1
2. iOS Device Requirements .....	2
2.1 iOS Version .....	2
2.2 iPhones .....	2
2.3 iPod Touches .....	2
2.4 iPads .....	2
2.4 Network .....	2
2.5 Wikipedia’s List of iOS devices and specifications .....	2
3. Running the App .....	3
3.1 Starting the App .....	3
3.2 Additional Tips for iPad Users .....	3
4. Initial Page .....	4
4.1 Create Account .....	5
4.2 How to Log on .....	9
5. Navigating the Main Sections of the App .....	10
5.1 Slide Menu .....	10
5.2 Modifying Account .....	11
5.3 Logging out .....	11
6. Taking an Assessment .....	12
6.1 Taking a Survey .....	13
6.2 Survey Results Screen .....	14
7. Fort Worth Resources .....	15
7.1 Calling .....	16

---

7.2 Web Browser .....	16
7.3 Mapping the Location .....	17
8. Health Education Resources .....	18
9. GoodNEWS Overview .....	18
10. Optional Weight Management Program.....	19
Appendix A. Troubleshooting .....	21
A.1 Alert Message “The Internet connection appears to be offline.” .....	21
A.2 Alert Message “The request timed out.” .....	21
A.3 Notification not occurring .....	21

## 1. Introduction

### 1.1 Purpose

The purpose of this document is to provide the user with instructions on how to use the GoodNEWS Fort Worth App on an iOS device. This document will include detailed instructions with screenshots so the user can use the app without any further assistance.

### 1.2 Overview

GoodNEWS Fort Worth is a program initiated by the University of North Texas Health Science Center in conjunction with Fort Worth City Leaders to promote healthy living in the city. In the past, the program had been a series of seminars that were used to assist citizens with their lifestyle. The app will be a great way for the GoodNEWS team to reach out and help the citizens of Fort Worth better their lifestyles. The app will also allow the citizens to respond to surveys and the GoodNEWS team can use the results to make Fort Worth a healthier place.

## 2. iOS Device Requirements

This section lists the requirements needed to run the GoodNEWS Fort Worth App. The app is currently on the App Store.

### 2.1 iOS Version

iOS Version 6.0 and higher are required to use this app.

### 2.2 iPhones

The iPhones that support iOS 6.0 are the iPhone 3GS, iPhone 4, iPhone 4S, iPhone 5.

### 2.3 iPod Touches

The iPod Touch devices that support iOS 6 are the iPod Touch 4<sup>th</sup> Generation and the iPod Touch 5<sup>th</sup> Generation. The easiest way to tell if your iPod Touch can run iOS 6 is to see if it has a front facing camera. If it does, it is a 4<sup>th</sup> or 5<sup>th</sup> generation.

### 2.4 iPads

The iPad 2, iPad 3<sup>rd</sup> Generation, iPad 4<sup>th</sup> Generation, and the iPad Mini will all support use of this App. The App does not support the iPad's full resolution, but you can run it in a sandboxed mode (See Section 3.2).

### 2.4 Network

The App does require constant connection to a network, it can be a 3G, 4G, or LTE cellular network, or a Wi-Fi network.

### 2.5 Wikipedia's List of iOS devices and specifications

[http://en.wikipedia.org/wiki/List\\_of\\_iOS\\_devices](http://en.wikipedia.org/wiki/List_of_iOS_devices)

## 3. Running the App

This section lays out the steps the user will take to run the App.

### 3.1 Starting the App

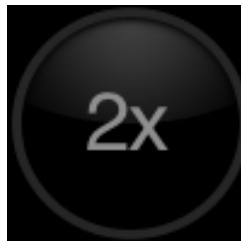
To start the App, click on the GoodNEWS app icon shown in **Figure 3.1**.



**Figure 3.1 GoodNEWS Logo**

### 3.2 Additional Tips for iPad Users

Since the app does not support the iPad natively, the app will run in iPad Compatibility Mode. This mode will sandbox the app, and make it run on a screen the size of the iPhone. Apple built in a feature that will allow the user to get close to full screen with a button in the lower right corner, see **Figure 3.2**.

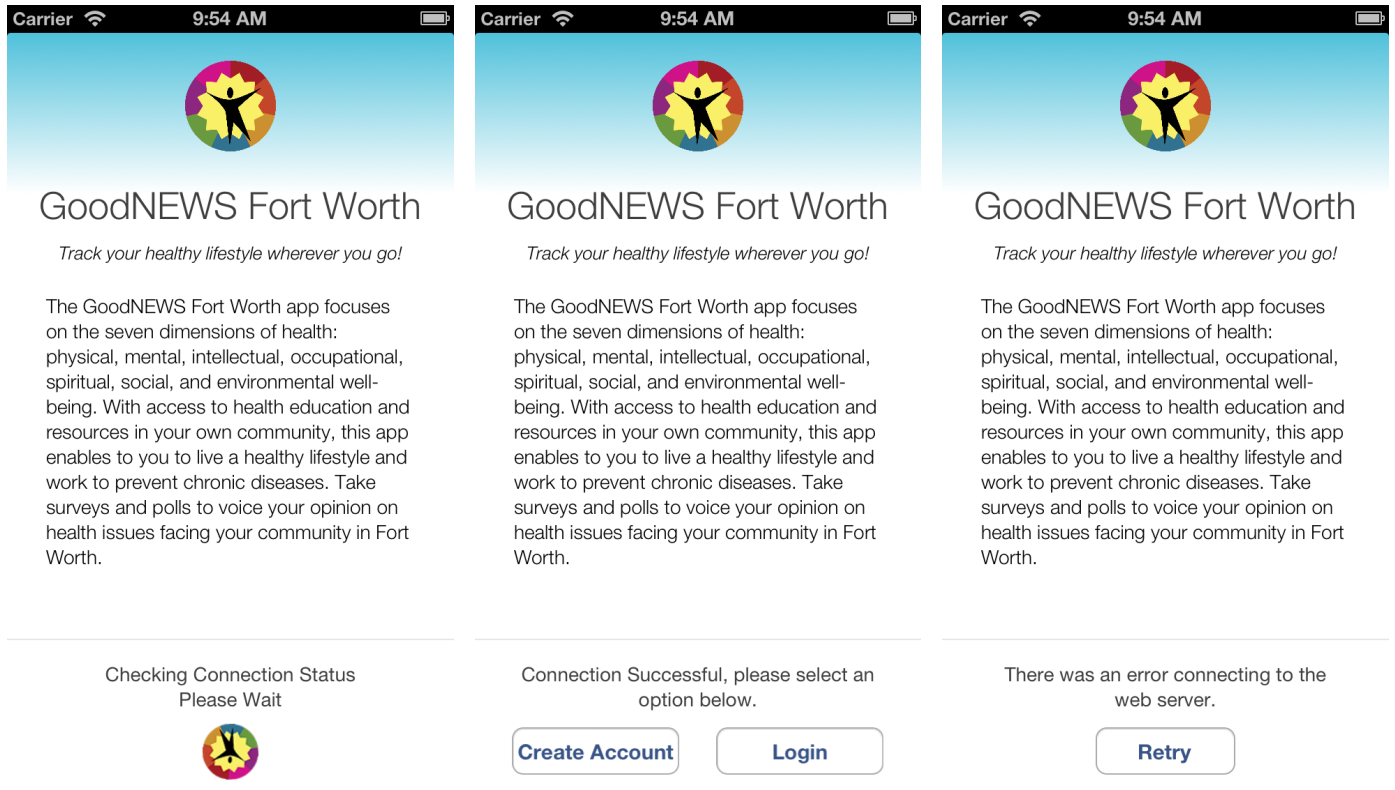


**Figure 3.2 iPad Zoom Button**



## 4. Initial Page

**Figures 4.1 – 4.3** show 3 different states of the initial screen that is displayed when the app is launched.



**Figure 4.1** Connecting

**Figure 4.2** Connection Successful

**Figure 4.3** Connection Failed

If the App is attempting to connect to the web service, the user will see the spinning logo, as shown in **Figure 4.1**. When a connection is established you will see **Figure 4.2**, and it will prompt you to create an account or login. If the connection fails you will see the screen depicted in **Figure 4.3**, from here you may attempt to retry the connection. For other tips network connectivity, please see Appendix A.

## 4.1 Create Account

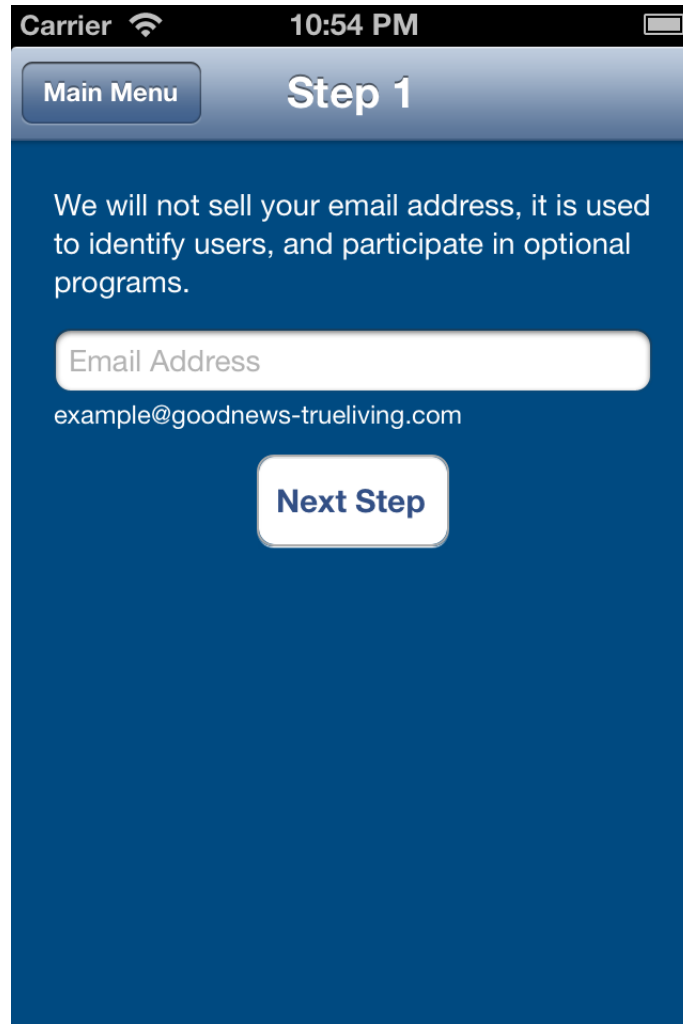
If the user does not have an existing account, a new account can be created from the “Create Account” button seen in **Figure 4.2**. The user will then be presented with the screen shown in **Figure 4.4**.



**Figure 4.4 Initial Create Account Screen**

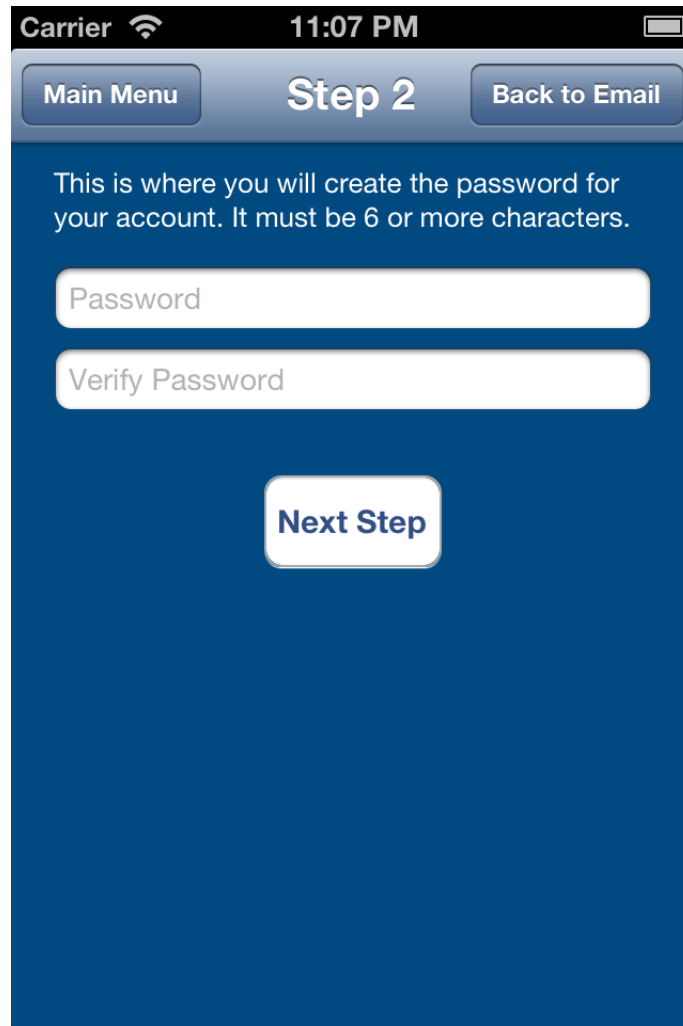
If the user would like to join the GoodNEWS program, they can press the join button, otherwise, cancel out of account creation.

If you decided to proceed, you will see the screen shown in **Figure 4.5**.



**Figure 4.5 Create Email Address**

Here you will enter your email address. It will check the format of the email address as you type and display a red “x” if it is an invalid format, and a green check mark when it is a valid format. Press “Next Step” when you have finished filling out your email address. It will verify that an account does not already exist with that email address. If an account already exists, it will prompt you for a new email address, if an account does not exist, it will register it with the server and take you to the password screen as seen in **Figure 4.6**.

The image shows a screenshot of an iOS application interface. At the top, the status bar displays 'Carrier', a Wi-Fi signal icon, the time '11:07 PM', and a battery level icon. Below the status bar is a dark blue header with three buttons: 'Main Menu' on the left, 'Step 2' in the center, and 'Back to Email' on the right. The main content area has a dark blue background. It contains a white text block that reads: 'This is where you will create the password for your account. It must be 6 or more characters.' Below this text are two white input fields. The top field is labeled 'Password' and the bottom field is labeled 'Verify Password'. At the bottom center of the screen is a white button with the text 'Next Step'.

**Figure 4.6 Create Password**

This screen (**Figure 4.6**) allows the user to enter and verify a new password. A password must be at least 6 characters long. The user will enter the password of their choice in the top box, and then verify it by entering the password again in the bottom box. As the user begins typing the password in the lower box, a red “x” will appear on both and text will appear below the lower box to inform the user of the problem. Once the passwords successfully match, a green check mark will replace the red “x”. Also at the top of the window, the user will be able to navigate back to the initial window, or they can go back to the previous screen and change their email address. The user will then be prompted to enter optional demographic data seen in **Figure 4.7**.

Carrier 9:24 AM

## User Information

Age:

Gender:

Education:

Income:

Ethnicity:

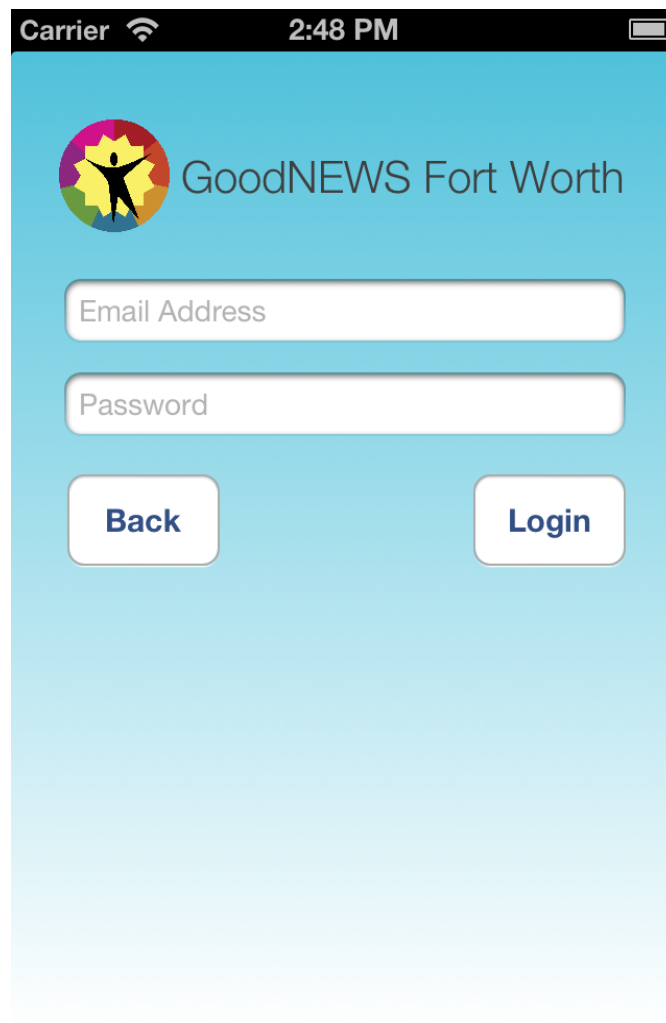
**Figure 4.7 User Information**

The user will enter their age in the box as a number. After this, they can select the other four buttons. When they do this, another view will popup with a choice selector. They will choose the information they want. When the user selects "Finish Account Setup," they will be logged in.

## 4.2 How to Log on

This section will walk the user through logging into their account after selecting Login at the initial screen (section 4). When the user presses login, it will attempt to log the user in if they did not log out from the last session. If there is no user data present to log the user in, then it will bring them to the login screen as seen in **Figure 4.8**.

Here the user can enter their email address and password. It will validate the information, it will inform the user if they entered an email address that is not in the system, or an incorrect password by turning the corresponding text fields red.



**Figure 4.8 Login Screen**

## 5. Navigating the Main Sections of the App

This section will describe the use of the slide menu to access the main components of the app. The main components are Health Assessment (Section 6), Track and Progress (Section 6), Education Resources (Section 8), Fort Worth Resources (Section 7), Community Poll (Section 6), GoodNEWS Overview (Section 9). There are also 2 additional options from here, Logging Out, and Account Settings. These additional features will be covered in this section.

### 5.1 Slide Menu

The slide menu allows the user to use the full screen of the phone to do the tasks they need. When the user presses the button in the top left, the current window will slide to the right displaying the main menu.

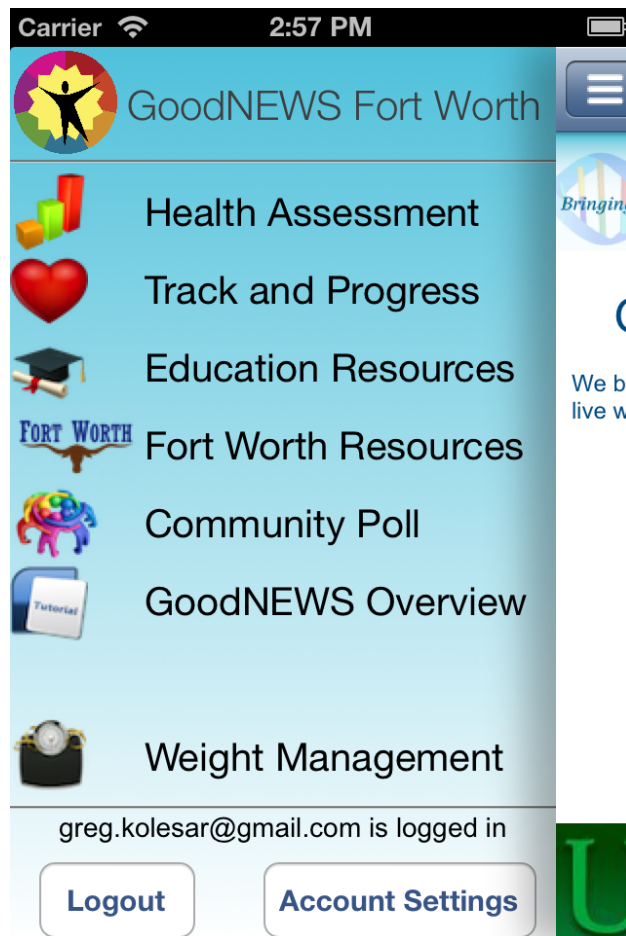


Figure 5.1 Main Menu

Above (**Figure 5.1**), you can see the main menu, to navigate to a section, just click on the component you would like to access, the view will slide back and change to the component you selected. If you want to return to the previous section, just click on the sliver of the previous view on the right side of the screen, and it will come back. Another feature of this menu system is that it will remember the last screen you were on in a component. For example, if you go to a Fort Worth Resource, and pull up the website for it, and then navigate to an Education Resource, when you decide to go back to the Fort Worth Resource, it will return to the website. To navigate back within a component there will be a button that pops up in the top right corner allowing the user to go back.

## 5.2 Modifying Account

When you click modify account, the user will be presented with the additional information screen as seen in **Figure 4.7**. Please refer to that section of the user manual for assistance with that.

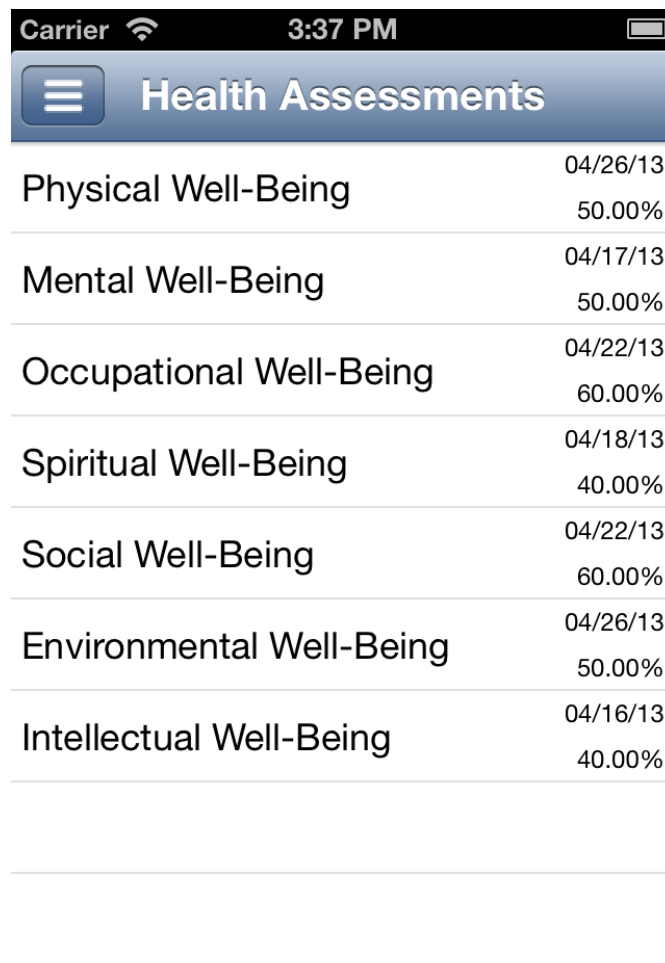
## 5.3 Logging out

When the user clicks the logout button, it will remove all of their information from the phone and return them to the initial screen seen in **Figures 4.1-4.3**.



## 6. Taking an Assessment

This section will describe how to take the 3 main assessments, Health Assessment, Track and Progress, and the Community Vote and Poll. When you click to access the component, it will begin to pull the list of surveys and with the Health Assessment, and Track and Progress components, it will pull the grades the user has on these assessments.



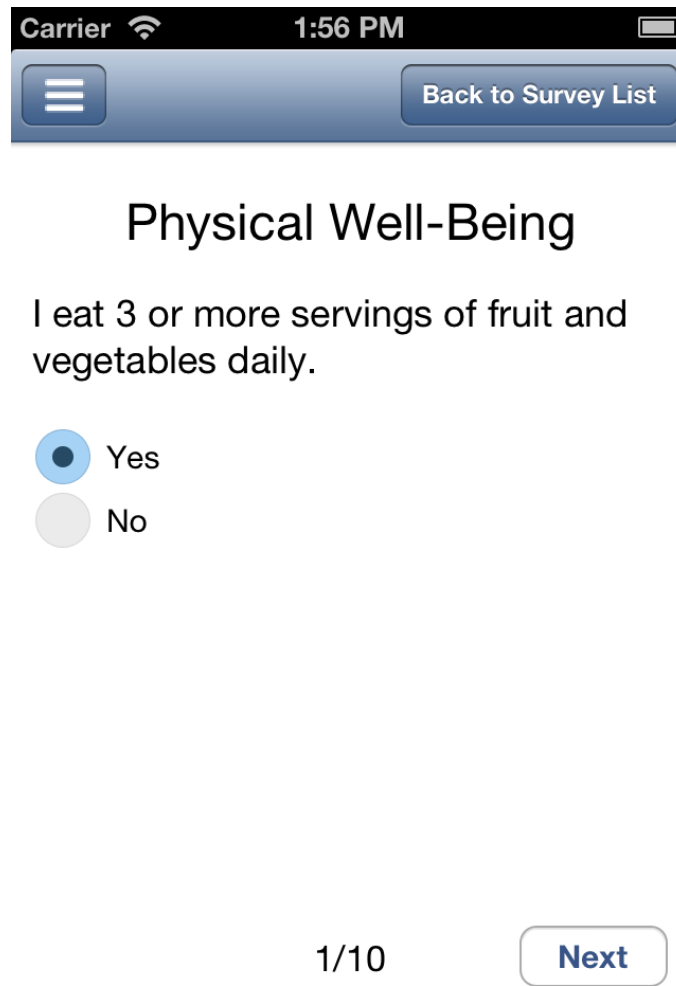
Health Assessments	
Physical Well-Being	04/26/13 50.00%
Mental Well-Being	04/17/13 50.00%
Occupational Well-Being	04/22/13 60.00%
Spiritual Well-Being	04/18/13 40.00%
Social Well-Being	04/22/13 60.00%
Environmental Well-Being	04/26/13 50.00%
Intellectual Well-Being	04/16/13 40.00%

**Figure 6.1**

Above (**Figure 6.1**) is an example of a list of surveys. In the Health Assessment and Track and Progress sections, the user will see the date of the last survey they took, and the grade under that. The Community Vote and Poll section will just have the name. To take a survey, just click on the cell of the survey.

## 6.1 Taking a Survey

After the user clicks on the survey, the first question will appear.



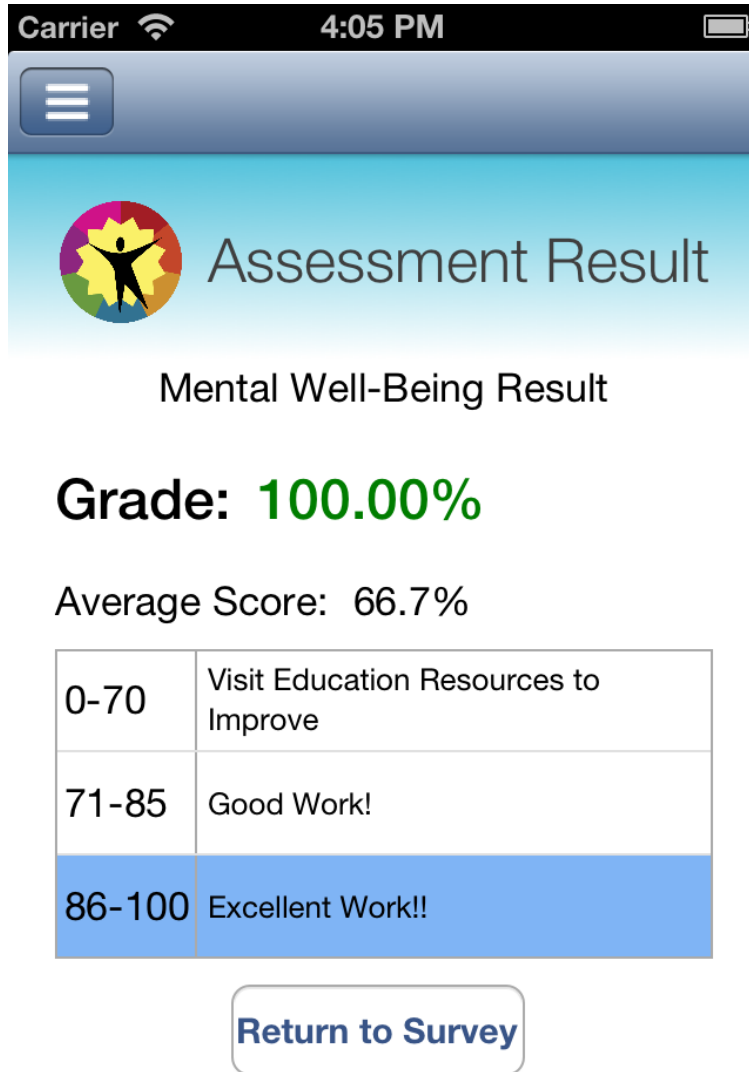
The screenshot shows an iOS mobile interface for a survey. At the top, the status bar displays 'Carrier', a Wi-Fi signal icon, the time '1:56 PM', and a battery level icon. Below the status bar is a navigation bar with a hamburger menu icon on the left and a 'Back to Survey List' button on the right. The main content area features the title 'Physical Well-Being' in a large, bold font. Below the title is the question text: 'I eat 3 or more servings of fruit and vegetables daily.' There are two radio button options: 'Yes' (selected) and 'No'. At the bottom of the screen, there is a '1/10' indicator and a 'Next' button.

**Figure 6.2 Example Survey Question**

Taking a survey is easy, all the user has to do is click on the response they would like and press next. When the user is past the first question, a back button will appear to allow the user to navigate through the questions. A question must be answered for the user to go to the next question, if they did not respond to a question 3 times, a notification will popup to inform the user they need to make a selection. If a user wishes to cancel out of a survey and return to the list, all they need to do is click the “Back to Survey List” button in the top right.

## 6.2 Survey Results Screen

For the Health Assessment and Track and Progress sections, the user will see the results of the survey they have just taken. For the Community Vote and Poll section, the user will just be taken back to the list of polls.

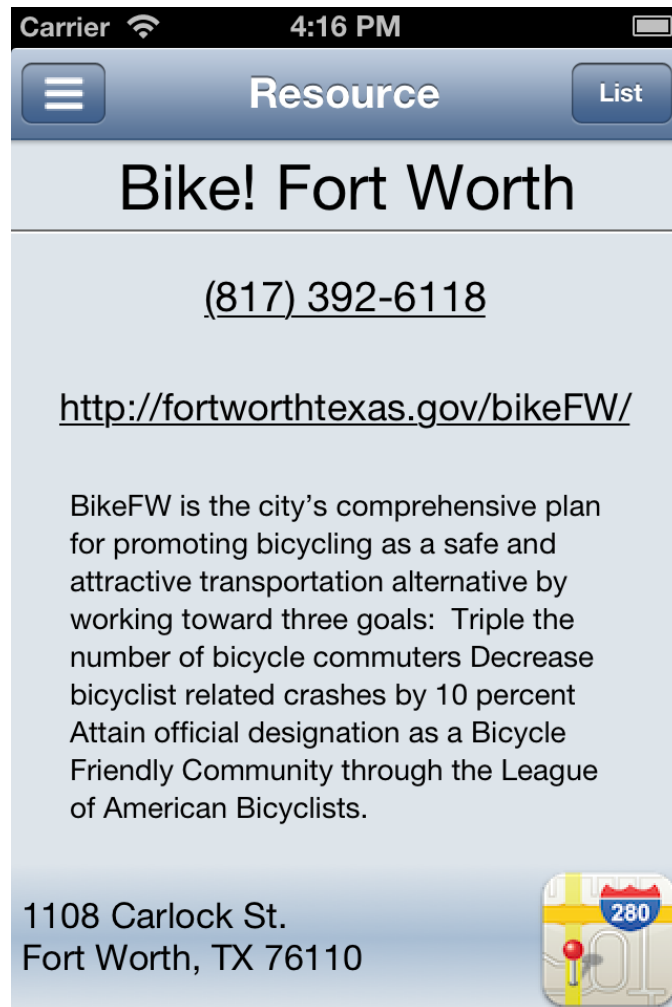


**Figure 6.3 Assessment Result**

The screen above (**Figure 6.3**) is what the user will see. The survey is graded based off a rubric created by the GoodNEWS team. It will highlight the grade range for you, and if your score is above your average, it will be green, and if it is below your average, it will be red. Pressing "Return to Survey" will bring the user back to the list of surveys.

## 7. Fort Worth Resources

The Fort Worth Resource Component gives information to users about places to go and events that are occurring in the City of Fort Worth to improve their healthy living. Here the users will see a list of resources and be able to select a resource and view information about it such as their phone number, web site, a brief description, and the address. With this information, there are also features incorporated into this. The user will be able to place a phone call, visit the web site, and even get direction from their current location all from this screen. Below (**Figure 7.1**) is an example of a Fort Worth Resource.



**Figure 7.1 Sample Fort Worth Resource**

## 7.1 Calling

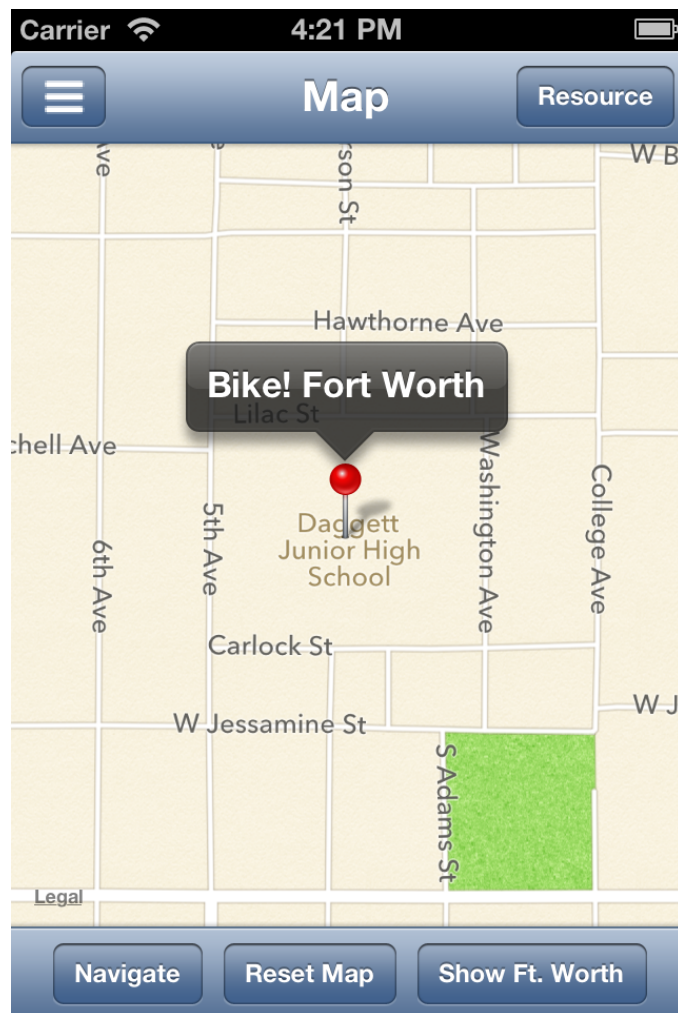
To place a phone call, all the user has to do is click on the phone number. Calling is only supported on the iPhone, and will display an alert to the user if the device cannot place a call.

## 7.2 Web Browser

When the user clicks on the URL, it will pull up the web browser allowing the user to view the website for the resource. The web browser has basic functions such as pinch to zoom, scrolling, back, forward, and reload.

### 7.3 Mapping the Location

It is simple to map the location to the resource. All the user needs to do is click on the address in the lower part of the screen and it will pull up this screen (**Figure 7.2**).



**Figure 7.2 In-App Map View**

From here, the user has several options, the map supports scrolling and pinch to zoom, and if the user gets lost on the map, all they need to do is hit “Reset Map” and it will bring the map back to the original view. Clicking “Show Ft. Worth” will show the user where in the city the resource is so they can get an idea of how far they will need to travel. Pressing “Navigate” will transfer the information to Apple Maps where the user can get directions to the resource.

## 8. Health Education Resources

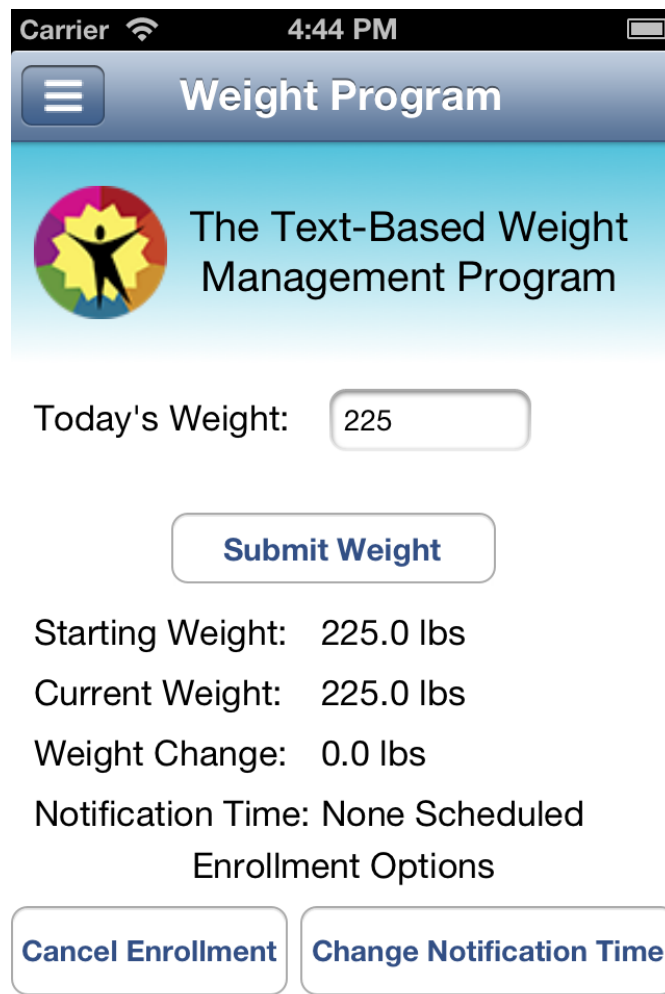
The Health Education Resources section is simple to use. A list will appear with all of the Education Resources. An Education Resource is a web page, PDF, or Microsoft Word Document that can be pulled up via the web browser and viewed. The web browser has simple features like pinch to zoom, scrolling, back, forward, and reload. The user will be able to select links on the web page then go back to the previous page.

## 9. GoodNEWS Overview

The GoodNEWS Overview section will allow the user to view the GoodNEWS Fort Worth web site, bring up this iOS User Manual, and view the acknowledgements sections for the Texas Christian University 2013 Senior Design development team, and the GoodNEWS Fort Worth team.

## 10. Optional Weight Management Program

The GoodNEWS Fort Worth app also contains a simple weight management section. To enroll in the program, just click on the “Enroll!” button. This program will allow users to set a daily reminder on their phone to weigh themselves. The user can select the time they would like to receive this notification so it fits into their lifestyle better. The user can also choose to not receive any notifications. After the user has selected the time they will be brought to the main screen. This is where the user will come when they select the weight management section until they decide to cancel their enrollment.



**Figure 10.1 Weight Management Main Screen**

Seen above in **Figure 10.1** is the main screen for the weight management section. The first time the user enters their weight after enrolling; the program will record that as the initial weight. Then the next day, the user will be able to enter their new weight and it will record that as the current weight. The system will take the most current weigh in for a day



as the recorded weight. With the Current Weight and Weight Change, the user will be able to track over time the amount of weight they have lost.

## Appendix A. Troubleshooting

### A.1 Alert Message “The Internet connection appears to be offline.”

The device is not getting an internet connection, check the WiFi settings and the cellular data and try again.

### A.2 Alert Message “The request timed out.”

The device did not get a response from the server, click ok, and cancel on the loading window (if needed) and retry the action you were going to do. If it still happens see section A.1.

### A.3 Notification not occurring

Go to the weight management section, click “Change Notification Time” and make sure the same time is displayed on the main window. Also in the system notification settings, make sure the app is allowed to display notifications.