

Guidelines for Using the Hello Brain Health App





Welcome!

These guidelines have been designed to show you how to use the Hello Brain Health app. We will bring you through all of the processes involved in using the app, so get ready to start buffing your brain!

The Hello Brain Health app can be downloaded [for iOS devices](#) from the Apple Store and for some types of [Android phones](#) on Google Play. Alternatively, you can use the [App Online](#) at the Hello Brain Website, or download the [Paper Version](#) of the app.

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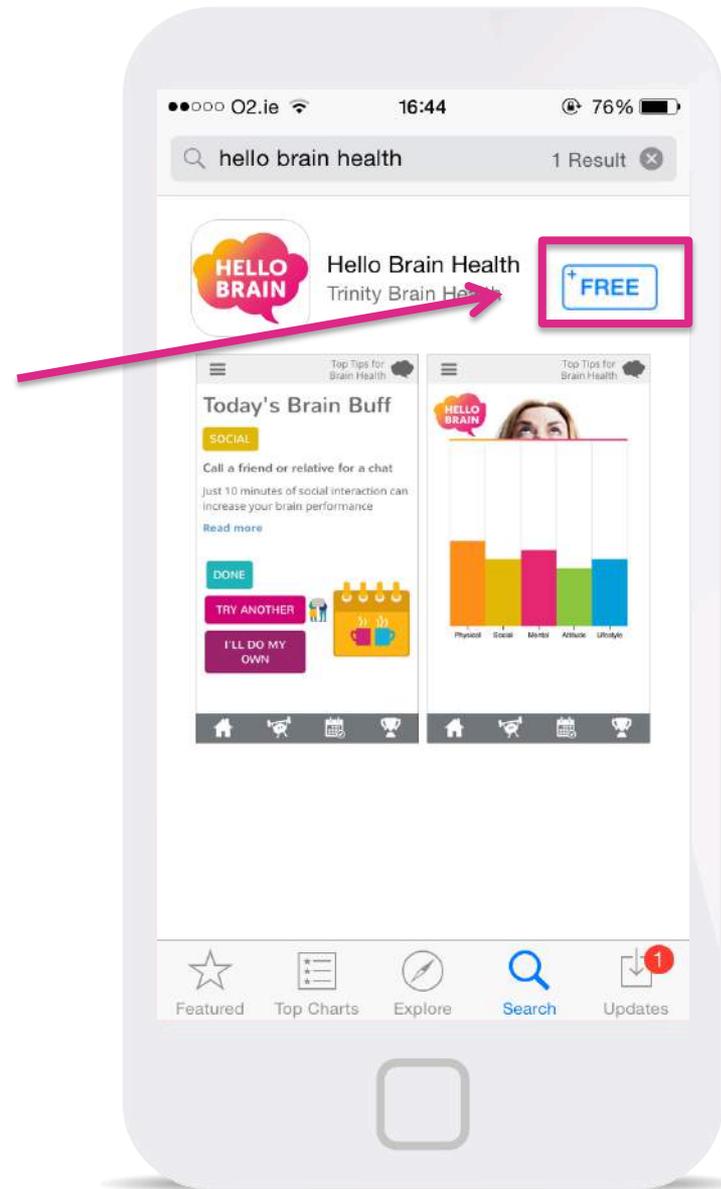


Step One: Downloading the App

If you have an iOS Device:

To Download the Hello Brain App for an iOS Device, go to the App Store and Search for Hello Brain Health. Click "FREE" to download, and the app should install on your device.

[Click here to see the Hello Brain Health app on the iTunes Store](#)



The App on the App Store

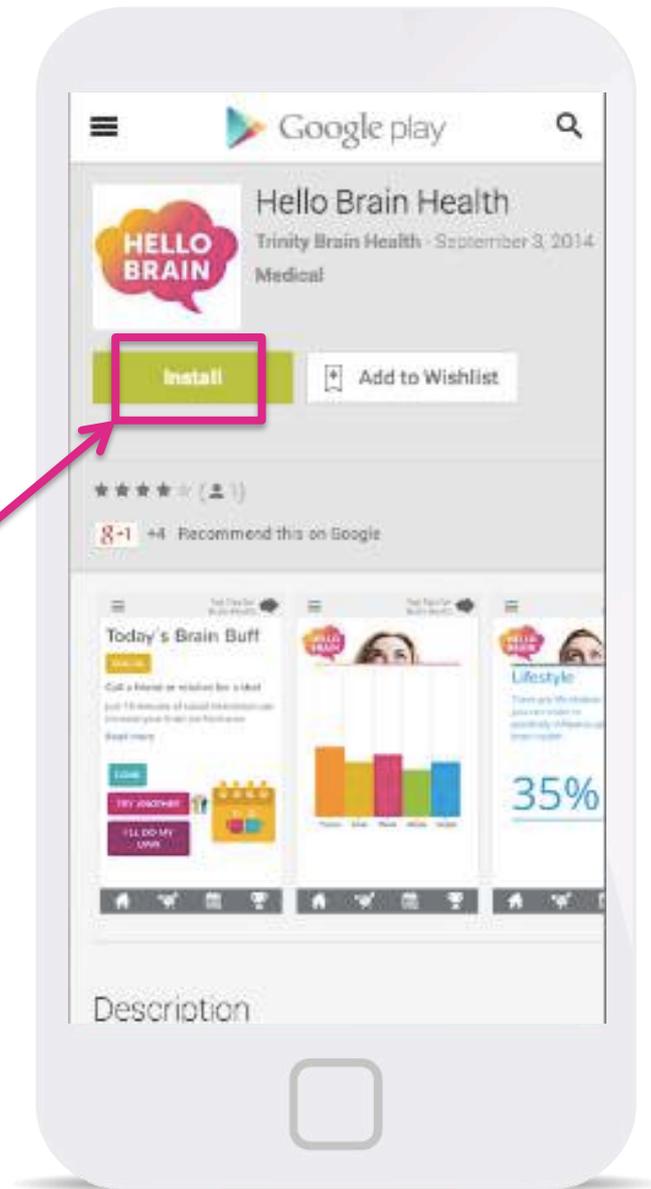
If you have an Android Device:

Go to the Google Play App Store and Search for Hello Brain Health.

The app is currently only available for a limited range of Android devices, so if you cannot find the App on the store, then it is not currently available for your device. (We are hoping to have the app available on more Android devices soon- watch this space!)

Click "Install" to download, and the app should install on your device.

[Click here to see the Android App on the Google Play Store.](#)

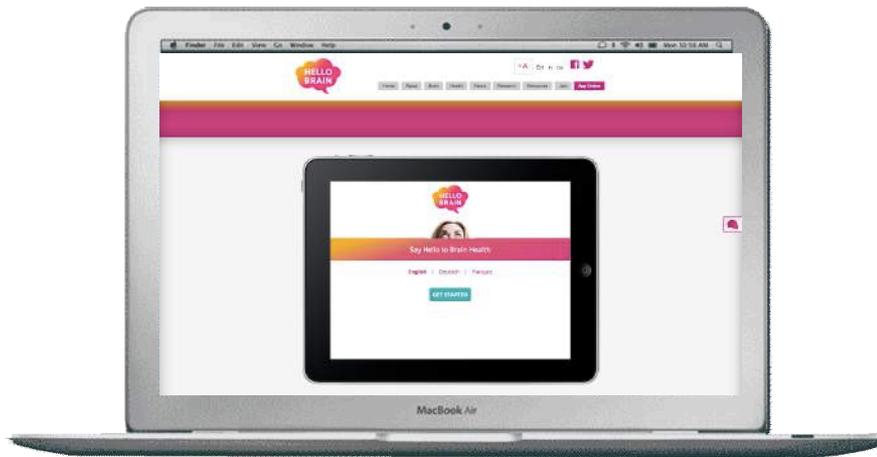


The App On the Google Play store

Alternatively you can use Hello Brain Health on your PC, or Laptop or download our paper version :

If you don't have access to a smartphone or if you simply prefer using a PC or laptop, you can use on the Hello Brain website.

[Click here to use the App Online](#)



The App Online

If you want a Pen and Paper version of the App, you can download and print it from the Hello Brain website.

[Click here to download the Paper version](#)



The Paper Version

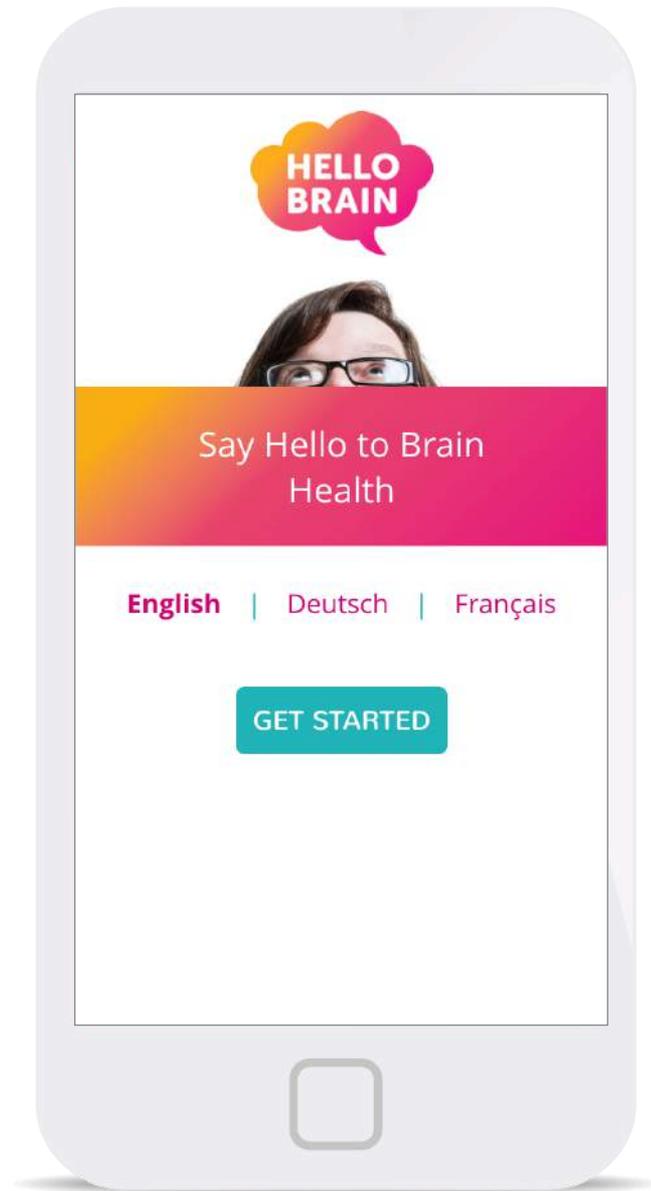
Step 2: Register to take the Hello Brain Challenge

Launch the app by clicking the Hello Brain icon on your phone's application menu screen.

You will be brought to the Hello Brain opening screen. Here you can select the language in which you would like to use the app. You have the option to choose English, French or German.

Proceed by clicking the green 'Get Started' button:

GET STARTED



Opening Screen

Login or Sign Up to take the Hello Brain Challenge

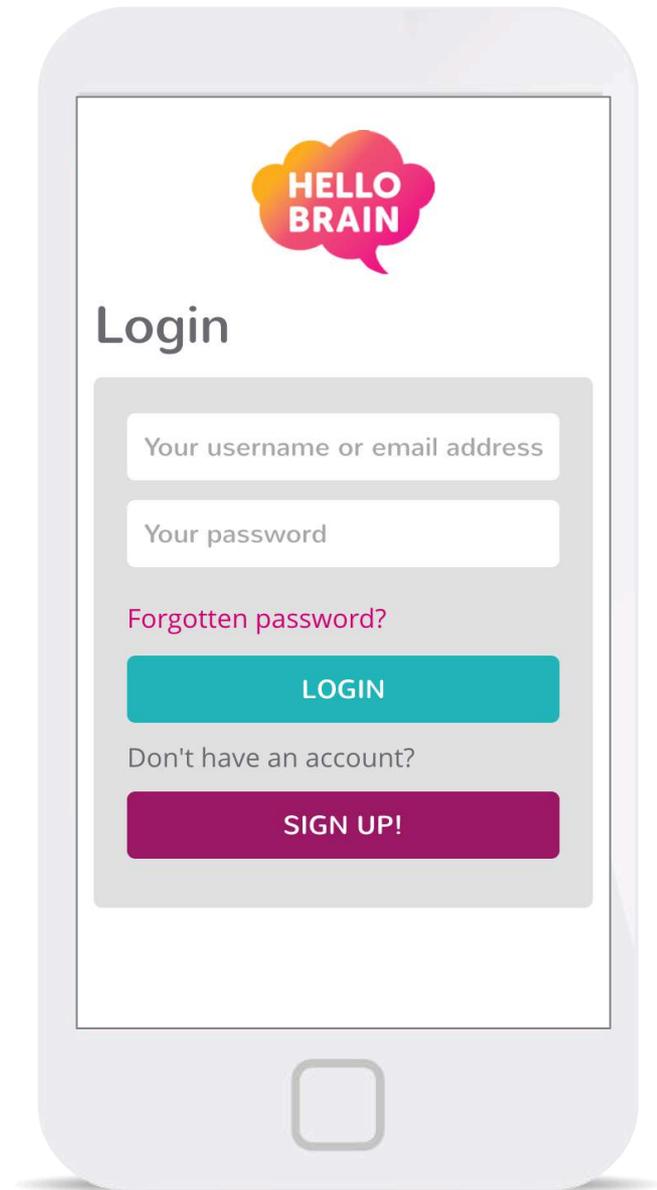
If it is your first time using the app, you will need to register your details. Do this by clicking on the SIGN UP button:

SIGN UP!

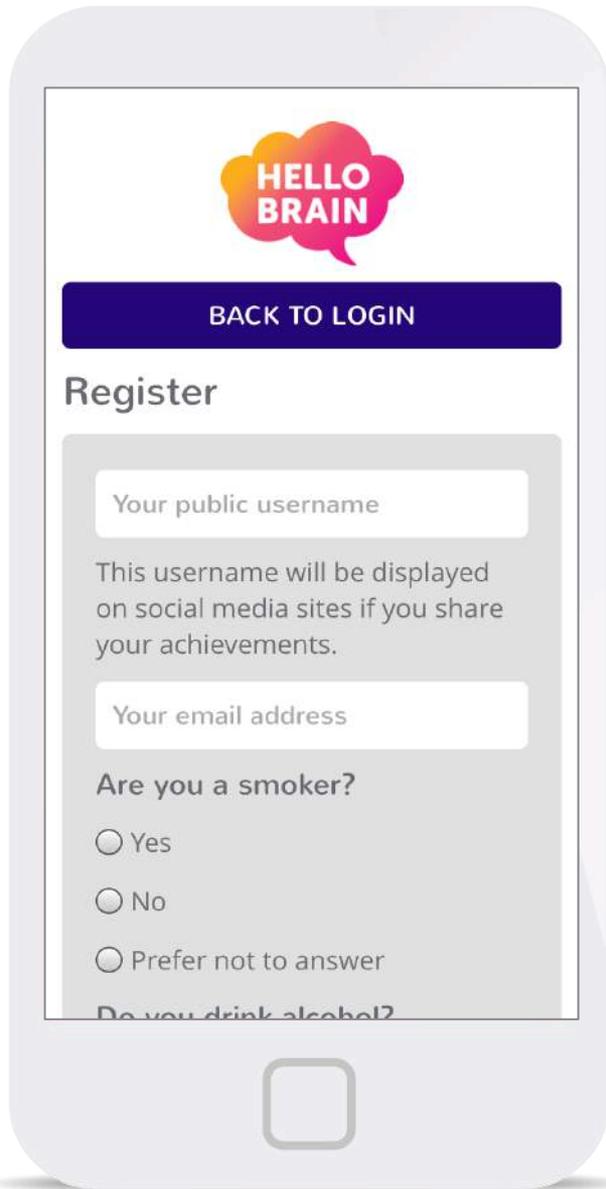
We will send you an email confirming your registration. Check your spam folder if you haven't received this mail.

If you have an account already, enter your username or email address and your password in the necessary fields, and click the LOGIN button:

LOGIN



Login



Registration Process

Login or Sign Up to take the Hello Brain Challenge

To Register to take the Hello Brain Challenge, you will need to create a unique public Username.

You will be asked if you are a smoker or a drinker, as some of the brain buffs relate to these activities (e.g. “Smoke one less cigarette today”).

Create a password to be used when logging back into the app. Write it down so that you will remember it next time.

Finally, click the check-box to confirm you have read the **Terms and Conditions**. You can now click Register to activate your account:

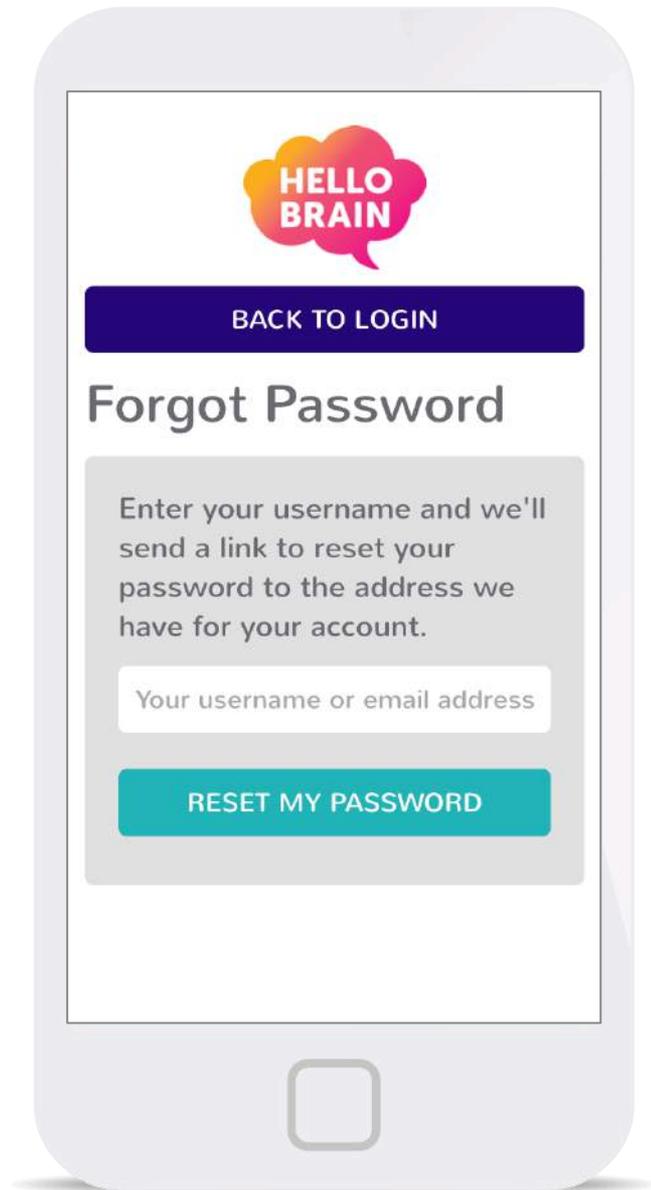


Forgotten password?

If you have forgotten your password, you can enter your **username** or **email address** into the white field and click the RESET MY PASSWORD button.

Hello Brain will send you an email that contains a link to reset your password. If you do not receive this email- don't forget to check you Spam folder!

Click BACK TO LOGIN to return to the Login Screen.



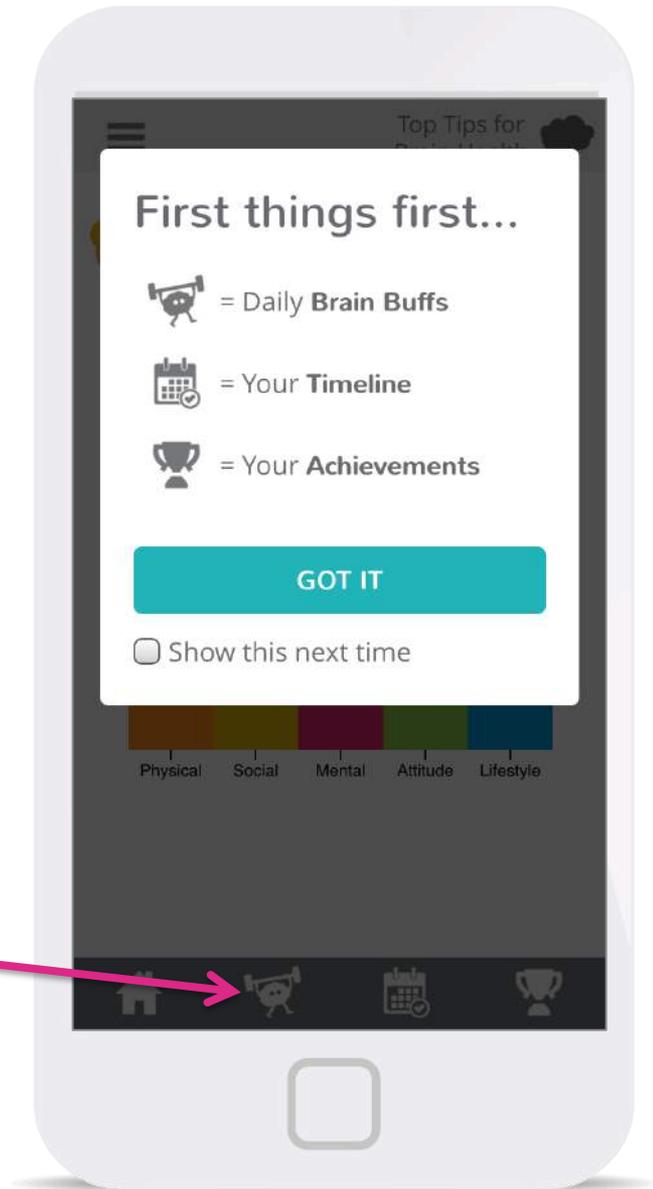
Forgotten Password

First things first...

When you first login, a message will pop up to explain our icons. Once logged in, these icons will always appear at the bottom of your screen.



To access your daily **Brain Buff**, tap the Brain Buff icon:



Our icons

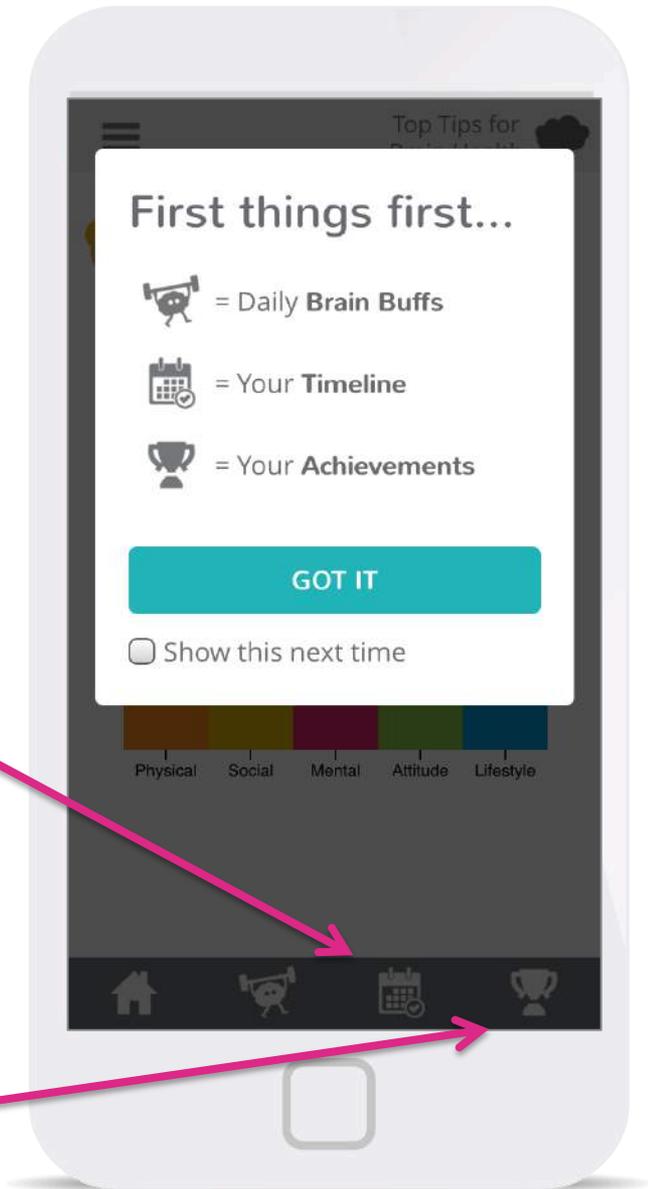
To access your **Timeline** and see all of the Brain Buffs you have completed, click the calendar icon:

 = Your **Timeline**



To access your **Achievements**, tap the trophy icon:

 = Your **Achievements**



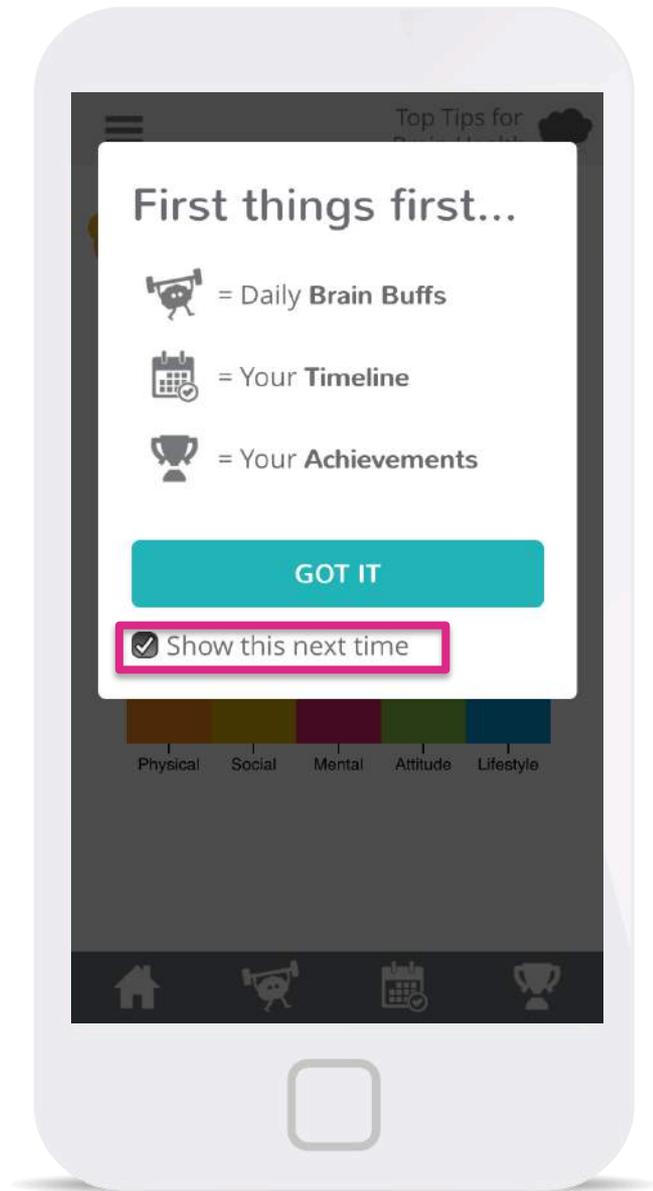
Our icons

If you would like to see this key each time you return to the homescreen to, check the box:

Show this next time

To proceed, click GOT IT:

GOT IT



Our icons

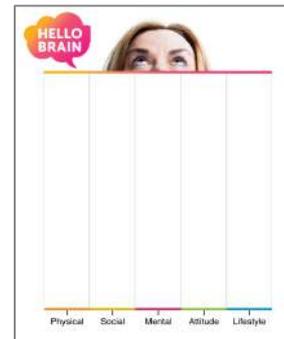


Brainbow Homepage

Step Three: Explore Your Brainbow

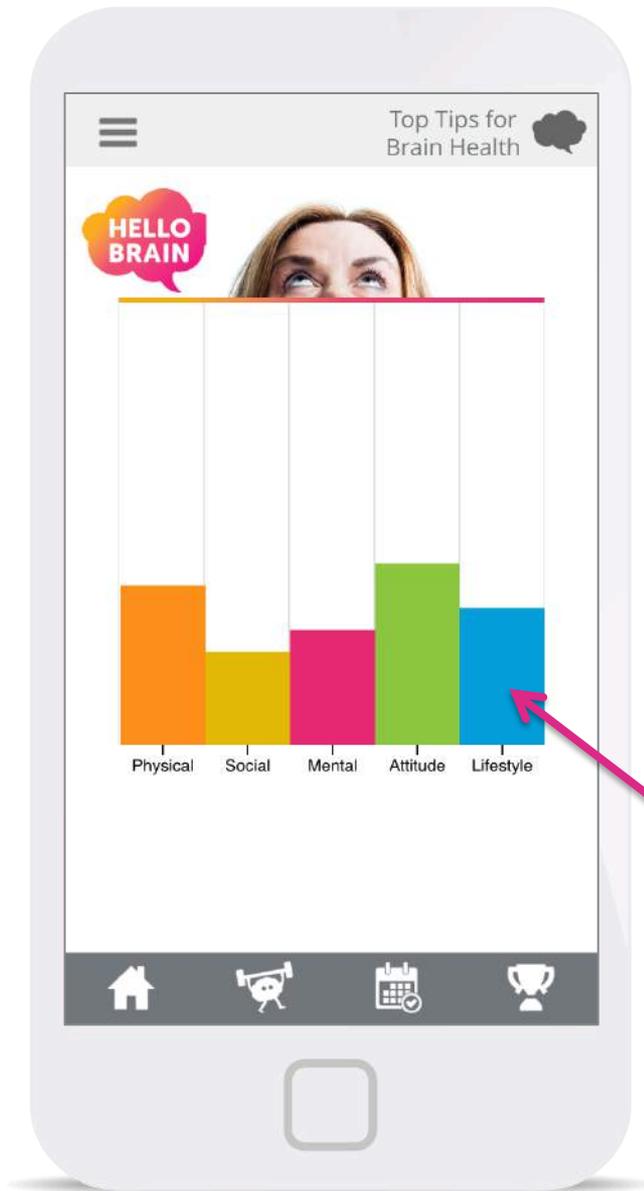
Your Homepage consists of your very own Brainbow, which charts your progress on the Hello Brain Challenge.

Your Brainbow will be blank at the start. As you complete the different buffs, your Brainbow will start to grow.



Clicking on the Home icon brings you back to your Brainbow.



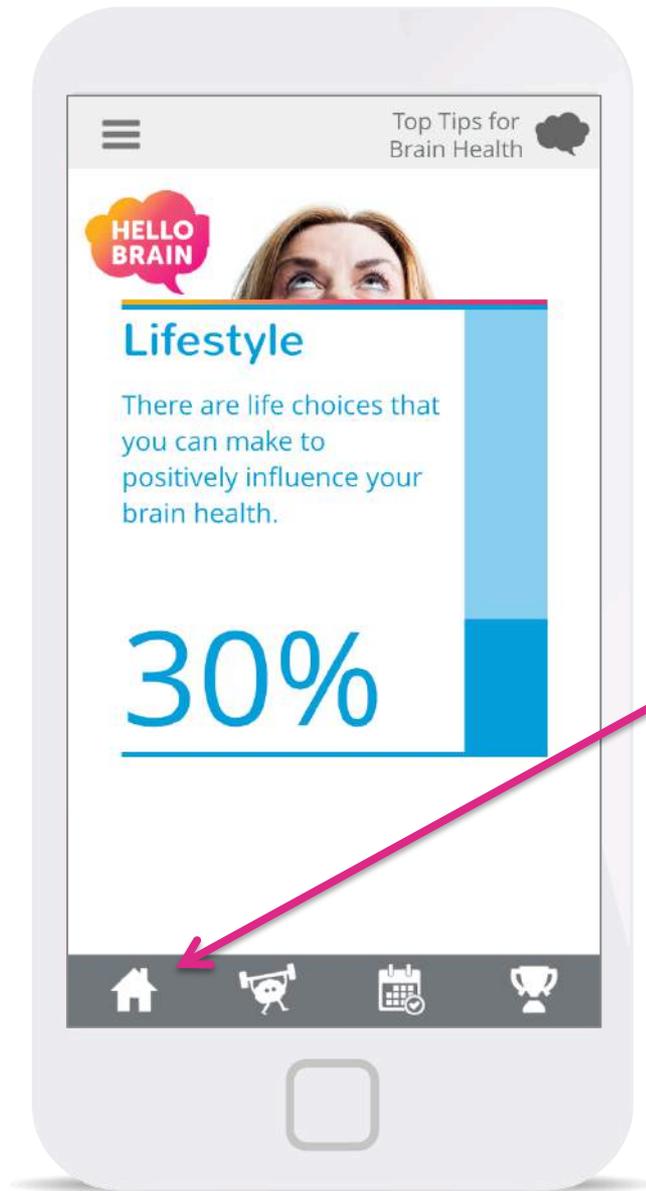


Brainbow Homepage

Each colour indicates a different Brain Buff category:



Click on the different bars to learn more about your progress in each category.



Brainbow Homepage

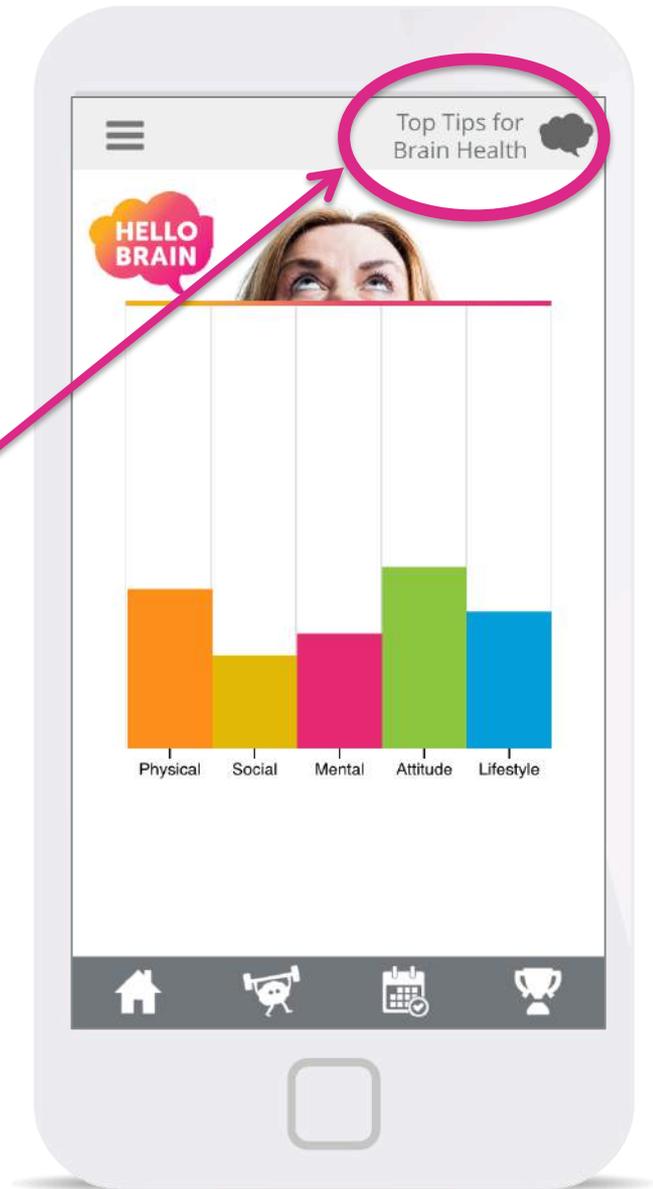
For example, by tapping on the blue 'Lifestyle' bar, you can see what percentage of Brain Buffs you have completed in the Lifestyle category.

To return to your full Brainbow, simply tap the graph again or tap the Home icon on the bottom of the screen.

Anything else you should know?

We have compiled some **Top Tips** for brain Health. These explain how each of the five Brain Buff categories can help your brain.

You can access the Top Tips once you have registered to take the Hello Brain challenge by clicking on the Top Tips button that will appear on the top right hand corner of your screen.



Top Tips for Brain Health

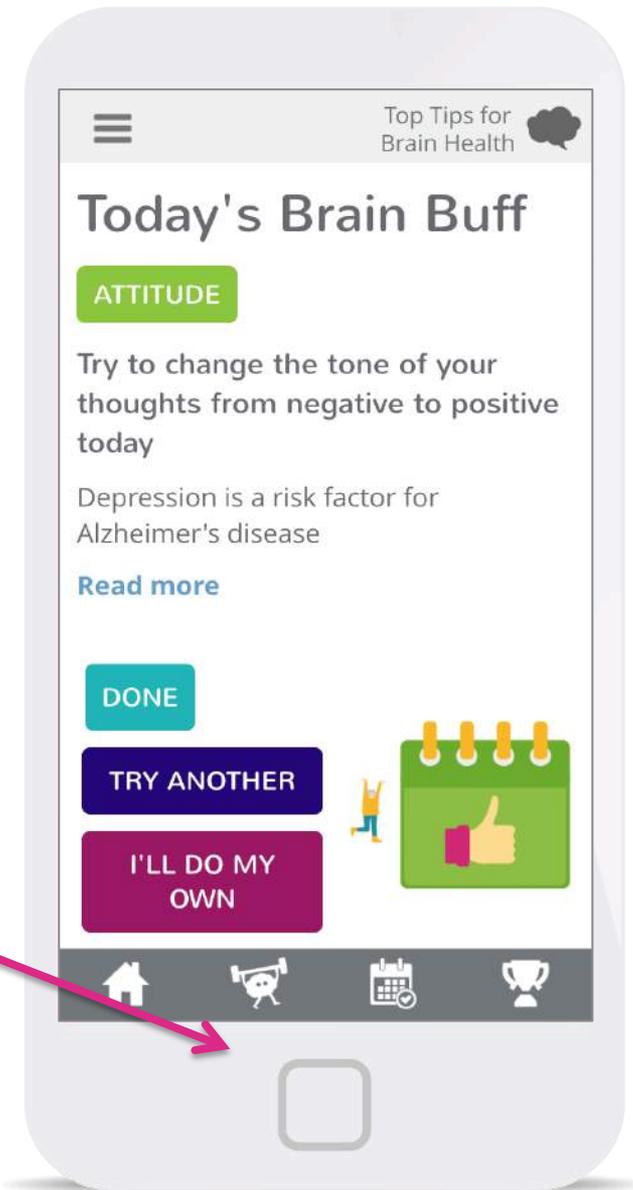
Step Four: Time to Buff you Brain!

Now you are ready to start completing daily Brain Buffs.

Click the Brain Buff icon to access your daily buff:



You must login to the app every day to receive your daily brain buff.



Today's Brain Buff

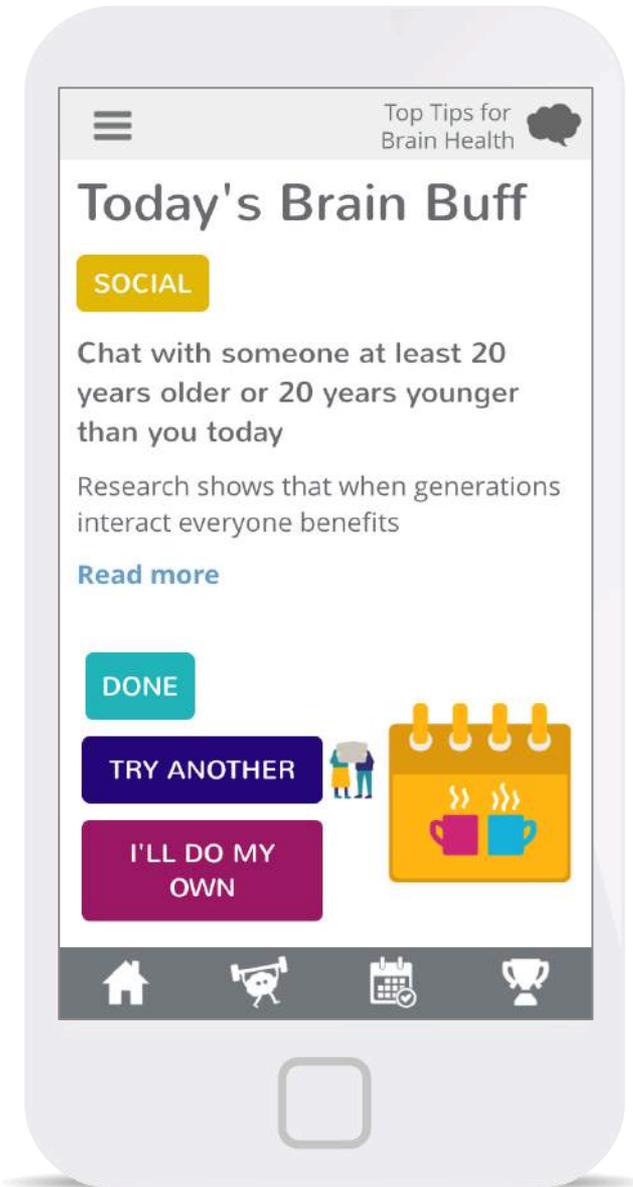
Your Brain Buff gives you a daily activity to carry out.

The category will appear near the top of the screen. This Brain Buff is in the social category:

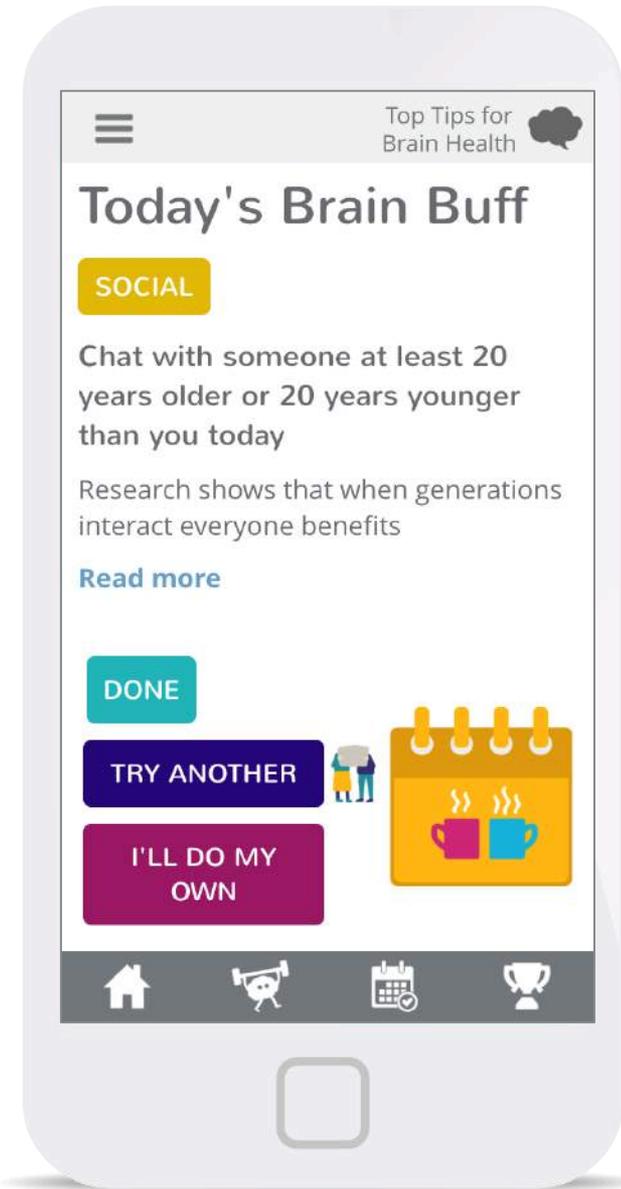
SOCIAL

The Brain Buff here is:

“Chat with someone at least 20 years older or 20 years younger than you today”



Brain Buff



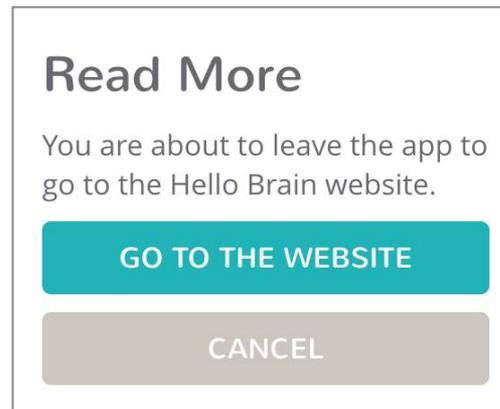
Brain Buff

Under the Brain Buff there is a justification explaining how the activity can benefit your brain:

“Research shows that when generations interact everyone benefits”

If you want to read more about the science behind the Brain Buff, click [Read More](#).

When you click [Read More](#) you exit the app and visit a related article on the Hello Brain website.



Today's Brain Buff

When you have completed the activity, click DONE:

DONE

If you do not want to do the buff that has appeared, you can click TRY ANOTHER to select a different buff:

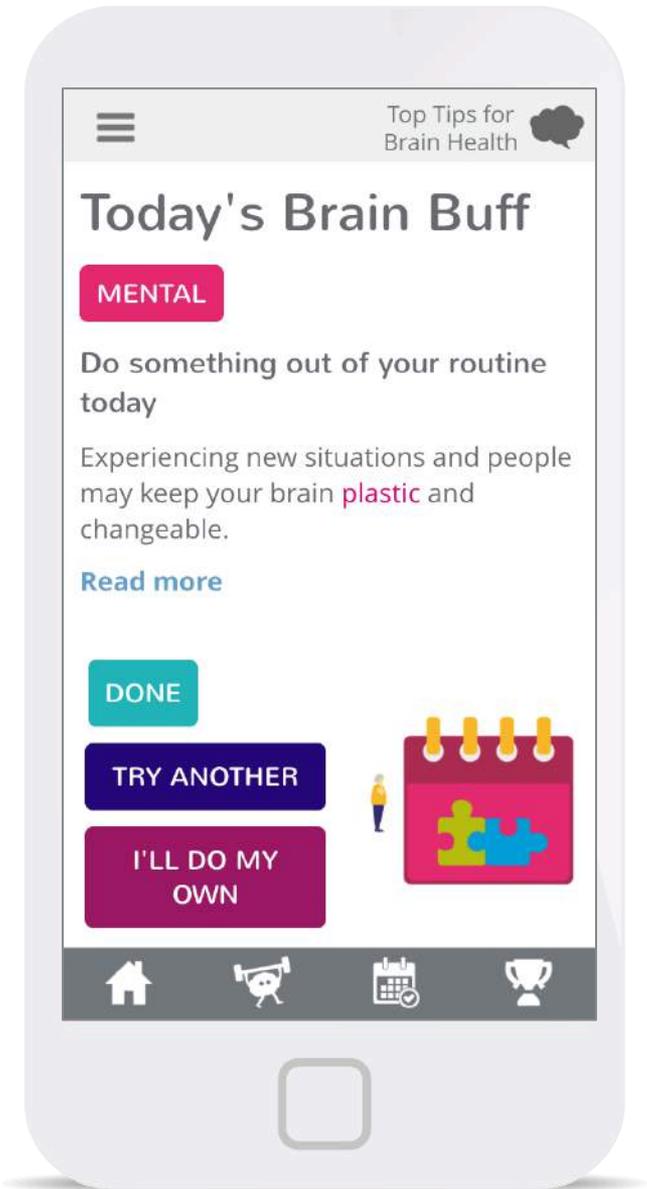
TRY ANOTHER

Try another Buff?

Select a category

- PHYSICAL
- SOCIAL
- MENTAL
- ATTITUDE
- LIFESTYLE

[No Thanks](#)



Today's Brain Buff- I'll do my own

If you want to carry out your own buff in a specific category, click:

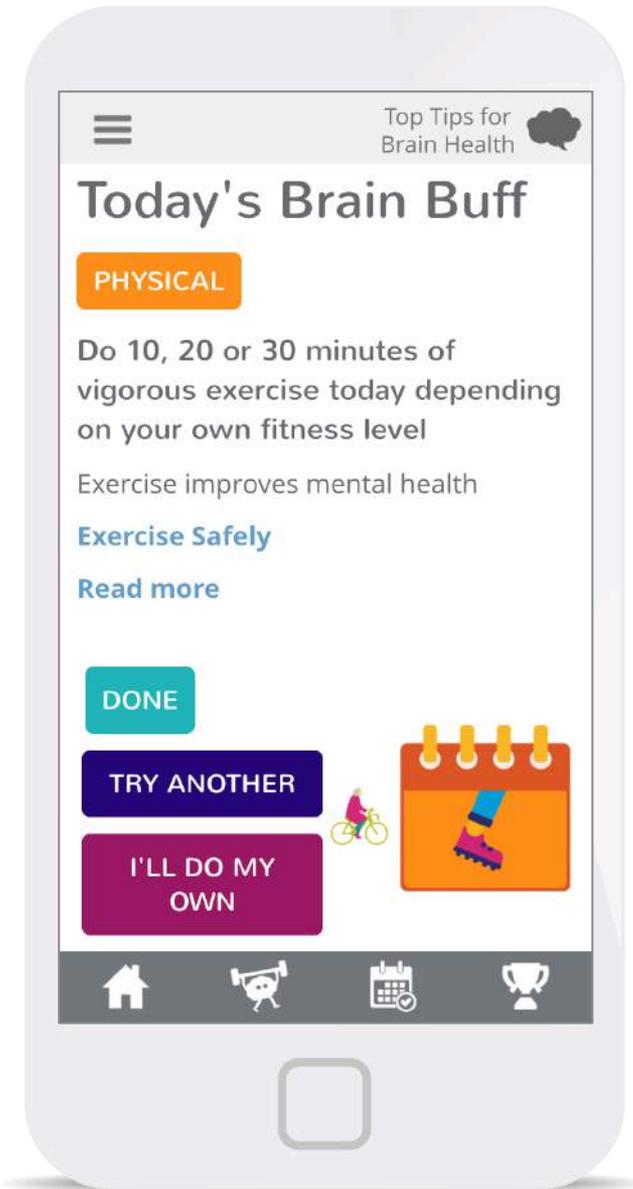
I'LL DO MY
OWN

For Example, you could receive the Physical Buff:

“Do 10, 20 or 30 minutes of vigorous exercise today depending on your own fitness level”

But, you may already be booked into a yoga class! As you will carry out a physical activity that benefits your brain- you can click “I’ll do my own”.

Physical activity buffs also contain a link to guidelines on how to [Exercise Safely](#).



Brain Buff

Buff Completed!

When you complete your Brain Buff, you have the option to share this with your friends on Facebook or Twitter!

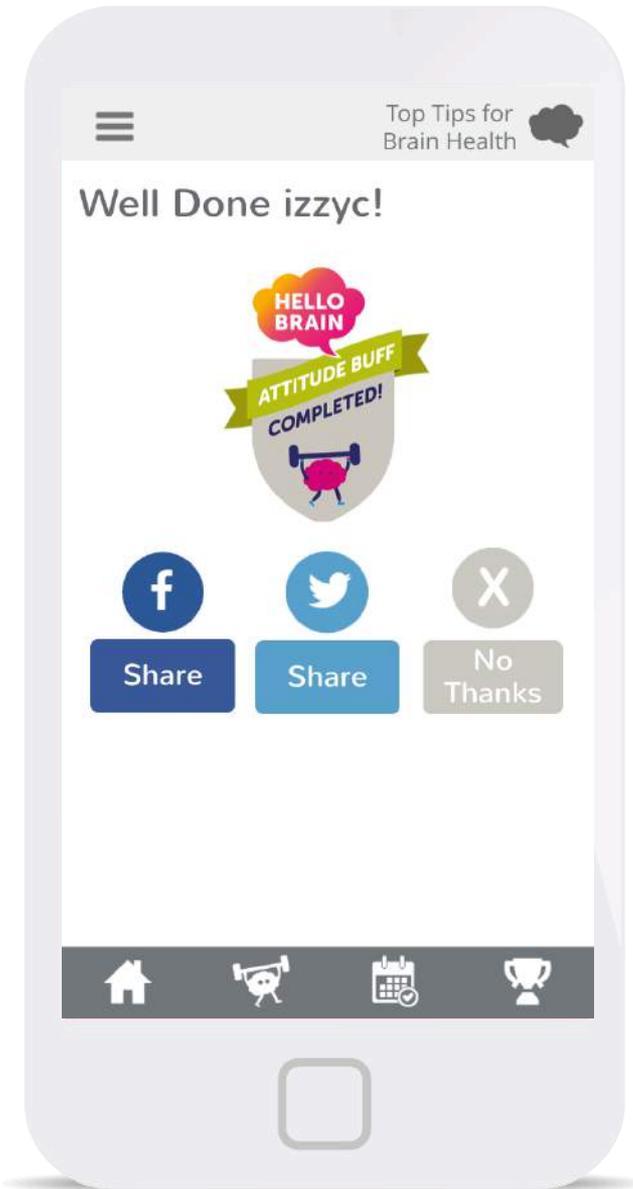
Click the dark blue Share button to post to your facebook:



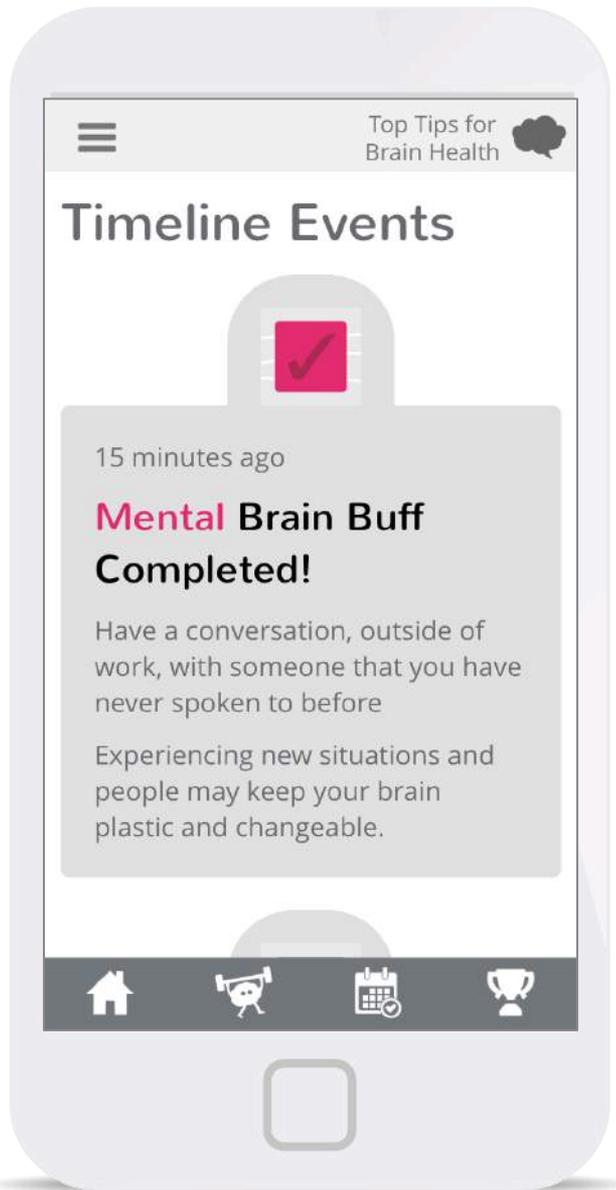
Click the light blue Share button to tweet about your success:



If you do not wish to share, click No Thanks.



Buff Completed Screen



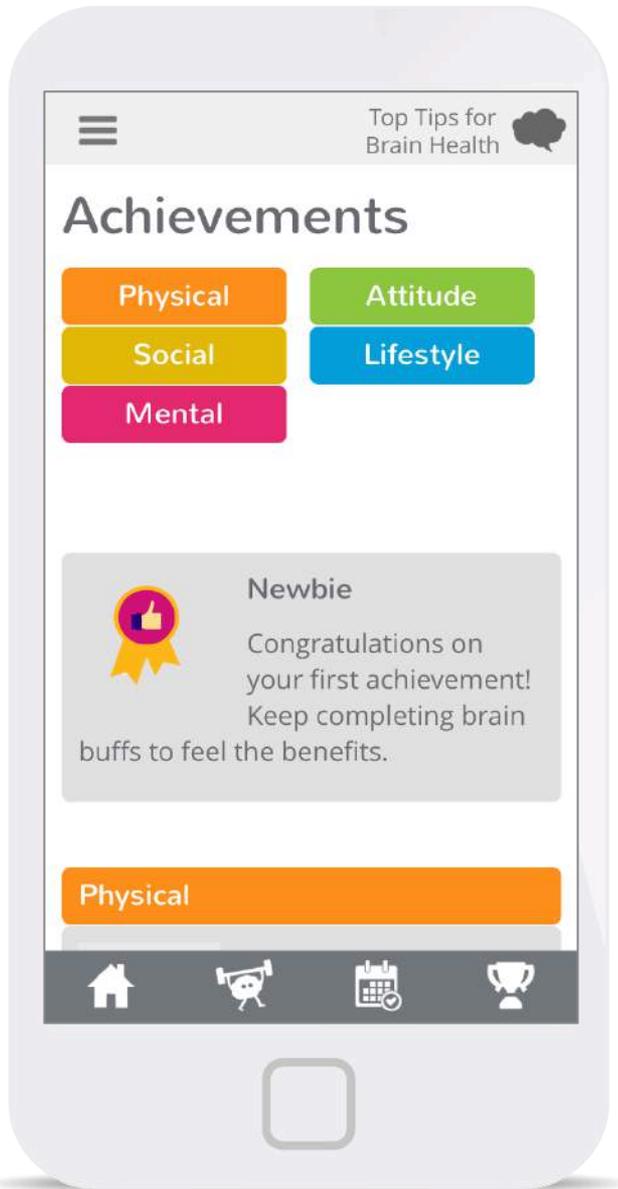
Timeline Screen

Your Timeline

Your Timeline lets you view completed Brain Buffs and when you completed them.

Remember, your Timeline can be accessed by clicking the Calendar icon:





Achievements Screen

Your Achievements



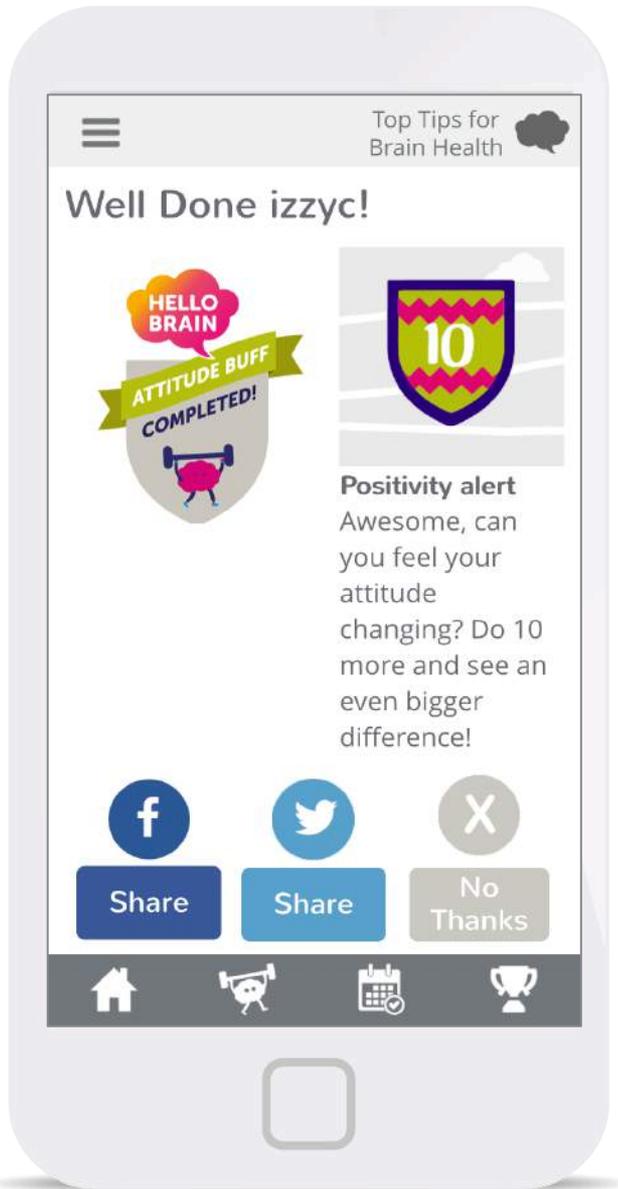
Earn Achievements for reaching milestones in the Hello Brain Challenge.

For example, after completing 5 Lifestyle buffs, you earn the Achievement “A Great Start”:

Lifestyle

A great start
It's hard to change your lifestyle, keep going, you are doing really well, 5 brain buffs done already!

The Achievements page lets you view the Achievements you have earned so far, and the ones you have yet to be awarded.



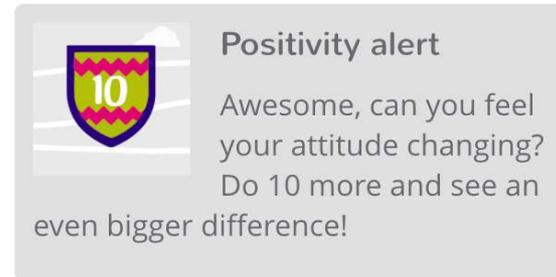
Achievement Completed Screen

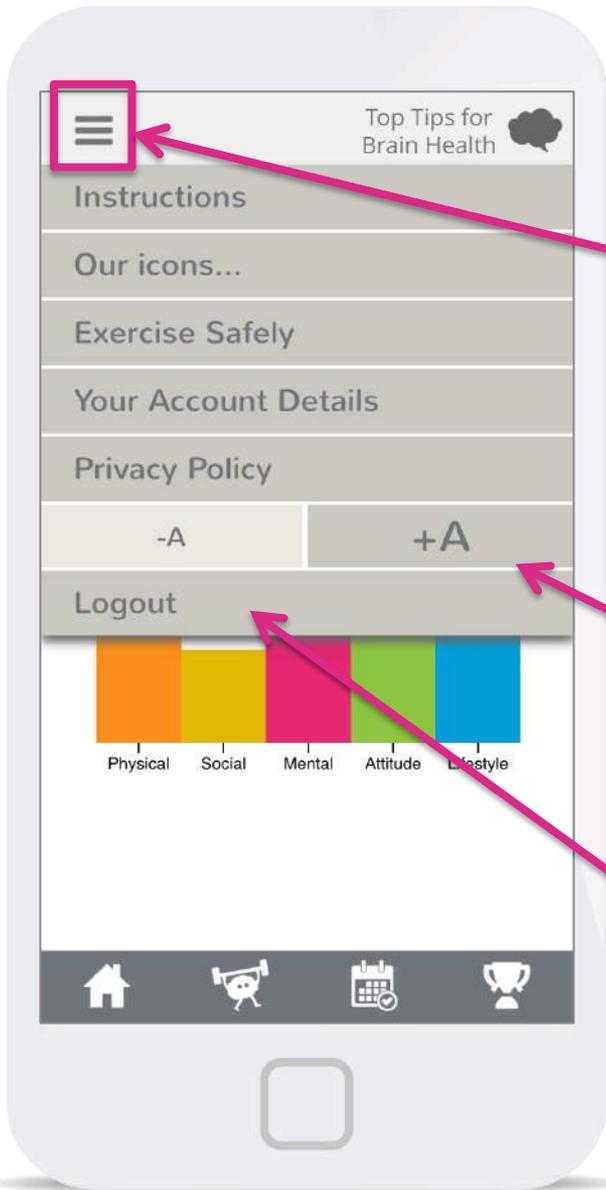
Your Achievements

When you complete a Brain Buff, an extra Notification comes up if you have been awarded an Achievement.

For example, after completing 10 Attitude Buffs I was awarded the “Positivity Alert” achievement.

I can now view this on my Achievements page:





Menu

Step Five: Using the Menu

To access the Menu, click the three horizontal stacked lines in the top left-hand corner.

You can view the Instructions, the Icon key, the Exercise Safely guidelines and the Privacy Policy and Terms and Conditions.

You can make the text **LARGER** or smaller by clicking on the large or small **A**.



Click Logout to Log Out





Instructions

To access the Instructions, click the Instructions bar in the menu. This will remind you how to use the app.

The 'Our icons...' bar will remind you what the icons in the bottom navigation bar mean.



 = Daily **Brain Buffs**

 = Your **Timeline**

 = Your **Achievements**

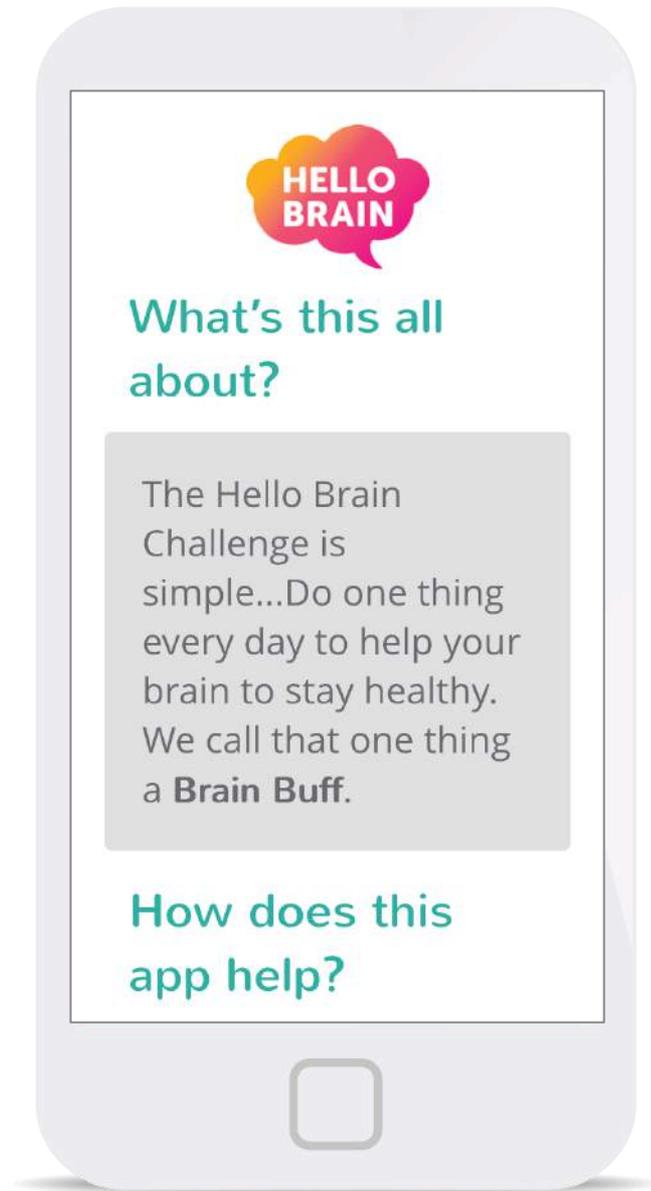
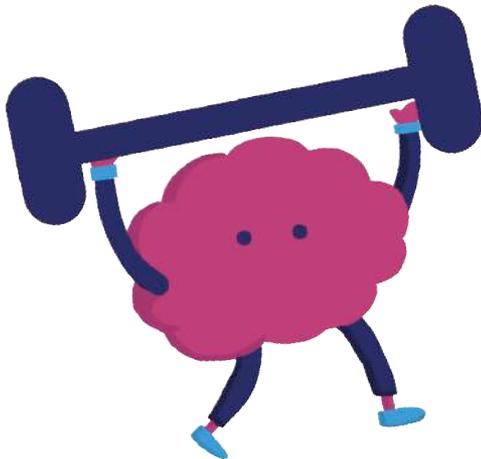
[GOT IT](#)

Menu

Instructions: What's this all about?

The next page gives an overview of how to use the app. On this screen, scroll down to read all instructions.

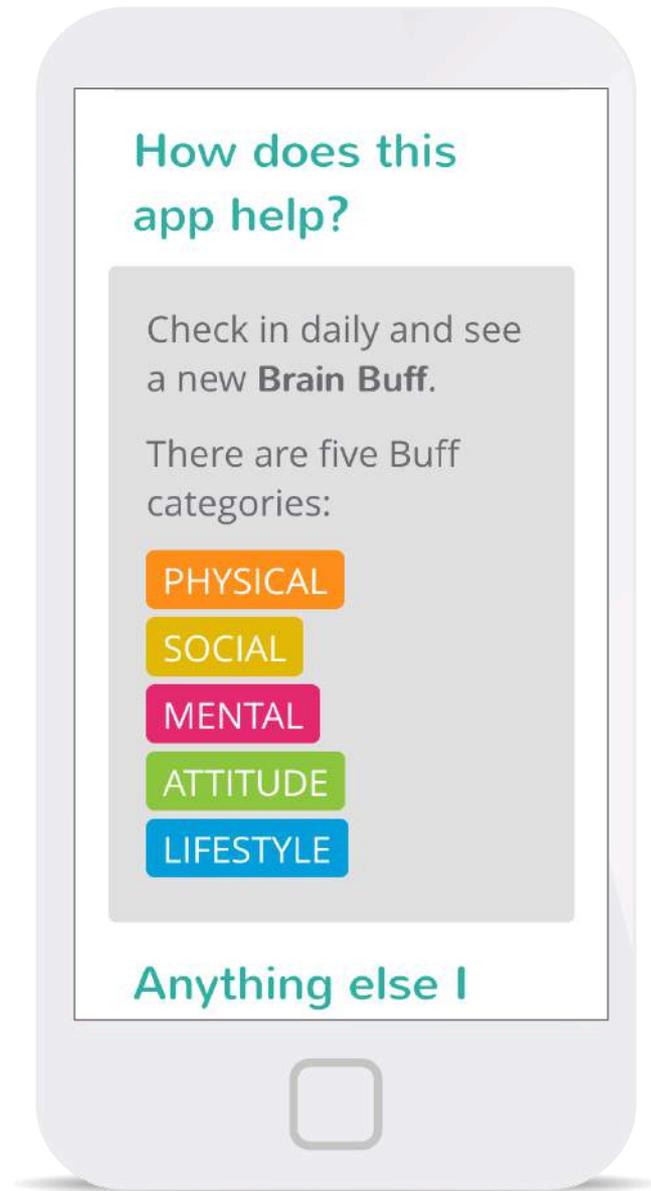
The Hello Brain Challenge is simple. Do one thing every day to help your brain stay healthy. We call that one thing a **Brain Buff**.



How does this app help?

The app supports you in completing the Hello Brain Challenge. Log in to the app each day and complete a Brain Buff.

There are five categories of Brain Buff: Physical, Social, Mental Attitude and Lifestyle. These are all factors that contribute to brain health. Alternate between Brain Buff Categories each day.



Anything else I should know?

Your **Brainbow** allows you to quickly see how well you are doing.

Alternate between Buff categories to build a balanced Brainbow.

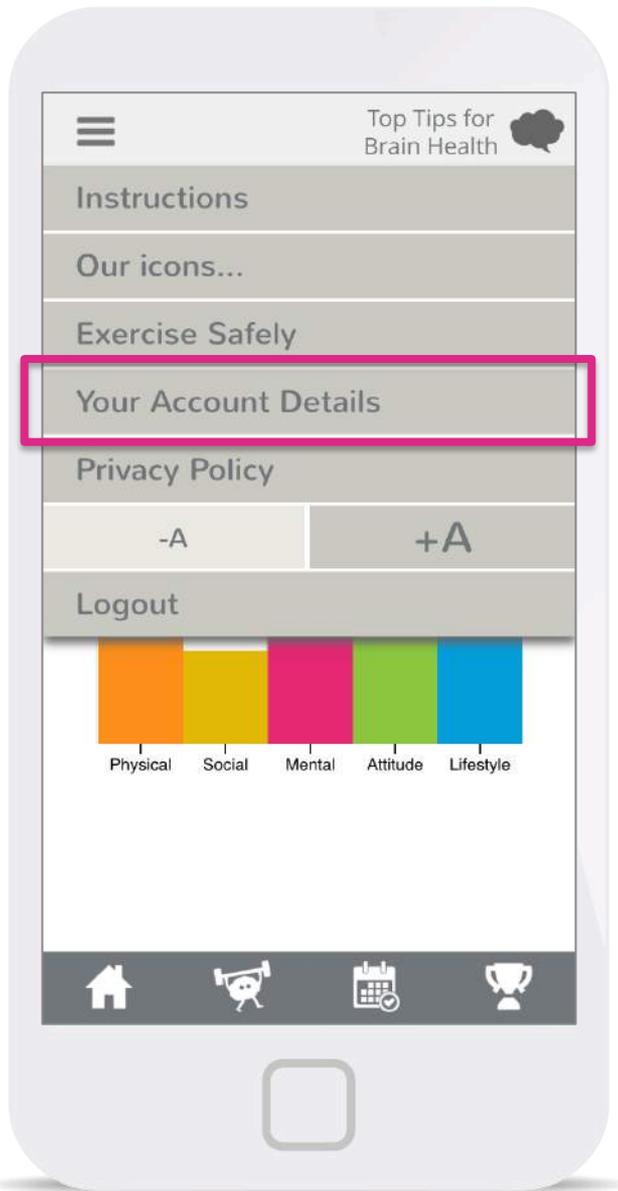
We've compiled some **Top Tips** for Brain Health to show you how each category helps your brain.

Anything else you should know?

You can track your progress using your **Brainbow**. This shows how many buffs you have completed in each category. Build a balanced Brainbow to ensure you are buffing all categories equally.

This is what your Brainbow will look like (after you have begun to Buff your brain of course!):





Menu

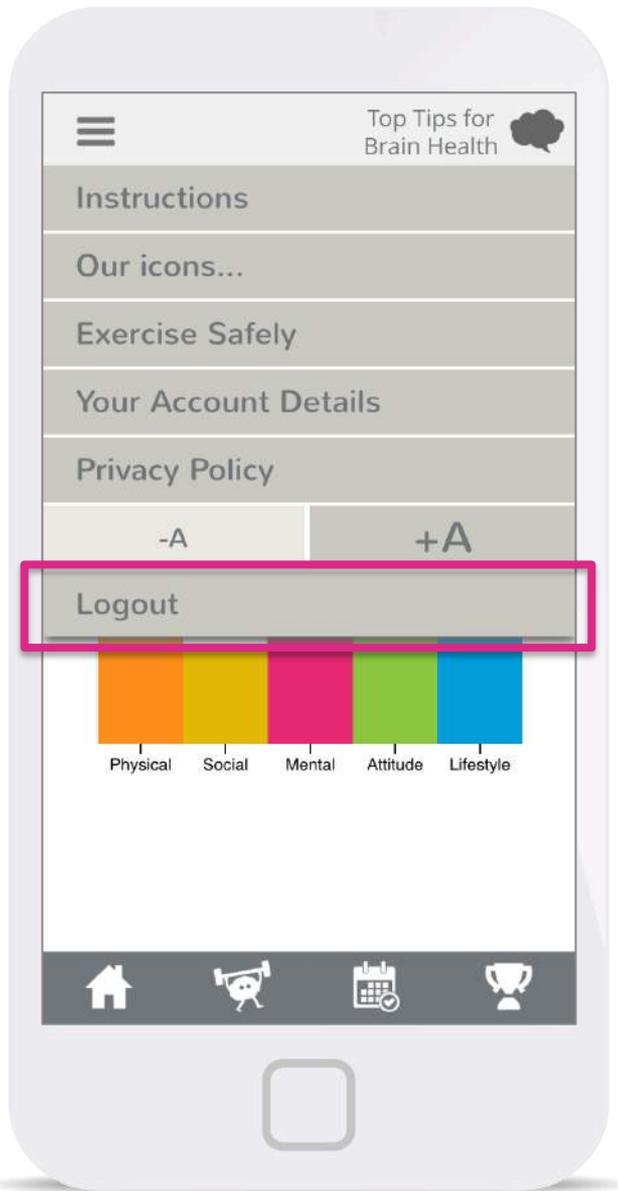
Your Account Details

Clicking 'Your Account Details' lets you update your account preferences and reset your password.

A screenshot of the 'Your Account Details' settings page. It features several sections: 'Preferred Language' with radio buttons for English (selected), Français, and Deutsch; 'Are you a smoker?' with radio buttons for Yes, No (selected), and Prefer not to answer; 'Reset Your Password' with a text input field for 'Current Password', two text input fields for 'New Password' and 'Retype New Password', and a teal 'SAVE' button.

You can also delete your Hello Brain Challenge Account here.

DELETE ACCOUNT



Menu

How do I log out?

Clicking 'Logout' in the Settings menu will log you out of the Hello Brain Health App.

This will save your progress, so the next time you login you can see the brain buffs you have previously completed.



Time to Buff your Brain!

We hope that after using this guide you are able to complete the Hello Brain Challenge.

If you have any further queries, please email hellobrain@tcd.ie

Thank you,

The Hello Brain Team.