

## VISUAL INSTRUCTIONS:

If you need help with downloading the Lumi Say Diary App or have questions about this study, please call us at 1-800-396-9457 or e-mail us at: [helpdesk@naitrac.com](mailto:helpdesk@naitrac.com)

## Download Instructions for the Lumi Say Diary App for IPHONE and ANDROID

### IPHONE

You have three options to download the **Lumi Say** Diary App. You can:

1. Click on the link <http://lumisay.com> in the text message you received, which also contains your username, **OR**
2. Click on the link from the email we sent you which also contains your username, **OR**
3. Type in **Lumi Say** in the Search area in the **App Store**.

**STEP 1:** Open the text message, click on the link in the email or search for the **Lumi Say** Diary App in the App store.

#### Text Message

My Survey welcomes you to Lumi Say App! Earn \$35! Username:\$username (no password). Click to download <http://lumisay.com>. Need help? 800-396-9457

#### Link from Email

OR <http://lumisay.com>  
➔ Your username: \_\_\_\_\_

**STEP 2:** You will be directed to the **Lumi Say Diary App** through the App Store – please select **'Free'** and/or **'Install'** to download the app.

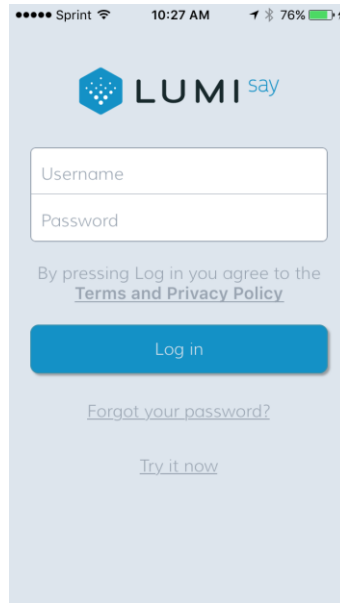


*Note: You may be requested to enter your Apple ID username and/or password.*

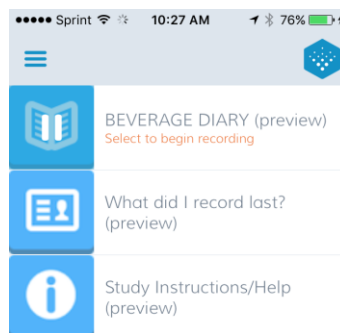
**STEP 3:** Once the phone has completed the automatic installation, the **Lumi Say Diary App** will appear on the App menu on your phone.



**STEP 4:** The first time you open the application, you will need to enter in your **Username**. Check that you **accept the Terms and Privacy Policy** and click **Sign in** (no password is required). You only need to do this once.



**STEP 5:** After you enter your username and accept the terms you will see the **Lumi Say Diary App Home Screen**.



**You are now ready to record your beverages beginning on Monday.** Before the recording period begins, please familiarize yourself with the **Study Instructions/Help** menu on the Home Screen so you are able to complete this study.

***It is very important you record ALL beverages you drink through the entire day and night for the 14-day recording period. This includes beverages you drink either at home or away from home - with a meal, between meals, or drinks that replace a meal.***

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## Download Instructions for the Lumi Say Beverage Diary App for the Android

### ANDROID

1. Click on the link <http://lumisay.com> in the text message you received, which also contains your username, **OR**
2. Click on the link from the email we sent you which also contains your username, **OR**
3. Type in **Lumi Say** in the Search area in the **App Store**.

**STEP 1:** Open the text message, click on the link in the email or search for the **Lumi Say** Diary App in the Google Play store.

#### Text Message

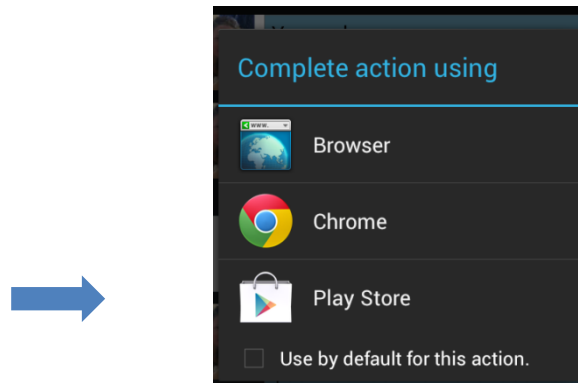


My Survey welcomes you to Lumi Say App! Earn \$35!  
Username:\$username (no password). Click to download <http://lumisay.com>. Need help? 800-396-9457

#### Link from Email

**OR** <http://lumisay.com>  
Your username: \_\_\_\_\_

**STEP 2:** You will be directed to the menu (see below). Please click on **Google Play Store**.



*Note: You may see a pop up from the Play Store that requests you sign into your Google account. If the pop-up does not show 'Play Store' but instead shows 'Open URL' – please close by going to your Home Screen. Open the 'Play Store' app from your Home Screen and search for **Lumi Say** and install from there.*

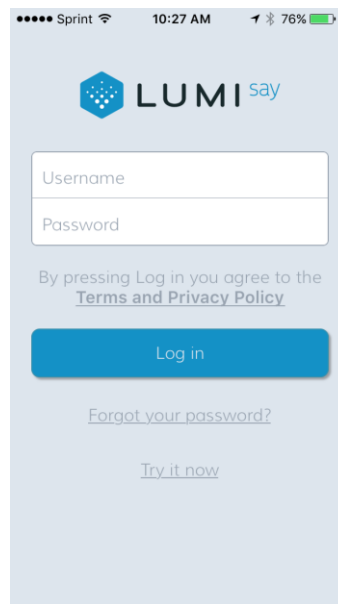
**STEP 3:** You will be directed to the **Lumi Say** Diary App through the Google Play Store – please select **'Install'** to download the app and accept the permission requirements.



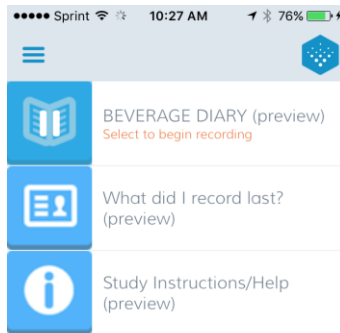
**STEP 4:** Once the phone has completed the automatic installation, **Lumi Say** diary app icon (below) will appear in the App menu on your phone.



**STEP 5:** The first time you open the application, you will need to enter in your **Username**. Check that you **accept the Terms and Privacy Policy** and click **Sign in** (no password is required). You only need to do this once.



**STEP 6:** After you enter your **username and accept the terms** you will see the **Lumi Say** Diary App Home Screen below.



**You are now ready to record your beverages when your 14-day recording period begins.** Before the recording period begins, please familiarize yourself with the **Study Instructions/Help** menu on the Home Screen so that you are able to complete this study.

***It is very important that you record ALL beverages you drink throughout the 14-day recording period (both day and night). This includes beverages you drink either at home or away from home – with a meal, between meals or that replace a meal.***

For help with this study, please call 800-396-9457 or e-mail: [helpdesk@naitrac.com](mailto:helpdesk@naitrac.com)

### **First Time Downloading an App Instructions for the Android**

After clicking the link to download the app you may receive a security warning message that reads: “There are problems with the security certificate for this site”. You are receiving this message because you have not yet installed an app on your device.

1. Please hit continue twice and it will bring you to a web browser page in the Play Store.
2. You’ll see the My Connect icon in the top left corner with a light blue **‘Install’** button next to it.
3. Click on the **‘Install’** button.
4. You’ll then see a pop up from the Play Store that requests you sign into your Google account.
5. Please log in with your Google username and password.
6. Proceed to install the Lumi Say Diary App on your Android.