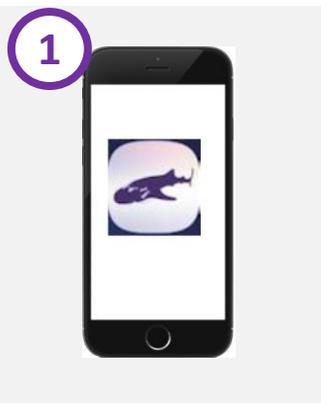


How to download and set-up the REMORA app on your phone

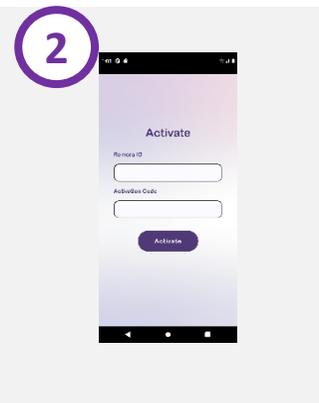
You will need:

- **Your REMORAid – to find this please check your welcome email.**
- **Your activation code - to find this please check your welcome email. You only need to enter this code once. Please do not share this code.**
- **Information about your NHS login account including registered email address and password.**
- **The mobile phone your NHS login account is registered with to receive a security code (sometimes called a one-time passcode).**

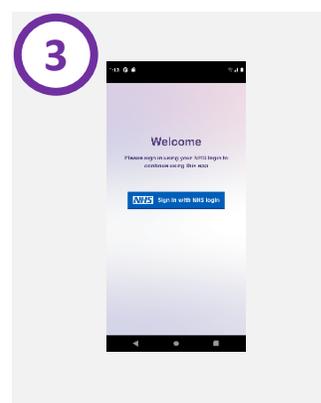
The REMORA app can be downloaded on multiple devices. For the best user experience, we recommend you download on a single device i.e., phone or tablet.



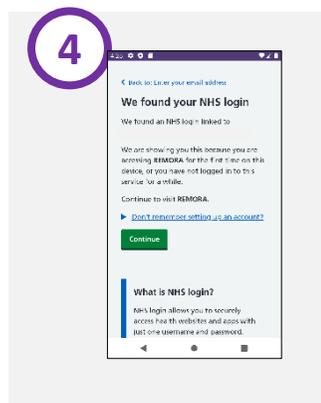
Download the REMORA app from the app store by searching for "REMORA". The app icon is shown above. The app is free to download. If you need help, see the video at <https://youtu.be/k0YSGqj6EO8>



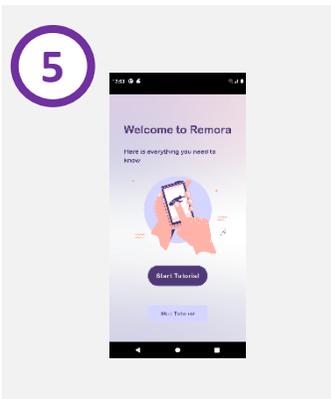
Open the REMORA app – please enter your REMORAid and activation code. Please see the "You will need" help box on the left for where you can find this information.



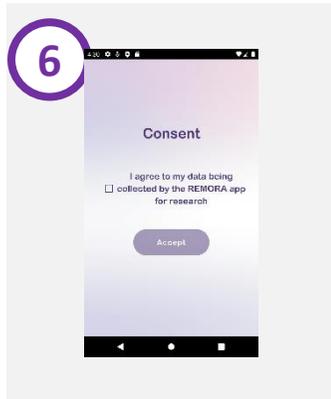
You will then be prompted to "Sign in with NHS login". Sign in using your NHS login. If you do not have an NHS login, see our instruction sheet and/or video at https://youtu.be/lYe2yMzPY_Y



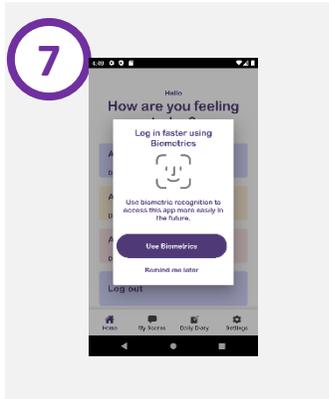
You will be asked to agree to share your NHS login information with REMORA. **This step is necessary to link your data to the right patient record.** You must agree to do this to be able to use the app.



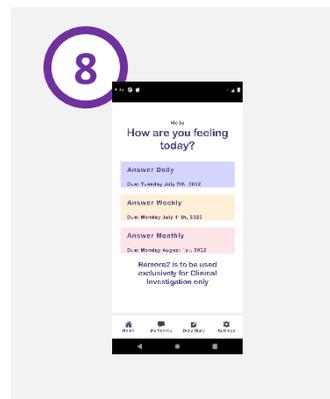
You will be presented with a short series of screens explaining some of the key functionality of REMORA. You can skip this if you prefer. You can find this tutorial later under the 'Settings' page.



You will be asked to confirm that you would like to share your data, agree with our privacy policy and End-User Licence Agreement. You will only be asked this once.



When you first login you will be asked if you wish to set-up biometric (face ID/fingerprint) login. This will enable you to login more easily in future. This can be turned on/off in 'Settings'.



You are now ready to start tracking your symptoms! Please now take some time to review our instructions on how to use the app. See <https://youtu.be/k0YSGqj6EO8>

For more help, visit <https://sites.manchester.ac.uk/remora/> or email: remora2@manchester.ac.uk. You can also phone us on 0161 306 2000.

We are available Monday to Friday and will reply as soon as possible.

IMPORTANT

You will need pin code security enabled on your device. The app will not work unless this function is on. i.e, when you use your phone, you need to enter a code or use face or finger print ID to be able to 'open' your phone.