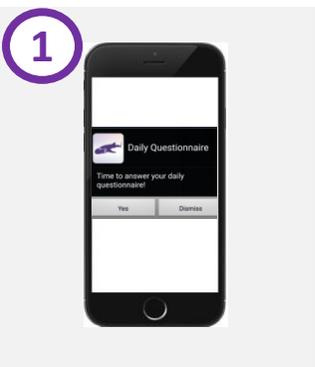
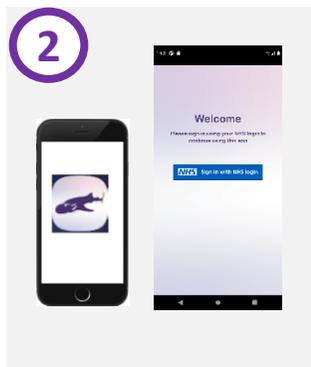


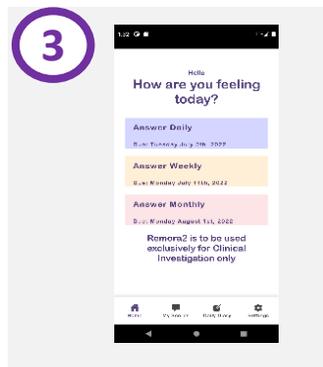
# How to use the REMORA app



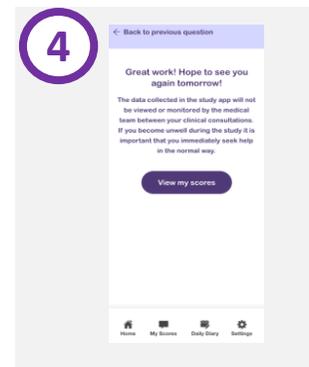
Your phone will alarm (sound and/or vibrate) when it is time to answer questions – daily, weekly or monthly. When this happens please open the app by clicking the notification or pressing the icon in you app menu.



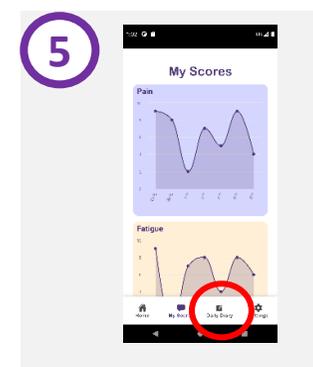
You will need to log in with your NHS login **every time** you want to use the app. If you simply close the app after use, you will be able to login with your face or fingerprint ID. If you log out of the REMORA app you will need to re-enter your NHS login email address and security passcode.



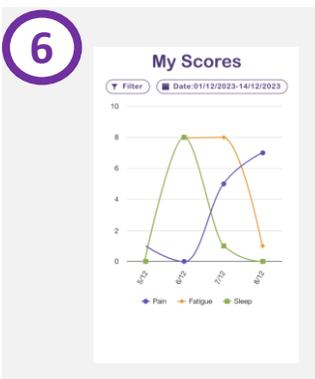
You will reach the homepage (shown above). The question set that is due to be completed will be highlighted. Please note: on the day you register, the weekly and monthly questionnaires will be greyed out until the following day. **Please see the next page for completion instructions.**



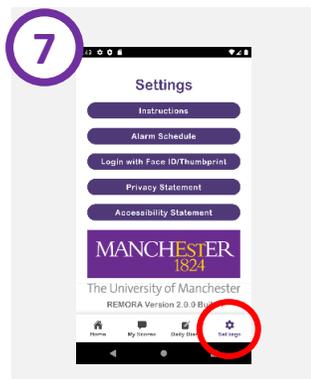
You will be able to submit the daily questions as frequently as you wish (more than once in day). Once you submit the weekly and monthly questionnaires you will not be able to go back and complete these again until the next time that questionnaire is due.



If you track your symptoms for at least 2 days, the 'My Scores' section will show how some of your symptoms change over time. You can see the most recent 7 days of symptoms at any one time.



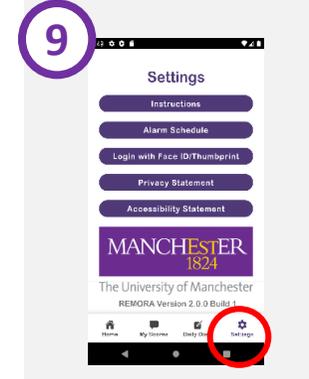
'My Scores' page has a graph where you can view up to 3 symptoms at the same time. Use the 'Filter' button to choose your symptoms. Use the 'Date' button to select up to a maximum of a 2 week window.



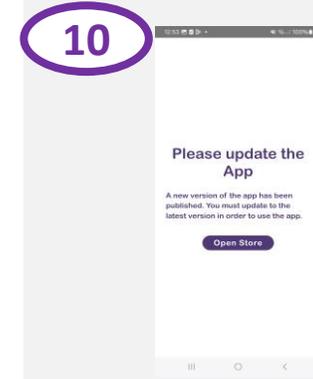
You can press the 'Settings' icon to see instructions for using the REMORA app, view the alarm schedule and tutorial screens and access other information like our privacy and accessibility statements.



From 'Settings', you can click "Alarm Schedule" to see the pre-set schedule. You will receive alerts at 12 noon, 15:30 or 18:30 depending on the questionnaire type. **Please note, these times cannot be changed.**



You can also select 'Instructions' for further information about completing the REMORA2 study. You can also contact the study team by email and we will answer as soon as possible Monday to Friday: [remora2@manchester.ac.uk](mailto:remora2@manchester.ac.uk)



During the course of the study you may be notified that our app has been updated and you need to update the version on your device. To do this open the app store, locate the REMORA icon and select 'update'.

# How to use the REMORA app

Within the REMORA app there are four question types that you will be asked to complete within the daily, weekly and monthly questionnaires. These are shown below with a description of how to complete the entry.

**1**

Select the number that best describes the pain you felt due to your RA during the last 24hrs

None **5** Extreme

0 1 2 3 4 5 6 7 8 9 10

Next →

Answer questions like this by touching the circle and sliding from left to right, until you reach your answer. **The direction of severity is always the same, i.e., 0 = Good and 10 = Bad.**

**2**

How long did your morning stiffness last today? (please select '0' if you did not experience any stiffness)

0

1-9 minutes

10-19 minutes

20-29 minutes

30-59 minutes

1-2 hours

2+ hours

Answer questions like this by touching the circle next to your answer. **Some questions may have default answers selected, so please make sure you double check your response is highlighted correctly.**

**3**

How many of your joints are tender today?

See figure above for which joints to assess

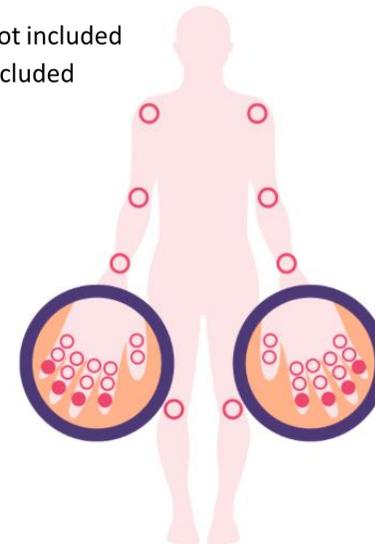
- 3 +

Next →

Answer questions like this by typing the number into the empty box, or use the + and - to increase and decrease the number.

## Counting your swollen and tender joints

- Not included
- Included



The joint count is based on the DAS28 which your clinical care team should regularly perform with you as part of your care. This involves checking your shoulders, elbows, wrists, knees and some of the joints in your hands as shown above.

For more guidance on how to complete these questions, please access our video *"How to Self-Examine for Tender and Swollen Joints in Rheumatoid Arthritis"* which is available here: <https://www.youtube.com/watch?v=SBSJKMYNOaw>

**4** Daily Diary

Free to make any private notes here. This information will not be shared with the clinical or research team.

Diary Entry

Add new entry →

Home My Scores **Daily Diary** Settings

The 'Daily Diary' function allows you to note additional information as you wish. **This information is stored only on your phone and will not be visible to your clinical team unless you share it during your appointment.**

**5**

How long did your morning stiffness last today? (please select '0' if you did not experience any stiffness)

0

1-9 minutes

10-19 minutes

20-29 minutes

30-59 minutes

1-2 hours

2+ hours

Finish

Please note, it is really important that when you finish a questionnaire you press 'Finish', otherwise your entry will not be recorded and the questionnaire will appear incomplete on your app home screen.

**6**

Hello

How are you feeling today?

Answer Daily  
Sun: Tuesday, July 18th, 2022

Answer Weekly  
Sun: Monday, July 11th, 2022

Answer Monthly  
Sun: Monday August 1st, 2022

Remora2 is to be used exclusively for Clinical Investigation only

Home My Scores Daily Diary Settings

Daily questionnaires must be completed on the day they are requested. You cannot go back and complete missed days. However, you will have 3 days to complete weekly questionnaires and 7 days for monthly questionnaires.

For more help visit <https://sites.manchester.ac.uk/remora/> or email: [remora2@manchester.ac.uk](mailto: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.