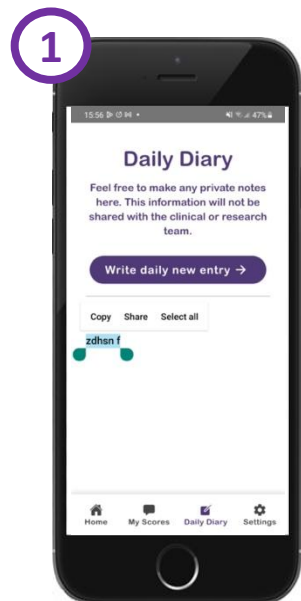
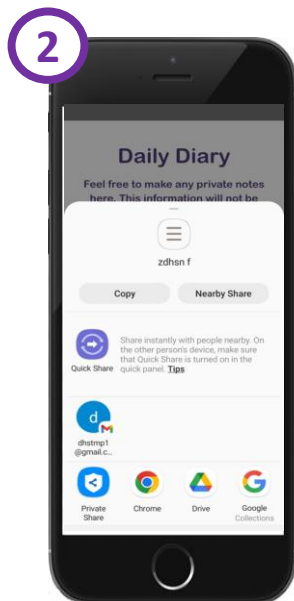


# How to save your REMORA diary entries to your android device

The following steps explain how to download and save your REMORA diary entries on your mobile device:



Open the diary feature on the REMORA app and select the text you wish to save by holding your finger on it for a few seconds.



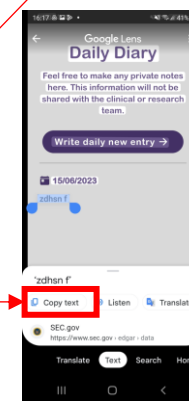
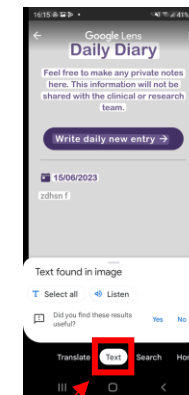
Now select the 'share' option and choose where you would like to share the diary entry to from the options displayed. You can also select the 'copy' option after highlighting your diary entry and then paste it to a place of your choice. This may be 'Notes', 'Notepad' or 'Google Keep' depending on the make of your device.

## Please note the following:

- The diary feature of the REMORA app is only available for personal use on mobile phones or tablets.
- Once you have exited the REMORA2 trial, the app will be disabled and you will **no longer be able to track your symptoms**. However, you will be able to continue to use the diary feature.
- Once all participants have exited the REMORA2 trial, access to the app will be **permanently removed**. The University of Manchester study team will contact you to let you know when this is about to happen. This will be your **final opportunity to download your diary entries** to your mobile device.
- Once access to the REMORA app has been permanently removed, you **will not** be able to retrieve any of your diary entries.

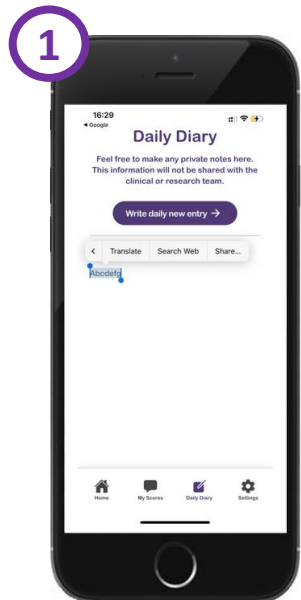
If the 'copy and paste' or 'share' method described does not work on your device, you may alternatively use 'Google Lens' to store your diary entries:

- Go to the app store, search for 'Google Lens' and install it on your device. The method for downloading from the app store is the same as when you downloaded the REMORA app.
- Open the diary feature on the REMORA app.
- Take a screenshot of your diary entry by pressing the **Power and Volume down buttons**. Quickly release both buttons at the same time.
- Open **Google Lens**.
- Select the screenshot of your diary page.
- Select the **'text'** option at the bottom of the screen.
- Select the text you wish to save by holding your finger on it for a few seconds.
- Select the **'copy'** option after highlighting your diary entry and then paste it to a place of your choice.

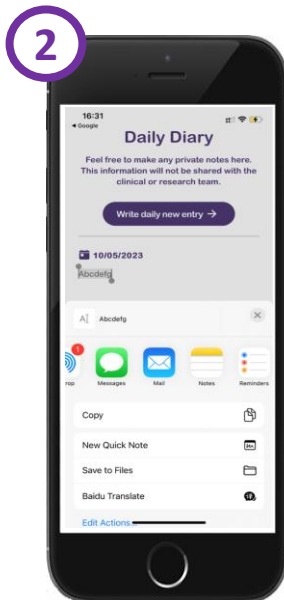


# How to save your REMORA diary entries to your apple/iOS device

The following steps explain how to download and save your REMORA diary entries on your mobile device:



Open the diary feature on the REMORA app and select the text you wish to save by holding your finger on it for a few seconds.



Now select the 'share' option and choose where you would like to share the diary entry to from the options displayed (for example 'Notes'). You can also select the 'copy' option after highlighting your diary entry and then paste it to a place of your choice.

## Please note the following:

- The diary feature of the REMORA app is only available for use on mobile phones or tablets.
- Once you have exited the REMORA2 trial, the app will be disabled and you will **no longer be able to track your symptoms**. However, you will be able to continue to use the diary feature.
- Once all participants have exited the REMORA2 trial, access to the app will be **permanently removed**. The University of Manchester study team will contact you to let you know when this is about to happen. This will be your **final opportunity to download your diary entries** to your mobile device.
- Once access to the REMORA app has been permanently removed, you **will not be** able to retrieve any of your diary entries.

If the 'copy and paste' or 'share' method described does not work on your device, you may alternatively use 'Google Lens' to store your diary entries:

1. Go to the app store, search for 'Google Lens' and install it on your device. The method for downloading from the app store is the same as when you downloaded the REMORA app.

2. Open the diary feature on the REMORA app.

3. Take a screenshot of your diary entry by pressing the **Volume Up button** (top left) and the **Home button** (on the right) at the same time. Quickly release both buttons.

4. Open **Google Lens**.

5. Select the screenshot of your diary page.

6. Select the **'text'** option at the bottom of the screen.

7. Select the text you wish to save by holding your finger on it for a few seconds.

8. Select the **'copy'** option after highlighting your diary entry and then paste it to a place your choice (for example 'Notes').

