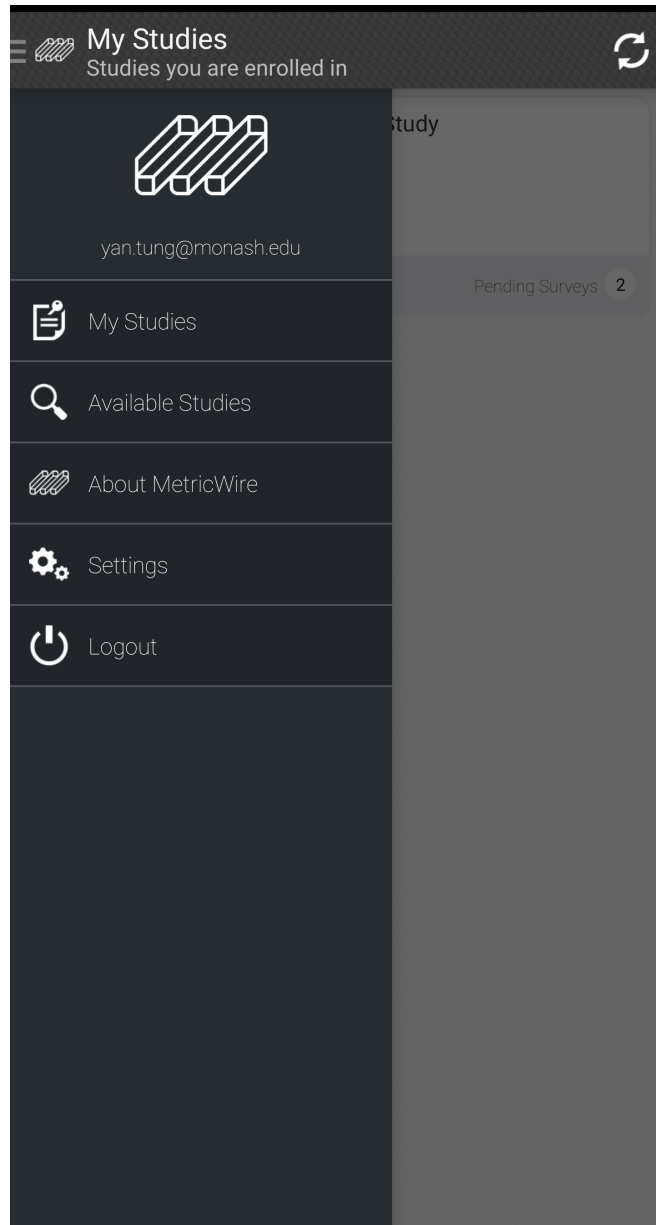
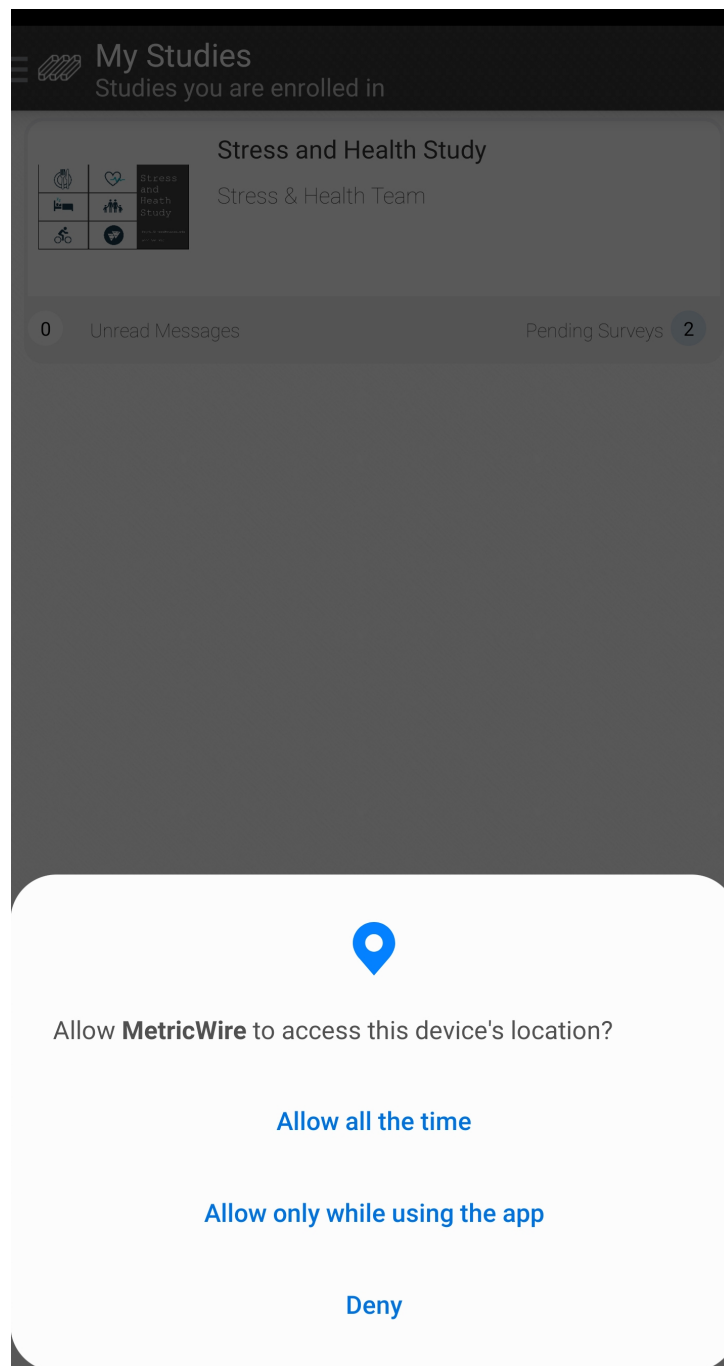


1. After registering for a Metric Wire account **using the email address you provided to us**, you will enter this page.
2. Click on the “Check Available Studies” green button below, and the study “Stress and Health study” should appear for you
3. If you aren’t able to see the study, it might mean that you have registered on Metric Wire (MW) with the **incorrect** email address. Please register your MW account using the email address you provided to us (whether personal email or student email).

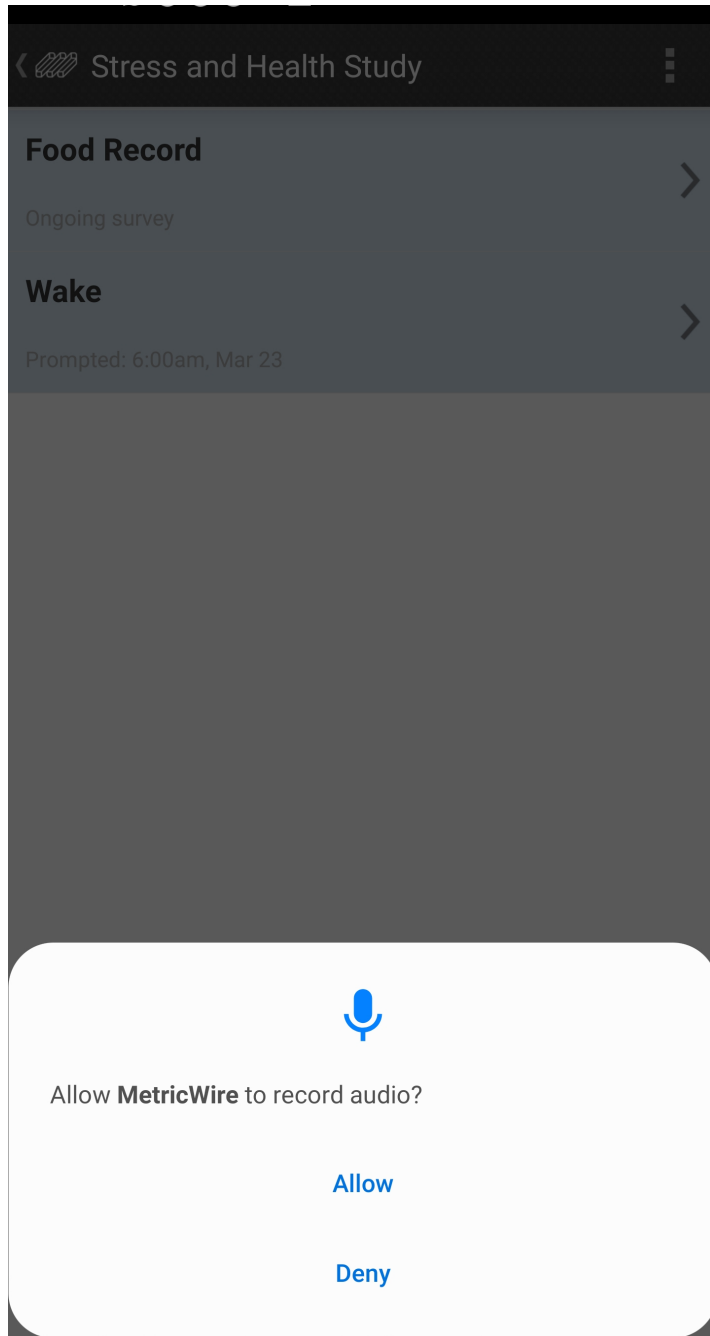
You can absolutely phone us to troubleshoot this.



4. Once you've joined the "Stress and Health study", it would appear in your MW home (dashboard). Otherwise, you can use the sidebar and click "My Studies" as well to get there.

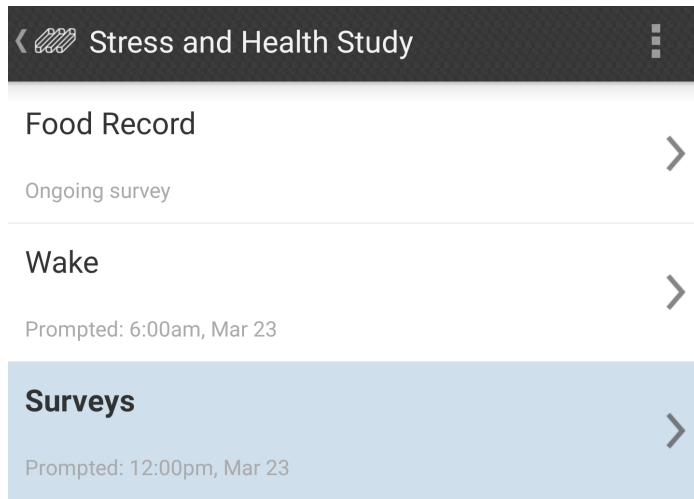


5. When you first log into Metric Wire, you will be asked to provide permission for the MW app to access your location. We would prefer that you allow this, whether all the time/when you're using this app.



6. You'll also be asked to provide permission for MW to record audio, and you'll need to choose "Allow".

7. This is because one of our survey questions would be asking you to record an audio note describing the stressful situation that happened to you today. This is **optional**, and is mainly used when you had experienced a stressful situation that was unique and could not be fully captured by our existing survey questions. You **do not** need to record an audio for every survey when asked to do so. You can skip recording the audio note.



8. On your MW dashboard, you'll find that you're prompted with surveys. You just need to ensure that you click on the surveys that appear here and complete them within the time window. Once you've completed them, they won't appear on your dashboard until the next survey is made available.

9. Wake and Pre-Sleep surveys will appear as specifically "Wake" and "Pre-Sleep". Remember, these surveys should be completed as close to your actual wake and sleep time as possible.

Morning, Afternoon and Evening surveys will all appear as "Surveys" during the given time window (refer to Orientation Slides).

Surveys

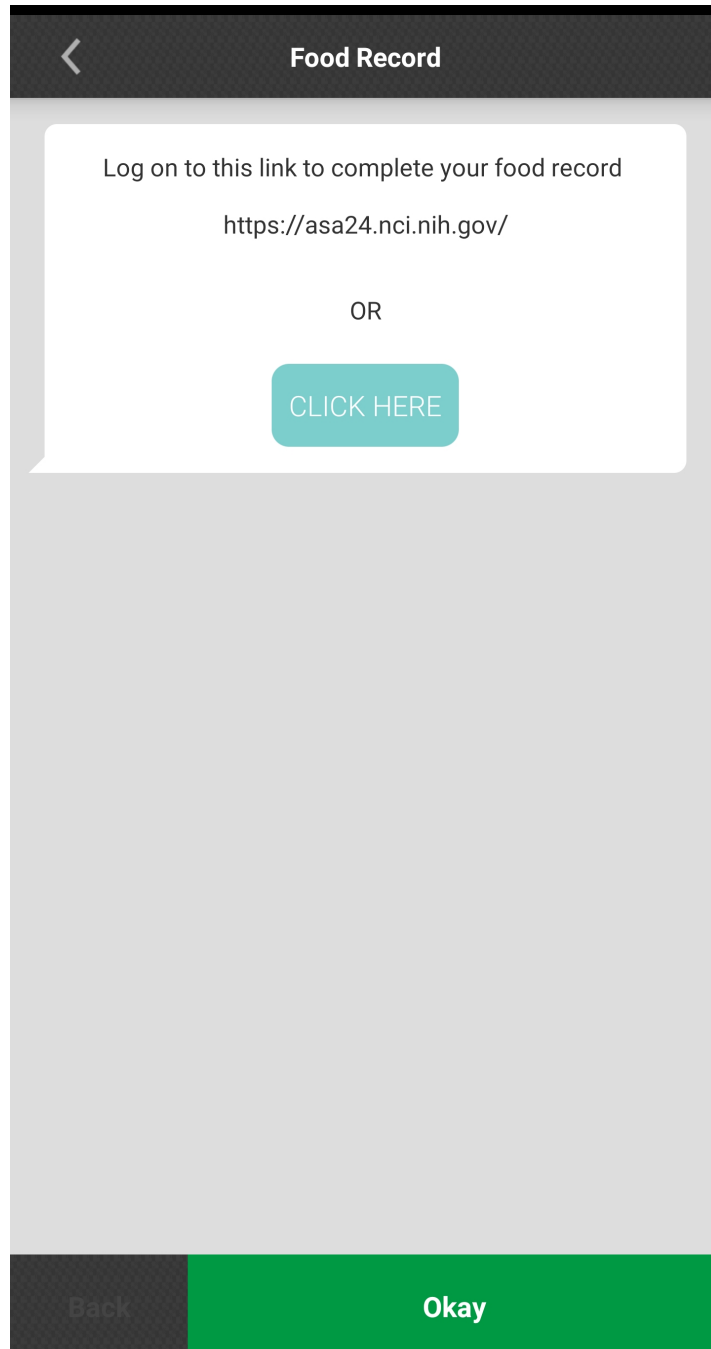
Since the **last survey**, which of the following types of stressors have you experienced?

For each, select "yes" if it occurred since the **last survey**

If it does not apply, select "no" or simply SKIP the question.

Back Okay

10. When you enter any given survey, just answer the questions and remember to **submit** your survey!



11. If you click on “Food Record”, you’ll be provided a link to access ASA24.


We recommend that you record your dietary intake on an Internet Browser rather than through Metric Wire. This survey appears on your dashboard more as a **reminder** to complete your dietary record.

Bookmark the website <https://asa24.nci.nih.gov/> on your browser to make it easy for you to access this daily. Choose to allow the browser to remember your username and password as well. This makes signing in faster!

< Wake

Take a picture of your **MORNING SALIVA SAMPLE** tube with the **completed time**

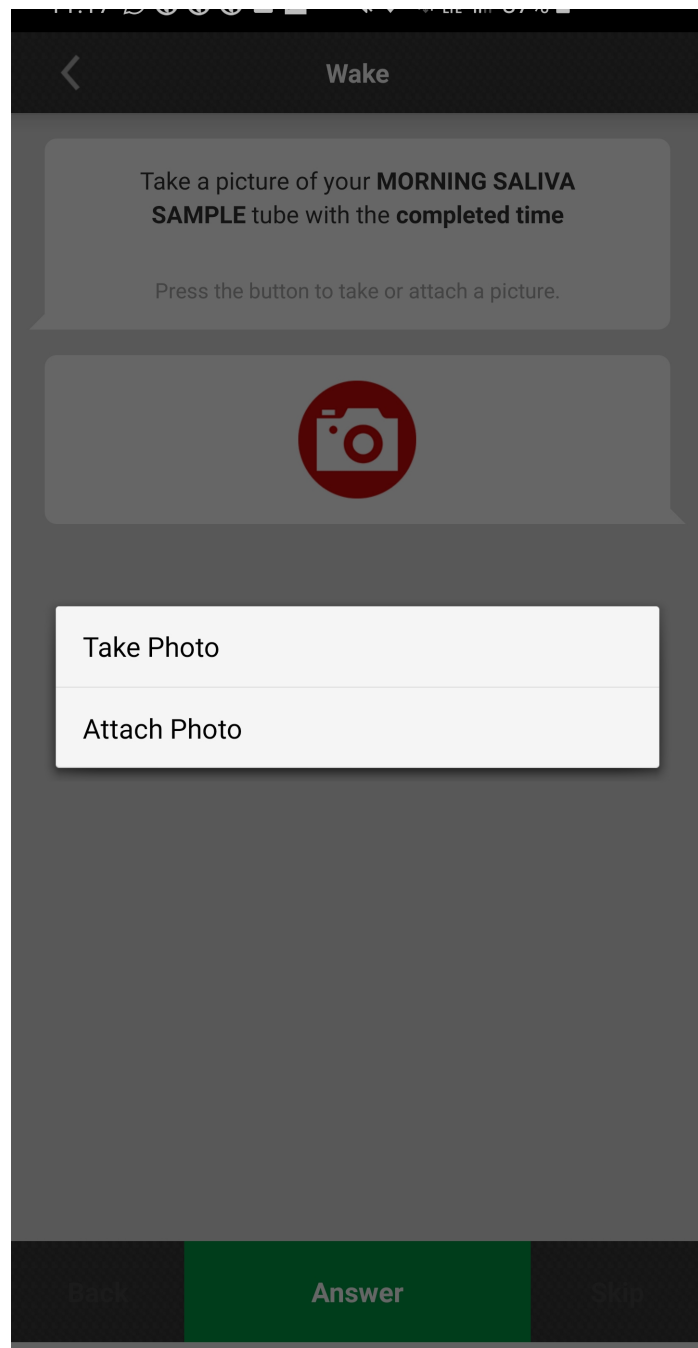
Press the button to take or attach a picture.



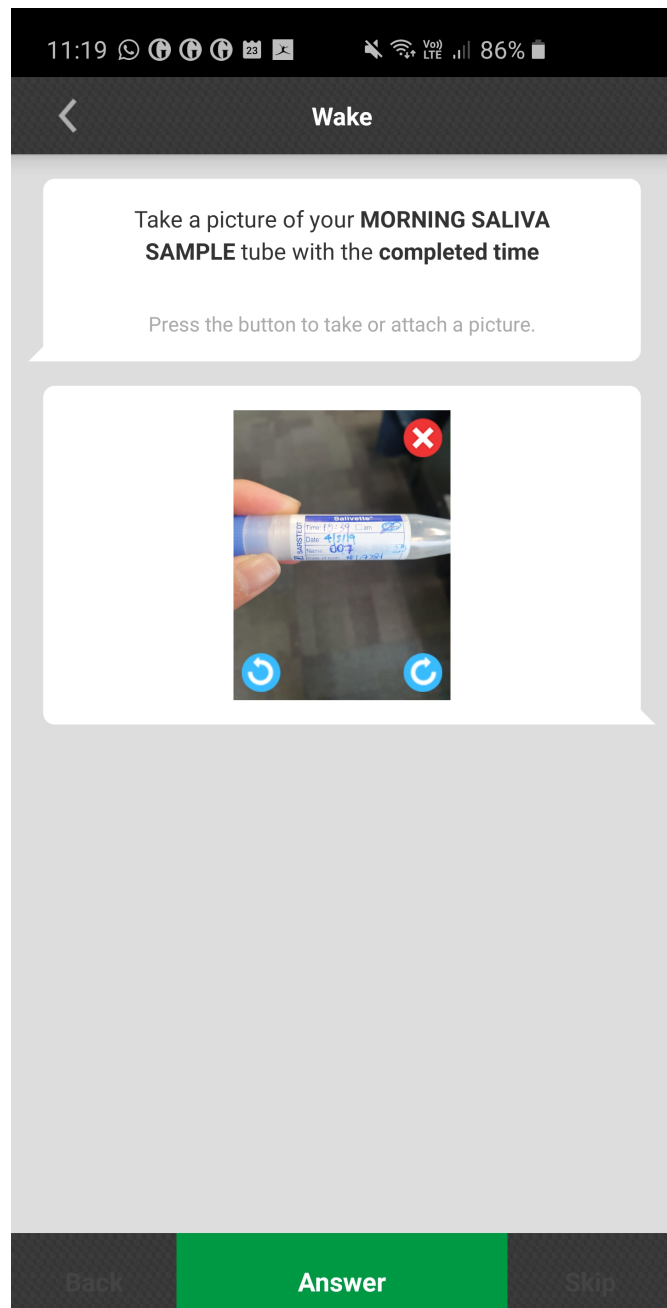
Back Answer Skip

12. Remember that “Wake” and “Pre-Sleep” surveys will ask you to attach a photo of your saliva sample with the **completed time and date written clearly on your tube label.**





13. Please choose to Take Photo or Attach Photo.



14. An example has been provided here. You need to clearly write the **date and time** of your saliva collection on the tube label.

We recommend ball point pen/permanent marker pen – importantly, your writing should not smudge and should be clear.

Take a clear photo of the tube label and attach it to your survey as shown here.



- Any questions, ask us!