

Gravitate-Health

Instructions for extended MVP3 testing

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2 Introduction

Thank you for participating in the third testing of the Gravitare-Health functionalities. Please remember that **the app is a test environment** to test the developed functionalities.

The goal of Gravitare-Health is to enhance patient experiences through personalized digital resources. In this Extended MVP3 Testing, we aim to test whether long-term engagement with the test app influences users' management of their conditions using personalized ePI and additional support materials in a digital format. This approach includes pre- and post-testing questions to evaluate potential behaviour changes, alongside feedback on technical, feasibility, usefulness, and usability aspects.

In this test, you will assume the role of Alicia, born in 1998, who manages health conditions including depressive disorder, HIV, and being overweight. You are tasked with engaging with the test app over a 4-week period, exploring its functionalities across various scenarios, and providing comprehensive feedback.

You will complete one introductory script followed by six test scripts, each carefully designed to evaluate the diverse functionalities.

Before you start, please access this QR code to answer the first set of questionnaires.



Please follow the steps below to download the app where you can test the features.

3 MVP3 installation and functionality

3.1 Installation and log in

You can download the test app where you can test the features on your phone by using these instructions

For Android (Beta version)

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Step 1: Join the Beta Program

- Open the shared [link](#) on your Android device.
- Tap “**Become a Tester**”.

Step 2: Install the App

- After joining, you’ll see a link to download the app from the **Google Play Store**.
- Tap “**Download it on Google Play**”.
- Tap **Install**.
- Once installed, open the app and start testing!

You may need to wait a few minutes after joining the beta for the download to be available.

For iOS (TestFlight version)

Step 1: Install TestFlight

- Open the **App Store** on your iPhone or iPad.
- Search for **TestFlight** or use this direct link:
<https://apps.apple.com/us/app/testflight/id899247664>
- Tap **Get** and install TestFlight.

Step 2: Accept the Invitation

- Open the shared [link](#) on your iOS device.
- Tap “**Accept**” to join the beta.

Step 3: Install the App

- After accepting, you’ll be redirected to the TestFlight app.
- Tap **Install** next to the app name.
- Once installed, open the app and begin testing!

Keep TestFlight installed — it notifies you when a new version is available and provides easy feedback options.

You can log into the app using these credentials:

- Email: alicia@gravitatehealth.eu
- Password: alicia_password4321

3.2 Functionality and medicinal products within the app

Below, you will find an overview of the features available within the MVP3 app, alongside a list of accessible medicinal products.

3.2.1 Functionality

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3.2.1.1 Profile Management

The data is retrieved from the Electronic Health Record (EHR) based on the International Patient Summary (IPS).

This functionality allows you to view Alicia's fictional personal data which will influence personalized medication leaflet. The personal data cannot be edited.

Personal data available:

- Date of birth
- Gender
- Health conditions

3.2.1.2 Medication Leaflets:

Upon selecting a medication, you can explore detailed content through a variety of features.

Leaflet:

- The full medication leaflet.
- You can navigate the different sections of the leaflet.
- The sections are conveniently collapsed into drop down menus, allowing you to view them with a single tap
- Chatbot: In the search field, you can ask questions about the selected ePI

Personalized leaflet:

- Relevant sections are highlighted based on Alicia's IPS to make important details easy to find.
- Non relevant sections are conveniently collapsed into drop down menus, allowing you to view them with a single tap
- Lens explanation: You can visualize all lenses description and explanation of a selected ePI in a specific section Tap on text highlighted in green for more details about why the text has been marked important for Alicia.
- Additional materials: Explore extra resources available to support the leaflet in this section. Available formats may include audio, video and text. Tap any item in the list to access the content
- Additional materials: View all additional materials related to the selected leaflet filtered by category for quick navigation
- Chatbot: In the search field, you can ask questions about the selected ePI

Summary Leaflet

- Provides a summary of the leaflet
- The summary is generated by AI and might not capture all details or nuances of the original document

Support materials

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- Explore extra resources available to support the leaflet in this section. Available formats may include audio, video and text. Tap any item in the list to access the content
- View all additional materials related to the selected leaflet filtered by category for quick navigation
- **Please note** that the materials are manually added for testing purposes as examples of support material

Chatbot

- Provides responses solely based on the information within the ePI of medications.
- Note that it may provide incorrect or incomplete responses
- It does not offer medical advice, diagnosis or treatment

3.2.1.3 Settings

This section offers you guidance through the app features in addition to options for personalization of the app

- Onboarding: Guides you through the features of the app
- Language preferences: Gives possibility to change languages (e.g., English and Spanish) in the settings section to visualize the ePI in the selected language
- Lenses settings: You can turn on/off the lenses
- Visual settings: Provides possibility to change to dark mode and change font size

3.2.1.4 Search Functionality

The search icon on the bottom line of the app allows you to search for a new medication and access the ePI, such as:

- Ibuprofen 600 mg tablets
- Amoxicillin 250 mg tablets
- Dovato 50mg/300 mg film-coated tablets
- Karvea 75mg tablets
- Metformin 500mg tablets
- Novorapid Flexpen 100 units/ml

3.2.2 Available medicinal products

This is Alicia's medication list. **Please note** that these medications are manually added for testing purposes as examples of prescribed or over the counter medication.

Biktarvy 30 mg/120 mg/115 mg film coated tablets

- Summary available in English and Spanish.
- Support material in English

Tegretol (Carbamazepine) 200 mg tablets

- Summary available in English and Spanish.

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- Support material in English

Xenical (Orlistat) 60 mg capsule

- Summary available in English and Spanish with slightly different layout
- Support material in English

Flucelvax 15 mcg/ 1 suspension for injection

- Summary available in English and Spanish
- Support material in English

Hiperico arkopharma capsulas duras

- Summary available in English and Spanish
- Support material in English

Calcium/Vitamina D3 rovi 1000 mg/880 UI comprimidos efervescentes

- Summary available in English and Spanish
- No support material available

4 MVP3 testing

4.1 Introduction: Exploring Alicia's Medications and the G-lens® Functionality

Objective:

Become familiar with the app's capabilities in managing medications and providing personalized information through the G-lens.

Scenario:

Alicia needs to understand the functionality of the Gravitate-Health app, focusing on managing her medications and utilizing the G-lens for customized advice.

Steps:

- 1) App Launch and Profile Overview:
 - a. **Action:** Log in to the Gravitate-Health app with the user credentials.
 - b. **Expected outcome:** Able to log in and out without problem. Get familiarized with Alicia's profile information including date of birth, gender, and problem list
- 2) Accessing the Medication Leaflets:
 - a. **Action:** Tap continue to view the list of Alicia's prescribed medications
 - b. **Expected outcome:** Get familiarized with Alicia's medication list
- 3) Exploring Leaflet Types:
 - a. **Action:** Select Biktarvy. Click on the different types of leaflets – full, personalized, summary – and any available support materials.
 - b. **Expected outcomes:**
 - i. Get familiarized with all the types of leaflets.
 - ii. Experience how the information changes when viewing the full leaflet to the personalized leaflet based on Alicia's health profile
 - iii. See the activated lenses: interaction lens, conditions and health problem lens and pregnancy lens
- 4) Searching for content within the leaflet
 - a. **Action:** Click on the search field while in the Biktarvy leaflet. Search for: "side effect"

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- i. Access the leaflet for Dovato.
- ii. Experience that the medication has a full leaflet, personalized leaflet, summary and chatbot, but no support material is available

4.2 Test Script 1: Sudden Headache and Over the Counter (OTC) Medication

Objective:

Evaluate app functionality in managing unexpected symptoms and medication interactions.

Scenario:

Alicia experiences an unexpected and severe headache and is wary of taking OTC pain relief like Ibuprofen due to possible interactions with her current medications.

Steps:

1) Symptom Check:

- a. **Action:** Use app features to investigate if Alicia's current medications list headaches as a potential side effect in section 4 of the leaflet. You have to check each of the medications
- b. **Expected outcomes:**
 - i. Find that Biktarvy, Tegretol and Xenical all have listed headache as common or very common side-effect.
 - ii. For Flucelvax, headache is reported as a mild side effect, for Hiperico the frequency is unknown, but headache is reported.
 - iii. Headache is not reported for Calcio/vitamin D3.

2) Using the Search Feature (search icon at the bottom of the app) :

- a. **Action:** Perform a search for Ibuprofen within the app's database.
- b. **Expected outcome:** Find the leaflet for Ibuprofen 600 mg tablets

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- c. **Action:** Read section 2, Other medication and Ibuprofen, in the Ibuprofen leaflet and look for interaction with Biktarvy (Bictegravir) and Tegretol (Carbamazepine)
 - d. **Expected outcome:** There is no mention of interactions between Ibuprofen and Biktarvy (Bictegravir) or between Ibuprofen and Tegretol (Carbamazepine).
 - e. **Action:** Check the personalized leaflet for Biktarvy for interactions to Ibuprofen
 - f. **Expected outcome:** There is no mention of interactions between Biktarvy and Ibuprofen
- 3) **Action:** Check the personalized leaflet for Tegretol for interactions to Ibuprofen
- a. **Expected outcomes:** There is no mention interactions between Tegretol and Ibuprofen
 - b. **Please note:** Although the ePI does not mention interactions between Ibuprofen and Biktarvy or Tegretol, this absence of information does not imply that interactions do not exist; rather, it indicates a lack of documented evidence. On the other hand, an interaction highlighted serves to inform you that “this is important for you”. Some interactions can be beneficial, while others might be unavoidable due to a lack of alternatives. The idea is to provide the user with information to discuss with the clinical team if doubts arise without interfering with the clinical decision-making process.

4.3 Test Script 2: Traveling and Medication Management

Objective:

Assess how well the app supports medication management and interaction checking while traveling

Scenario:

Alicia is vacationing in Greece and needs to maintain her medication regimen effectively.

Steps:

- 1) Medication storage:
 - a. **Action:** Access the "Medication List" section to locate storage instructions for Biktarvy, Tegretol, Xenical, Hiperico and Calcio/Vitamin D3.

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- b. **Action:** Determine whether special storage conditions, such as refrigeration, are required for safe use during her trip.
 - c. **Expected outcome:** None of the medications require special storage such as a refrigerator
 - d. **Action:** Go to Tegretol and ask the chatbot the following: “Do I have to keep the medication away from direct sunlight?”
 - e. **Expected outcome:** The chatbot will answer something similar to: According to the context, it doesn’t explicitly state that you need to keep the medication away from sunlight. The conservation instruction only mention keeping the medication below 25°C and storing it in it’s original packaging to protect from moisture. There is no specific instruction about direct sunlight.
 - f. **Action:** Follow up with this question: “Where do you recommend storing the medication while on vacation?”
 - g. **Expected outcome:** The chatbot will answer something similar to: Based on the context, it is recommended to store the medication in a cool place, below 25°C.
- 2) Health event during travel:
- a. **Scenario:** On her vacation, Alicia feels unwell, consults a doctor, and is prescribed an Amoxicillin 250 mg tablets for a mild upper respiratory infection.
 - b. **Action:** Search for Amoxicillin 250 mg tablets using the app’s search feature.
 - c. **Action:** Look in the leaflet section 2 and review the information under “Other medicines and Amoxicillin Capsules to find out if there are interactions with her prescribed medications.
 - d. **Expected outcome:** There is no mention of interactions with existing medications is found. The medication appears to be safe to use.

4.4 Test Script 3: Planning for parenthood

Objective:

Evaluate the app’s abilities in advising medication management for users planning to become pregnant

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Scenario:

Alicia is planning to become pregnant and needs to check the safety of continuing her current medications.

Steps:

3) Review of Medications:

a. **Action:** Access personalized leaflets for all medications Alicia currently takes.

b. **Expected outcomes:**

- i. Find that for Biktarvy, the pregnancy lens highlights that Alicia should talk to her doctor if she planning to have a baby.
- ii. For Tegretol, the same applies, she needs to talk to her doctor.
- iii. It is not a problem to take Xenical while planning to get pregnant, but she needs to be aware of breastfeeding.
- iv. Although Flucelvax may be given in any trimester of pregnancy, it clearly states to contact a doctor if planning pregnancy.
- v. Alicia should not take Hiperico if pregnant, but nothing is mentioned regarding planning
- vi. For Calcio/Vitamina D3, she should also consult a doctor before planning to have a baby

4.5 Test Script 4: Navigating Weight Loss Challenges with Xenical

Objective:

Assess the app's capability to assist users in optimizing the effectiveness of their weight loss medication and addressing concerns.

Scenario:

Alicia, taking Xenical for weight loss, is not seeing expected results and wants insights to improve medication effectiveness.

Steps:

1) Accessing Medication Leaflet:

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- a. **Action:** Select Xenical from Alicia's list of medications. Read the personalized leaflet to see if you find tips on improving medication effectiveness.
- b. **Expected outcome:** Find that below the highlighted information of what Xenical is used for, it is stated that Xenical is to be used with a low calorie intake diet.
- c. **Action:** Read the full leaflet to see if additional information is found
- d. **Expected outcome:**
 - i. In section 2, "What you need to know", under "warnings and precautions", paragraph 2 it is stated that Alicia should follow a nutrition program recommended to her by a doctor. Furthermore, it states that over-consumption of fat and calories may reduce any weight loss effect

2) Access Support Material

- a. **Scenario:** Alicia is unsure of how to change her diet to improve medication effectiveness
- b. **Action:** Access Xenical and click on the support material "Dietary advise whilst taking Orlistat"
- c. **Expected outcome:** Find a list over "What should I eat and drink"

4.6 Test Script 5: Vaccination and Interaction Concerns

Objective:

Assess the app's effectiveness in guiding vaccine interactions for patients with preexisting conditions.

Scenario:

Alicia receives a reminder about an upcoming flu vaccine is concerned about interactions with her HIV medication.

Steps:

- 1) Vaccine Information Review:
 - a. **Action:** Access the Flucelvax leaflet.
 - b. **Action:** Check the personalized leaflet and the summary for compatibility with HIV medications.

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- c. **Expected outcome:** Find that the interaction lens is not activated for this medication. The summary does not contain any information regarding other medications.
 - d. **Action:** Access the full leaflet, section 2, to look for interactions
 - e. **Expected outcome:** Note that there is no mention of interactions with HIV medication in the text. However, it is stated that you should tell your doctor if your immune system is impaired.
- 2) **Scenario:** Alicia does not feel comforted by the information in the Flucelvax regarding whether or not it is safe to take the vaccine. She decides to consult the chatbot
- 3) Chatbot Consultation:
- a. **Action:** Go to Biktarvy and ask the chatbot the following: “Can I take Flucelvax while on Biktarvy?”
 - b. **Expected outcome:**
 - i. The chatbot answers something similar to: “Based on the context, it does not provide any information about taking Flucelvax while on Biktarvy. The context only provides information about using Biktarvy itself, including its dosage storage and potential side effects. Therefore, I cannot answer this question based on the provided context”
 - c. **Action:** Rephrase the question and ask: “Can I take vaccines while on Biktarvy?”
 - d. **Expected outcome:**
 - i. The chatbot answers something similar to: “Based on the context, there is no direct mention of vaccination while taking Biktarvy. However, it is generally recommended that people with HIV who are taking antiretroviral therapy (ART) like Biktarvy can receive most vaccinations without any issues.”
- 4) Access Support material
- a. **Scenario:** Alicia did not get the answers she sought from the personalized leaflet, summary or the chatbot and wants additional information
 - b. **Action:** Go back to the Flucelvax medication and consult the support material “Flu and people living with HIV”
 - c. **Expected outcome:** Find that people living with HIV should get a flu shot (not the nasal spray flu vaccine) every year.

4.7 Test Script 6: Proactive Mental Health Management

Objective:

Explore the use of herbal remedies for managing depression, focusing on safety and interactions.

Scenario:

Alicia experiences a dip in her mood. She wants to explore if she can take Hiperico (St. John's wort/ Hypericum perforatum) for managing depressive symptoms and needs to ensure it is safe with her current medications. This medication is on her medication list as an **over-the-counter medication**, this means not prescribed by her doctor.

Steps:

- 1) Review interactions
 - a. **Action:** Check the personalized leaflet for Hiperico and note if there are any interactions with her current medications
 - b. **Expected outcome:** Find that the personalized leaflet states not to start Hiperico without consulting a doctor if taking medications for AIDS (antiretrovirals)
 - c. **Scenario:** This message confuses Alicia. She has HIV but has not developed AIDS. She wonders if her HIV medication is labelled as antiretrovirals
 - d. **Action:** Go to Biktarvy and revisit the personalized leaflet to find out if this medication is an antiretroviral medicine
 - e. **Expected outcome:** Find that Biktarvy contains three active substances, where all of them are described as antiretroviral medicine.
 - f. **Action:** Continue to scroll in the personalized leaflet of Biktarvy to see if anything is stated regarding interactions
 - g. **Expected outcome:** Find that the interaction lens highlights NOT to take Biktarvy if currently taking Hiperico (St. John's wort).
- 2) After Alicia learned that she should not take the Hiperico (St. John's wort), she has started to feel worse. Thoughts about not managing her weight loss and feeling like a failure is slowly spiralling out of control and she feels lost. She needs to get support and turn her thoughts

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around. She remembers that the leaflet for Hiperico came with support material and wants to see if this is useful

- a. **Action:** Go to Hiperico and find the support material. Watch the video “How to deal with unhelpful thoughts”
- b. **Expected outcome:** Uncover strategies for Alicia to deal with these thoughts. 1) Label it, 2) Leave it alone, 3) Stand up to it, 4) Give yourself a break, 5) Look at the situation differently

4.8 Evaluation

Thank you for engaging in the Extended MVP3 Testing of the Gravitare-Health app. Your long-term feedback provides significant insights into the app's sustained usability and potential behavioural impacts.

We invite you to partake in a comprehensive evaluation to share your experiences and observations. This evaluation will help us understand how prolonged interaction with the app influences user engagement and health management strategies.

To participate, please scan the QR code below, leading you to the evaluation form. Your detailed feedback is essential as we work to advance the Gravitare-Health app's effectiveness and user experience.

