

MULTIMEDIA APPENDIX 1: Brief description and screenshot image of intervention website features

Intervention Participant Dashboard Screenshot

After a participant logs into the study website this is the page that she sees. New content is displayed in the live feed (including articles, FAQs, blogs and resources). Surveys that are part of the data collection activities are displayed in yellow. Weight monitoring and goal setting are prominently featured and all other website features can be accessed via the menu bar.

The screenshot shows a web browser window displaying the eMoms website. The browser's address bar shows the URL beta.emomsroc.org. The website's navigation bar includes links for 'My Homepage', 'Community', 'Info', 'Goals', 'Achievements', 'Weight-Gain Tracker', 'Events', and 'Earnings'. A search bar is also present. The main content area is for a user named 'testacct', with a due date of 'Wednesday, January 8, 2014' and a 'Community score: 0'. The user's profile includes a 'My Homepage' section with 'I Have Delivered' and 'Edit My Profile' buttons. Below this, there are three trimester tabs: '1st Trimester', '2nd Trimester', and '3rd Trimester'. The '1st Trimester' tab is active, showing a 'Weight-Gain Tracker' widget with the message 'You are on track! towards your weight gain of 15-25 lbs.' and an 'Update My Weight' button. To the right, there are sections for 'Your surveys:' (stating 'You currently do not have any surveys to take.'), 'Upcoming Events:' (stating 'No upcoming events in the next two weeks.'), and 'Live feed'. Below these, there is a 'My Goals Summary' section with two goal cards: 'Start a Diet Goal' and 'Start a Activity Goal'. At the bottom, there is a 'Helpful tip:' section. The footer of the page contains the text 'How do you feel?'.

Weight Gain Tracker

This is the tracker for a woman that had a pre-pregnancy body mass index that placed her in the overweight category. The recruitment and pre-pregnancy weights were collected by study staff at enrollment and automatically plotted on the graph. The other weight was entered by the participant. Only the weights entered by participants are included in the engagement monitoring.

Weight-Gain Tracker HELP

You are on track!

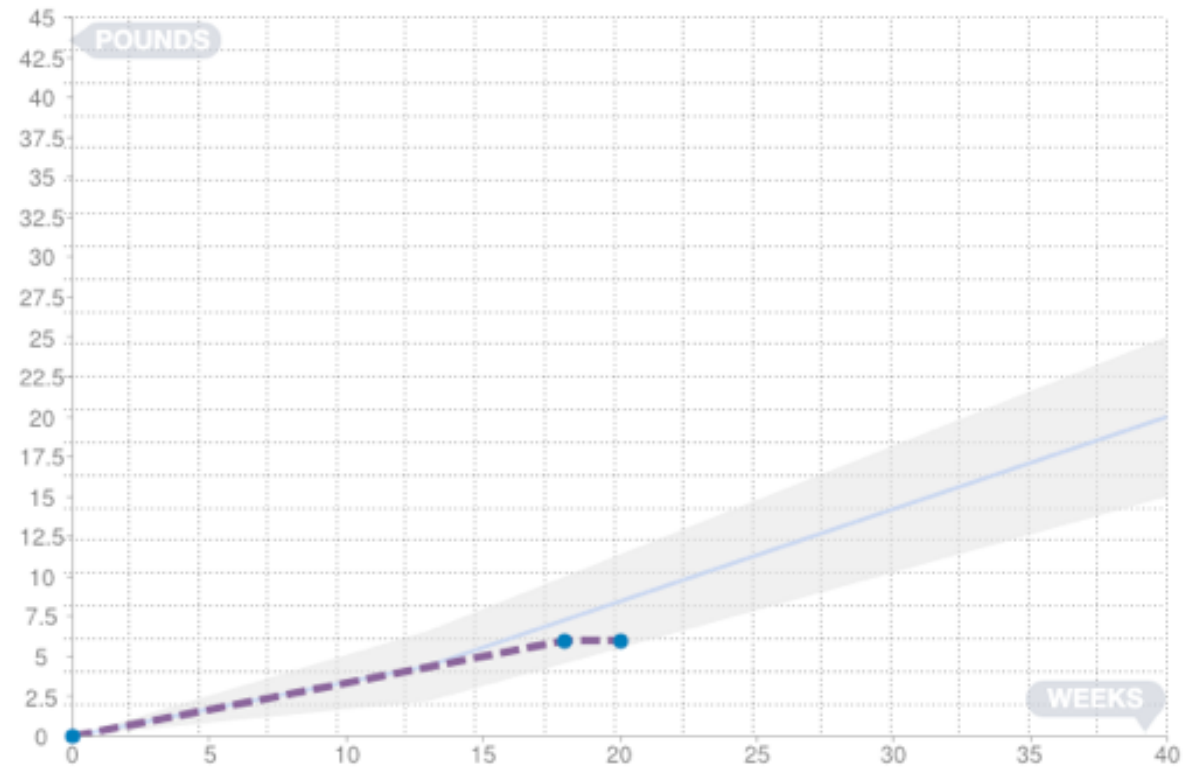
towards your weight gain of
15-25 lbs.

[+ Update My Weight](#)

Use the Weight Gain Tracker to enter your weight throughout your pregnancy to keep track of the weight that you are gaining. **Try to stay within the shaded area!** If you do, then you will be on track to gain the right amount of weight for this pregnancy.

Adequate weight gain during pregnancy reduces the risk of having a low birth weight baby. Too much weight gain increases your risk of being overweight after birth. You should try to stay in your Weight Gain Range of 15-25 .lbs

Your current weight gain progress:



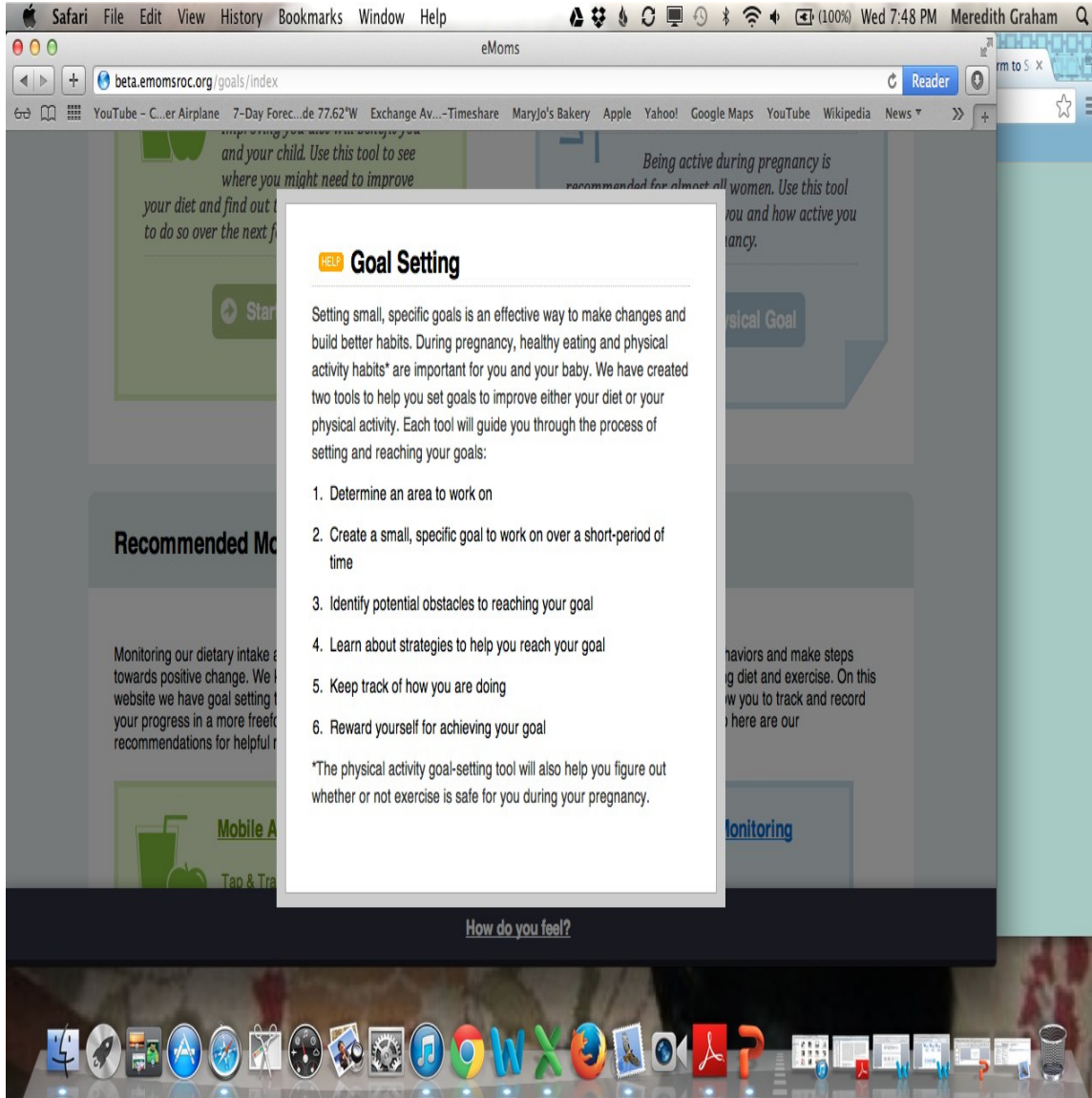
Start Weight gathered at recruitment: **154.0 lbs**

Weight Gain History

Date	Weight
Friday, August 23, 2013	160.0 Edit Delete
Saturday, August 10, 2013 (recruitment weight)	160.0
Wednesday, April 3, 2013 (pre-pregnancy weight)	154.0

Goal-Setting Tools: More Information Screen

For each feature on the website there is a more information pop-out display. They were included to provide an overview of each feature.



The screenshot shows a Safari browser window with the address bar displaying `beta.emomsroc.org/goals/index`. The page title is "eMoms". The browser's menu bar includes "Safari", "File", "Edit", "View", "History", "Bookmarks", "Window", and "Help". The system status bar at the top right shows "Wed 7:48 PM" and "Meredith Graham".

The website content is partially obscured by a white pop-up window titled "Goal Setting" with a "HELP" icon. The pop-up contains the following text:

Setting small, specific goals is an effective way to make changes and build better habits. During pregnancy, healthy eating and physical activity habits* are important for you and your baby. We have created two tools to help you set goals to improve either your diet or your physical activity. Each tool will guide you through the process of setting and reaching your goals:

1. Determine an area to work on
2. Create a small, specific goal to work on over a short-period of time
3. Identify potential obstacles to reaching your goal
4. Learn about strategies to help you reach your goal
5. Keep track of how you are doing
6. Reward yourself for achieving your goal

*The physical activity goal-setting tool will also help you figure out whether or not exercise is safe for you during your pregnancy.

The background website shows sections for "Recommended Monitoring" and "Physical Goal". The bottom of the browser window shows a dock with various application icons.

Diet Goal-Setting Self-Monitoring

After a participant has set a goal she is encouraged to monitor her goal. Information and social support through blogs that are related to the selected goal are displayed along the left side of the self-monitoring page.

The screenshot shows a user interface for self-monitoring a diet goal. At the top, there are three buttons: 'Diet Goals' (with a glass and apple icon), 'Physical Activity Goals' (with a running person icon), and 'Change goal' (with a gear icon). Below these, the user's goal is displayed: 'Your diet goal: Decrease the amount of food when you go out to eat.' On the left side, there are two sections: 'Related Articles' with links like 'Fast Food Survival Guide' and 'Setting Goals for Health!', and 'Related Blog Entries' with links like 'just checking-in :)' and 'Cravings!'. The main area shows 'Your progress:' for 'Week 1: January 19-25'. A progress bar is shown with a green-to-red gradient, and a marker indicates that 2 out of 3 times the goal has been achieved. Below the bar, it says 'You have decreased the amount of food 2 of 3 times' and there is a green 'Update My Progress' button.

Diet Goals **Physical Activity Goals** **Change goal**

Your diet goal:
Decrease the amount of food when you go out to eat.

Related Articles

- [Fast Food Survival Guide](#)
- [Serving Sizes at Restaurants](#)
- [Making Healthy Choices When Eating Out](#)
- [Eat THIS rather than THAT](#)
- [Setting Goals for Health!](#)

Related Blog Entries

- [just checking-in :\)](#)
posted over 2 years ago
- [Citrus is my friend.](#)
posted over 1 year ago
- [Cravings!](#)

Your progress:

Week 1: January 19–25

You have decreased the amount of food 2 of 3 times

[Update My Progress](#)

Information Section

Health related articles and frequently asked questions are included in the information section related to nutrition, physical activity, gestational weight gain, maternal health and infant health.

Info:

Popular Articles

[How Much Sleep Is Enough?](#)

Posted over 1 year ago & has 3 comments

[Body Changes and Discomforts: Fatigue and Sleep Problems](#)

Posted over 1 year ago & has 23 comments

[Breakfast Brain Food](#)

Posted over 1 year ago & has 1 comment

[Pregnancy Dos and Don'ts](#)

Posted almost 2 years ago & has 8 comments

[Body Changes and Discomforts: Itching](#)

Posted over 1 year ago & has 10 comments

[Babies Come Into the World Ready To Learn Language](#)

Posted almost 2 years ago & has 1 comment

[Practical Ways to Trim High Grocery Prices](#)

Posted almost 2 years ago & has 1 comment

Popular FAQs

[How can you tell when you are gaining weight due to the baby growing versus putting weight on your own body?](#)

[Why should I buy local produce at farm stands or farmer's markets? Isn't the produce at the grocery store from local farmers?](#)

[How much water should I drink a day?](#)

[What is the recommended breastfeeding goal?](#)

[Is air travel safe during pregnancy?](#)

[How do different types of caffeine \(coffee, tea, soft drinks, energy drinks\) affect the human cardiovascular system?](#)

[What Are Sleep Deprivation and Deficiency?](#)

[Does fruit juice, an 8-ounce glass, count as a fruit serving?](#)

[View All FAQs](#)



Resources

The resources section includes local and national listings of services, websites, and information to provide logistical or informational support to pregnant women.

Resources:

[HELP](#) What is this?

Categories

[Pregnancy Related Community Organizations](#)

[Smoking Cessation](#)

[Community Organizations For Parents, Infants, Toddlers and Children](#)

[Breastfeeding Resources](#)

[Single-Parent Resources](#)

[Holistic Services and Groups](#)

[Diaper Delivery Resources/Services](#)

[Prenatal Care Providers](#)

[Local Health Clubs and Gyms](#)

[Child Care Referral](#)

[Child Care Centers](#)

[Local Farmers Markets](#)

[Infant and Child Safety Resources](#)

[Maternity Clothes](#)

Most Recent Resources

[Principles of Parenting: Sending Messages of Love](#)

Posted about 1 year ago & has 0 comments

[From NPR- Hours After A Meal, It's The Memory That Matters](#)

Posted about 1 year ago & has 0 comments

[From NPR- Calorie Tracking Apps May Help Boost Weight Loss](#)

Posted about 1 year ago & has 0 comments

[From NPR- Mushroom Ice Cream, Anyone? Chefs Turning To Veggies For Dessert](#)

Posted about 1 year ago & has 0 comments

[Grocery List Apps That Make Shopping, Syncing Lists Simple](#)

Posted about 1 year ago & has 0 comments

[6 Online Tools to Help You Quit Smoking for Good](#)

Posted about 1 year ago & has 0 comments

[From NPR- Living On Food Stamps: Newark Mayor Cory Booker Takes Up Challenge](#)

Posted about 1 year ago & has 0 comments

Blogs

Participants used blogs to write about their experiences during pregnancy and to solicit advice from other participants. Blogs were approved by a moderator and a sample entry that was viewable to control and intervention arm subjects is shown below.



Team Green!

This is my 4th child, and will be my 3rd time not finding out the sex of the baby before it is born. We found out with our first, and I instantly regretted the decision. There is nothing I feel that cannot wait until baby is born to be done that is gender specific, baby doesn't care.

I must say that I don't remember exactly the nurse telling me that my 1st was a boy, but I distinctly remember my second and thirds birth and my husbands voice, tone and the way he announced the gender of each child. For me it is the ultimate remembrance of their arrival. I love good surprises and there are very few good ones in life.

So when this final little one arrives and joins our family we will know if we will have another boy or another girl, and I couldn't care less which one arrives.



written by:
nellbell



Likes: 16

More Related Blog Entries:

Love

posted over 1 year ago - 20 comments

About The Baby Project from NPR

posted over 1 year ago - 12 comments

deshaun_1467

Thank you so much for posting this! I found out with my first as well and am now pregnant with my second. My husband and I have decided to be surprised but I wondered how the experiences would compare, so I really appreciate the you sharing your experience with both. I definitely feel like we've made the right choice now!

ford_450

My husband & I are having our first child & decided not to find out the sex beforehand- (to my family & friends dismay- lol) I'm glad you shared your experience b/c although I'm looking forward to the surprise, and I don't mind green- the suspense gets to me sometimes... Your comments reassure me we made the right decision :)