

1. Recording: goal setting, planning and self-monitoring of physical activity performance and health status

Features ^a	System requirements ^b	BCT ^c	The App
<ul style="list-style-type: none"> Setting interim goals to help achieve long term goals Individual long term goals SMART goal setting 	Provide information and instructions to enable the users to SMART (specific, measurable, accepted, realistic, time limited) goal set	Goal-setting behavior Code 1.1: Set or agree on a goal in terms of the behavior to be achieved	<ul style="list-style-type: none"> Features to support SMART goal setting including a calendar for physical activity planning
<ul style="list-style-type: none"> Activity planning Individualized exercise program to help achieve goals Help with and follow-up of activity planning 		Action planning Code 1.4: Prompt detailed planning of performance of the behavior	
<ul style="list-style-type: none"> Record exercises performed 	Provide the user with the possibility to record physical activities performed	Self-monitoring of behavior Code 2.3: Establish a method for the individual to monitor and record his or her behavior	<ul style="list-style-type: none"> A calendar feature for recording of physical activities performed
<ul style="list-style-type: none"> Record well-being Perform and record the results of RA-specific physical tests 	Provide the users with instructions to enable the users to perform RA-specific tests and record the outcome	Self-monitoring of outcome Code 2.4: Establish a method for the individual to monitor and record the outcome of his or her behavior	<ul style="list-style-type: none"> A feature to support the performance and recording of RA- specific physical tests and self-rate health tests
<ul style="list-style-type: none"> Change goal according to well-being Change goal if set goal is not achieved 	Easy access for continuously reviewing and modifying set goals	Review behavior goal Code 1.5: Review behavior goal jointly with the individual and consider modifying goals	<ul style="list-style-type: none"> A feature available on the welcome screen to review set goal
<ul style="list-style-type: none"> Record exercise in the app same day Automatic registration of activities available in the app 	Easy access for recording of physical activities performed	Self-monitoring of behavior (2.3) Self-monitoring of outcome (2.4)	<ul style="list-style-type: none"> A feature available on the welcome screen to record the physical activity performed
<ul style="list-style-type: none"> Determine reward if goal is achieved 	Provide information and instructions on how to determine individual rewards	Material incentive Code 10.1: Inform that valued objects will be delivered if effort/progress in performing the behavior	<ul style="list-style-type: none"> Features to support identification and recording of individual rewards

^aThe participants' proposals on features retrieved from the on-line notice board, ^bWhat the app should provide, arrange or do, ^cBCTs as described and classified by Michie et al.,(2013)

2. Visualization: feedback personal and peers physical activity performances and health status.

Features ^a	System requirements ^b	BCT ^c	The App
<ul style="list-style-type: none"> To learn from own exercise behavior to reduce risk to fall back into old habits Show diagrams of physical activity goal achievement Show frequency of exercise 	Provide the users with feedback on physical activities performed	Feedback on behavior Code 2.2: Monitor and provide informative or evaluative feedback on performance of the behavior	<ul style="list-style-type: none"> Features to provide visualized feedback on physical activities performed in relation to physical fitness and health and that are displayed as diagrams or bars
<ul style="list-style-type: none"> Show physical and mental well-being Being able to see what makes the exercise plan work or not at different times Visualize how exercise affects my health Self-rate current well-being to see change over time 	Provide the users with feedback on health outcome	Feedback on outcome of behavior Code 2.7: Monitor and provide feedback on the outcome of performance of the behavior	
<ul style="list-style-type: none"> Activity indicator based on self-tests 	Provide the users with feedback on physical activities performed	Feedback on behavior (2.2)	<ul style="list-style-type: none"> A status indicator showing ‘my health and/or physical activity’ status, eg., as traffic lights or percent
<ul style="list-style-type: none"> Health indicator based on self-tests 	Provide the users with feedback on health outcome	Feedback on outcome of behavior (2.7)	
<ul style="list-style-type: none"> Aim for indicator to show green light 	Provide the users with prompts to stimulate physical activity	Prompts/cues Code 7.1: Introduce or define environmental or social stimulus with the purpose of prompting or cueing the behavior	
<ul style="list-style-type: none"> Display status of group members 	Arrange for the users to share physical activity performance and health status	Social comparison Code 6.2: Draw attention to others’ performances to enable comparison with the individuals’ own performance.	<ul style="list-style-type: none"> A feature to show peer group members, name, pictures/avatars and status in relation to physical activity goal achievement and physical activity performed
<ul style="list-style-type: none"> Display planned exercise 	Visualization of planned physical activity	Prompts/cues (7.1)	<ul style="list-style-type: none"> A feature to visualize the next planned physical activity on the welcome screen

^a The participants’ proposals on features retrieved from the on-line notice board, ^b What the app should provide, arrange or do, ^c BCTs as described and classified by Michie et al.,(2013)

3. System alerts: receive reminders or rewards/punishments from the app

Features ^a	System requirements ^b	BCT ^c	The App
<ul style="list-style-type: none"> Alert when planned exercise is not performed 	Enable the system to react to individuals not following the action plan	<p>Discrepancy between current behavior and goal Code 1.6: Draw attention to discrepancies between an individuals' current behavior and previously established outcome, behavioral goals or action plans</p> <p>Prompts/cues (7.1)</p>	<ul style="list-style-type: none"> Features for the system to send reminders as text messages and e-mails based on the individual's action plan
<ul style="list-style-type: none"> Reminder in advance to exercise 	Enable the system to send reminders to facilitate adherence to the action plan		
<ul style="list-style-type: none"> Rewards at goal achievement or after reaching predetermined level of exercise intensity Receiving rewards from the system 	Enable the system to provide individual rewards	<p>Non-specific incentive Code 10.6: Inform that a reward will be delivered if and only if there has been effort and/or progress in performing the behavior</p>	<ul style="list-style-type: none"> Features for system rewards, eg., medallions, stars
<ul style="list-style-type: none"> Receive negative response when not performing planned exercise 	Arrange for the system to send "punishment" if planned physical activity is not performed	<p>Punishment Code 14.2: Arrange for aversive consequence</p>	<ul style="list-style-type: none"> Features for system punishments, eg., send an angry face

^aThe participants' proposals on features retrieved from the on-line notice board, ^bWhat the app should provide, arrange or do, ^cBCTs as described and classified by Michie et al.,(2013)

4. Social interaction: give and receive encouragements and support from individuals with RA.

Features ^a	System requirements ^b	BCT ^c	The app
<ul style="list-style-type: none"> Receive questions about previously performed exercises Receive specific suggestions for alternative exercise when in pain Receive help with self-analysis to choose appropriate level of exercise Letting off steam/vent with peers 	Peers being able to communicate with each other to help solve problematic situations	Problem solving Code 1.2: Analyze, or prompt the person to analyze, factors influencing the behavior	<ul style="list-style-type: none"> A chat feature Comment areas
<ul style="list-style-type: none"> Ask for encouragement Get reactions from peers when not exercising 	Peers being able to comment on physical activities performed/not performed	Social support (unspecified) Code 3.1: Advise on, arrange or provide social support or non-contingent praise or reward	
<ul style="list-style-type: none"> Receive tips and advice on exercise Ask for advice 	Enable a supportive climate for peers to ask for and provide advice on physical activity	Social support (practical) Code 3.2: Advise on, arrange or provide practical help	
<ul style="list-style-type: none"> Establish a relationship with the peer group See how my peers are doing Give or receive encouragement 	Enable a supportive climate for peers to receive and provide emotional support	Social support (emotional) Code 3.3 Advise on, arrange or provide emotional social support	
<ul style="list-style-type: none"> Specific exercise suggestions Learn how peers exercise from their own accounts 	Peers being able to provide specific exercise instructions	Instructions on how to perform a behavior Code 4.1: Advise or agree on how to perform the behavior (includes skills training)	
<ul style="list-style-type: none"> Recommend favorite exercise to peers Give advice to peers in similar situations 	Enable peers to share their own experiences of physical activity	Identification of self as a role model Code 13.1: Inform that one's own behavior may be an example to others	
<ul style="list-style-type: none"> Receive encouragement when performed exercise or reached goals 	Provide peers with devices to send encouragements	Social reward Code 10.4: Arrange verbal or non-verbal reward if there has been effort and/or progress in performing the behavior	<ul style="list-style-type: none"> A feature for the possibility to send encouragements/likes

^aThe participants' proposals on features retrieved from the on-line notice board, ^bWhat the app should provide, arrange or do, ^cBCTs as described and classified by Michie et al.,(2013)

5. Facts and information: texts and links on physical activity in RA

Features ^a	System requirements ^b	BCT ^c	The app
<ul style="list-style-type: none"> Tips on good exercises in everyday life 	Devices to facilitate short tips on good physical activities in everyday life	Instructions on how to perform a behavior (4.1) Prompts/cues (7.1)	<ul style="list-style-type: none"> A feature available on the welcome screen to present short tips on good physical activities in everyday life
<ul style="list-style-type: none"> Information about positive health consequences of physical activity 	Provide the users with information on the positive health consequences of physical activity	Information about health consequences Code 5.1: Provide information about health consequences of performing the behavior	<ul style="list-style-type: none"> A feature to present up to date information on physical activity
<ul style="list-style-type: none"> Reduce fear of movement 	Provide information to reduce fear of movement	Information about emotional consequences Code 5.6: Provide information about emotional consequences of performing the behavior	<ul style="list-style-type: none"> Access to links related to physical activity in RA, eg. the SRA ^d
<ul style="list-style-type: none"> Library of exercise films for different levels 	Provide the users with films and instructions on different physical activities	Demonstration of the behavior Code 6.1: Provide an observable sample of the performance of the behavior, for the person to aspire to or imitate	<ul style="list-style-type: none"> A library with short films on physical activity on different levels.
<ul style="list-style-type: none"> Receive information from a reliable source 	Provide information on who will supply the WeMApp and the intention and objectives of the WeMApp	Credible source Code 9.1: Present verbal or visual communication from a credible source	<ul style="list-style-type: none"> A section containing this information

^aThe participants' proposals on features retrieved from the on-line notice board, ^bWhat the app should provide, arrange or do, ^cBCTs as described and classified by Michie et al.,(2013), ^dSwedish Rheumatism Association