







Multimedia Appendix 2. Intranet developed for the study

Effectiveness of PUSH notifications from a mobile app for improving the body composition of overweight or obese women: Randomized Controlled Trial.

Hernández-Reyes, A. *et al.* 2019.

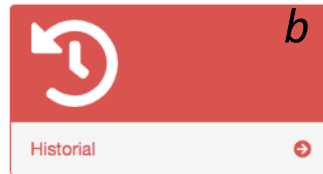
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Home




Pacientes 



Historial 



Actividad física 



Notificaciones 

- Translation to English
- a) Patients
 - b) Clinical history
 - c) Physical activity
 - d) PUSH notifications

Pacientes

Nuevo Paciente

Enviar Notificación

Seleccionar TIP Autocontrol

Gestión Pacientes

Show 100 entries

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HC AF	Nombre paciente	Tipo	Fecha Última Notificación	Código	Contraseña	Instance	clevertapID
Resumen Datos	[Redacted]	GI		access data to the APP from smartphone		Integration access data with clevertap	
Resumen Datos		GI	2019-03-27				
Resumen Datos		GI					
Resumen Datos		GC					

Actividad Física

Nueva Actividad

Paciente
Selecciona Paciente

Fecha
[Calendar icon]

Mes / Semana
Mes / Semana

N° Pasos
N° Pasos

Distancia
Distancia

Km / h
Km / h

Tiempo
Tiempo

Promedio / mes
Promedio / mes

Enviar

The menu of physical activity from the intranet is managed directly by the researcher or health care provider, once the Accupedo data has been verified on the patient's mobile.

Autocontrol

The AUTOCONTROL menu allows the researcher and health professional to access the following information: prescribed diet fulfilled yes or no, physical activity prescribed yes or no and body weight at home (measured on the home scale). This information is used in the intervention group.

Datos enviados

Show entries

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fecha	Paciente	Dieta	Actividad Física	Peso	
2019-03-21		no	si	64,2	
2019-03-06		no	no	64,6	
2019-03-06		no	no	64,6	
2019-02-27		si	si	64,7	
2019-02-27		si	si	64,7	
2019-02-27		si	si	64,7	
2019-02-20		si	si	65	
2019-02-20		si	si	65	
2019-02-13		si	si	64,7	
2019-02-13		si	si	64,7	

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Notificaciones

Notificaciones enviadas

Show entries Search:

fecha <input type="checkbox"/>	Paciente <input type="checkbox"/>	Mensaje <input type="checkbox"/>	Respuesta <input type="checkbox"/>	<input type="checkbox"/>
2019-03-27	Alberto Hernández	Ha...	Si	<input type="button" value="🗑"/>
2019-03-27				<input type="button" value="🗑"/>
2019-03-27				<input type="button" value="🗑"/>
2019-03-27				<input type="button" value="🗑"/>

the message sent to the patient is chosen from the previously established library.

the message sent to the patient is chosen from the previously established library.

in this section the researcher can check whether the patient has responded or not to the PUSH

Dashboard

- Crashlytics
- Performance
- Test Lab

We have changed the way we track sessions, which may impact your session-related metrics. [Learn more](#)

Analytics

- Dashboard
- Events
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- Audiences
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- User Properties
- Latest Release
- Retention
- StreamView
- DebugView

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in the integration with google analytics and firebase the analysis of user behavior in relation to the use of the APP and response to PUSH notifications is carried out

