Multimedia Appendix 1 Focus group questions

Introductory
- What phone do you use? iPhone, Android phone or windows phone
- What do you think about this app?

Features/functions
- Are there any features of this app that you would definitely NOT be interested in?
- What features or functions would you like to add to this app?

Push notifications
- How often would you like to receive push notifications from this app?
- At what time of the day do you prefer to receive these notifications? E.g. 12 midday, 4 pm or other time of the day

Expectation
- What goals do you expect to achieve by using this app?
- How do you think this app may help you to achieve these goals?

Concern and benefit
- Would you have any concerns about using this app?
- What benefits do you think this app may bring to you?

Information
- What type of information do you think the app should provide?

Use
- Do you think you will use this app?

App name
- What do you want to name this app?