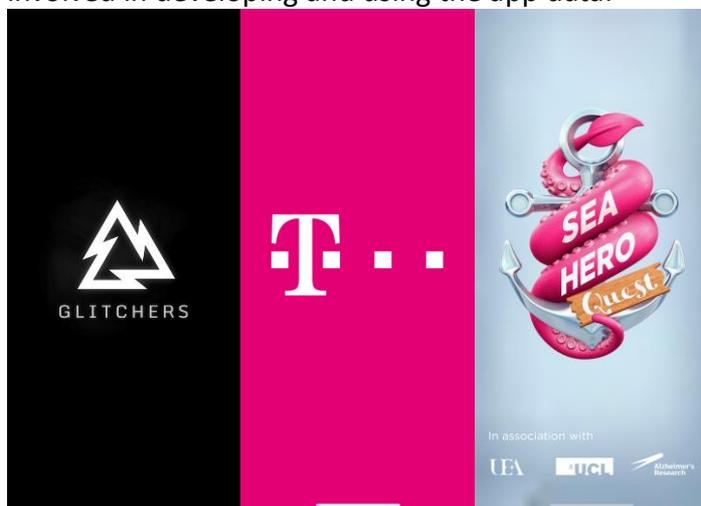Sea Hero Quest app User Guide

When you open the app you'll be asked to sign in using your unique Participation Code. Enter the code provided to you and click "Log in".
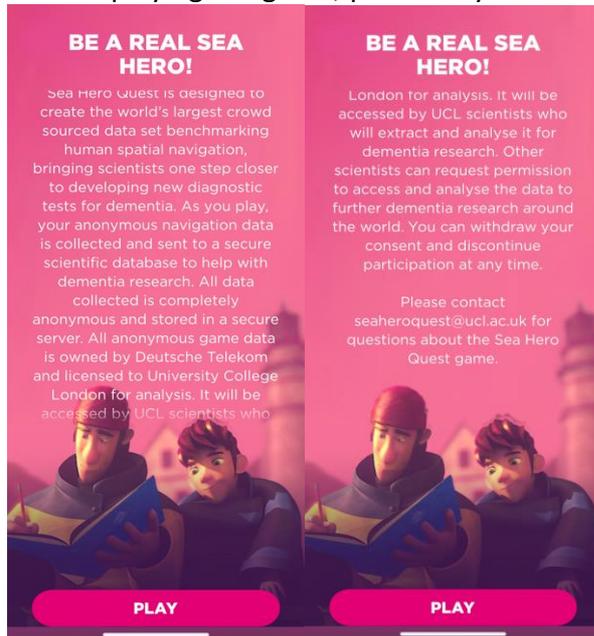

You will then see a sequence of the following three screens introducing the organisations involved in developing and using the app data:
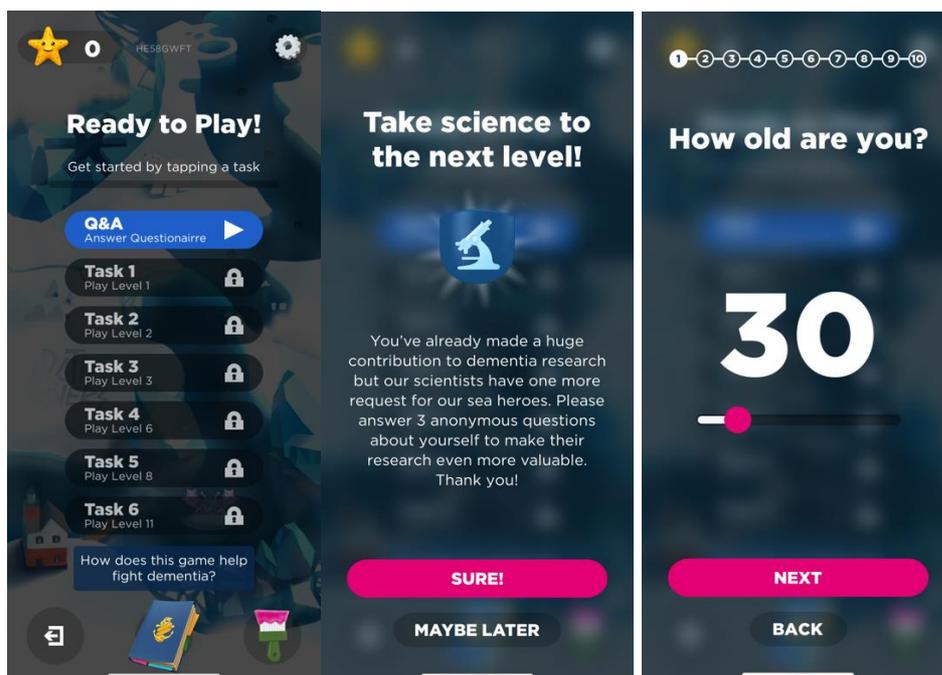
On the following screen you will be able to read about how your app data will be stored and who will be using the data.
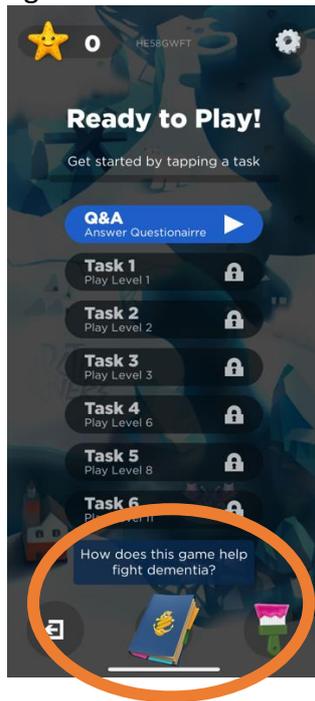To start playing the game, press 'Play'.

You will then be asked to answer 10 anonymous questions about yourself in the Q&A section. You do not need to answer all of these questions if you don't want to and you can return to them later by clicking 'Maybe later'. This information is used to analyse the results of the game and so completing them makes the research even more valuable.
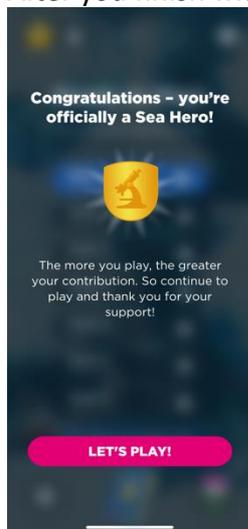These include your gender, age, country, hand you write with, education, daily travel time, level of your navigation skills , hours of sleep, environment you grew up in, and hours of physical activity per week.

You can find more information about this game if you click on 'How does this game help fight dementia' at the bottom of the screen:
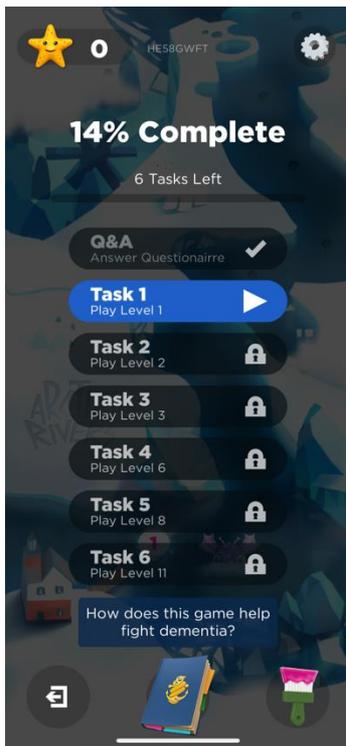

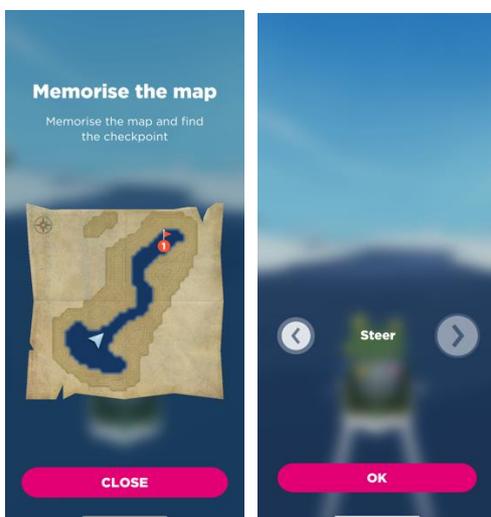After you finish with these Q&A screens click 'Let's play'.

Next, begin playing all of the levels of the game in order, starting with "Task 1." Click on 'Task 1'. There are 17 levels. Do not replay any of the levels.
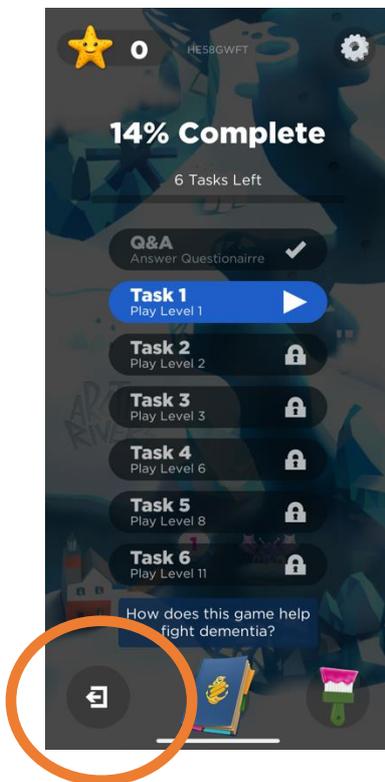
You can complete as many or as few tasks as you would like, but each new task is only unlocked when you've completed the previous level. We hope you complete all of them because they are fun but don't worry if you're not able to complete the whole game, it is designed to be challenging.

Every Task will involve using your navigation skills. You will be told what your mission is and how to steer.

You can stop playing whenever you want and just close the app. To carry on where you left off, you can just launch the app again and it will take you to where you left off. If at any point you exit the app using the icon on the bottom of the page (see below), you will need to click "sign out" in the bottom left corner of the home page and re-enter your Participation code in order to finish playing all of the levels.

Thank you and good luck!