

Pilot Results

Data analysis

- The pilot had 2 phases:
 - Phase 1: 2 weeks of recommended use of AGA and SORTERIUS
 - Phase 2: 2 weeks of voluntary use of AGA and SORTERIUS
- There have been three data collection points
 - Point 1: before phase 1
 - Point 2: before phase 2
 - Point 3: after phase 2

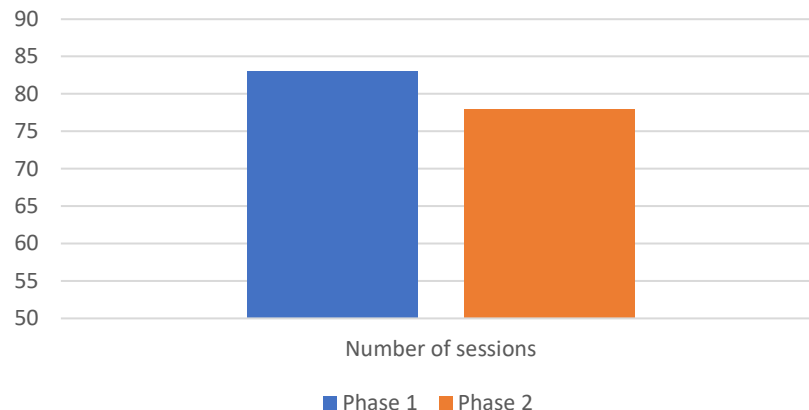
Data analysis

- Collected data represents
 - Date and duration on the use of AGA and SORTERIUS
 - Digital competencies in the use of mobile apps
 - Level of physical activity (IPAQ-SF)

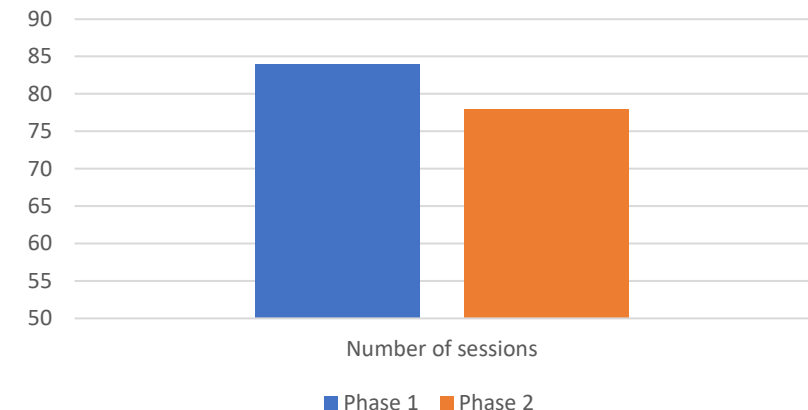
Results: Time using the apps

- A total of 65 users used the apps an average time of $449 \pm 237,19$ minutes [lowest 30 min – highest 650 min]
- 32 tested Sorterious $178,89 \pm 96,15$: 84 sessions in Phase 1 and 74 in Phase 2
- 33 tested AGA $270 \pm 141,09$: 84 sessions in Phase 1 and 78 in Phase 2.

Sorterious number of sessions



AGA number of sessions



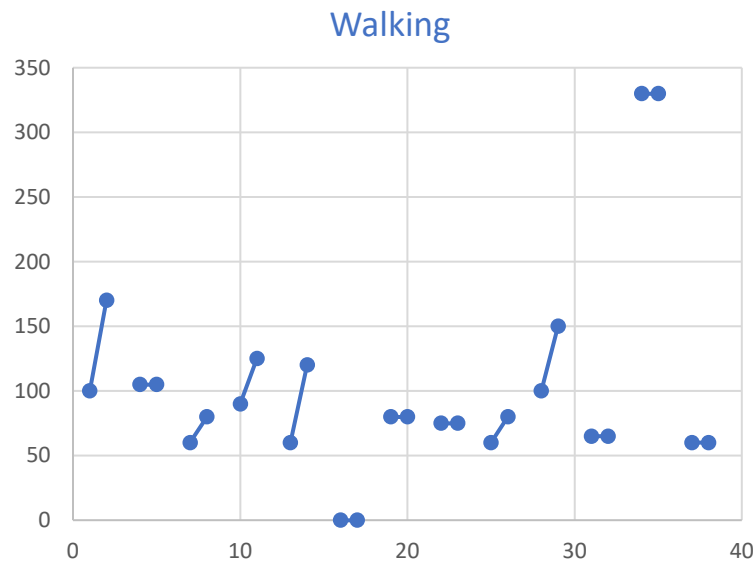
Results: Digital Competency

- 14 users (77%) increased the use of smartphones
- 10 users (55%) used the app for physical activity for first time
- 2 users (11%) increased the confidence of using apps
- All users (100%) acknowledge having problems with privacy configuration
- 17 users (94 %) needed instructions on how to use the apps
- During the pilot, all the indicators related to the use of apps remained without changes

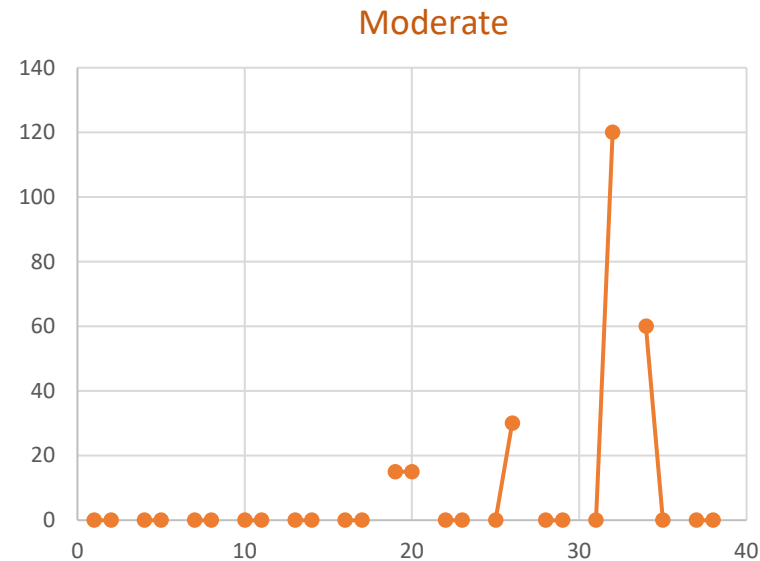
Results: IPAQ-SF

- 13 users completed an average of $11,76 \pm 0,99$ sessions [9-13]

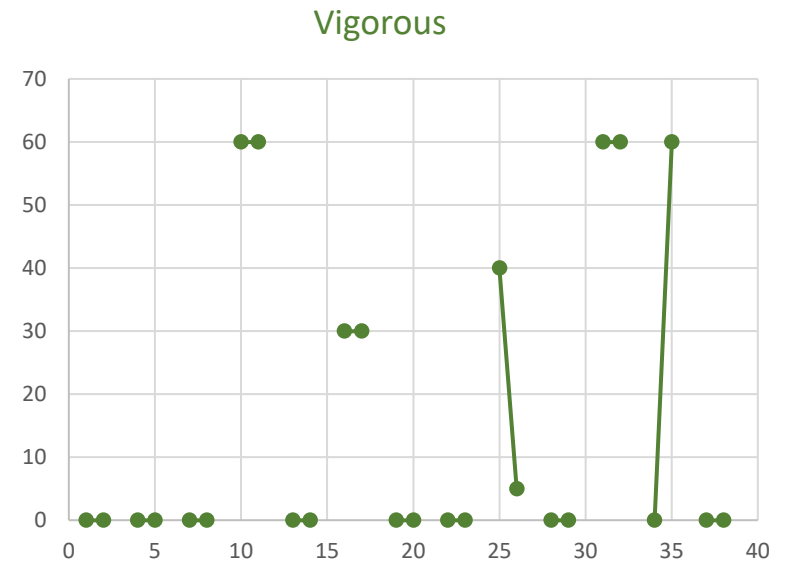
Change in the number of minutes of activity per week



Soft physical activity increased in 100 ± 76 minutes per week



Moderate physical activity increased in 48 ± 22 minutes per week



Vigorous Physical Activity only increased in one user (60 min per week)

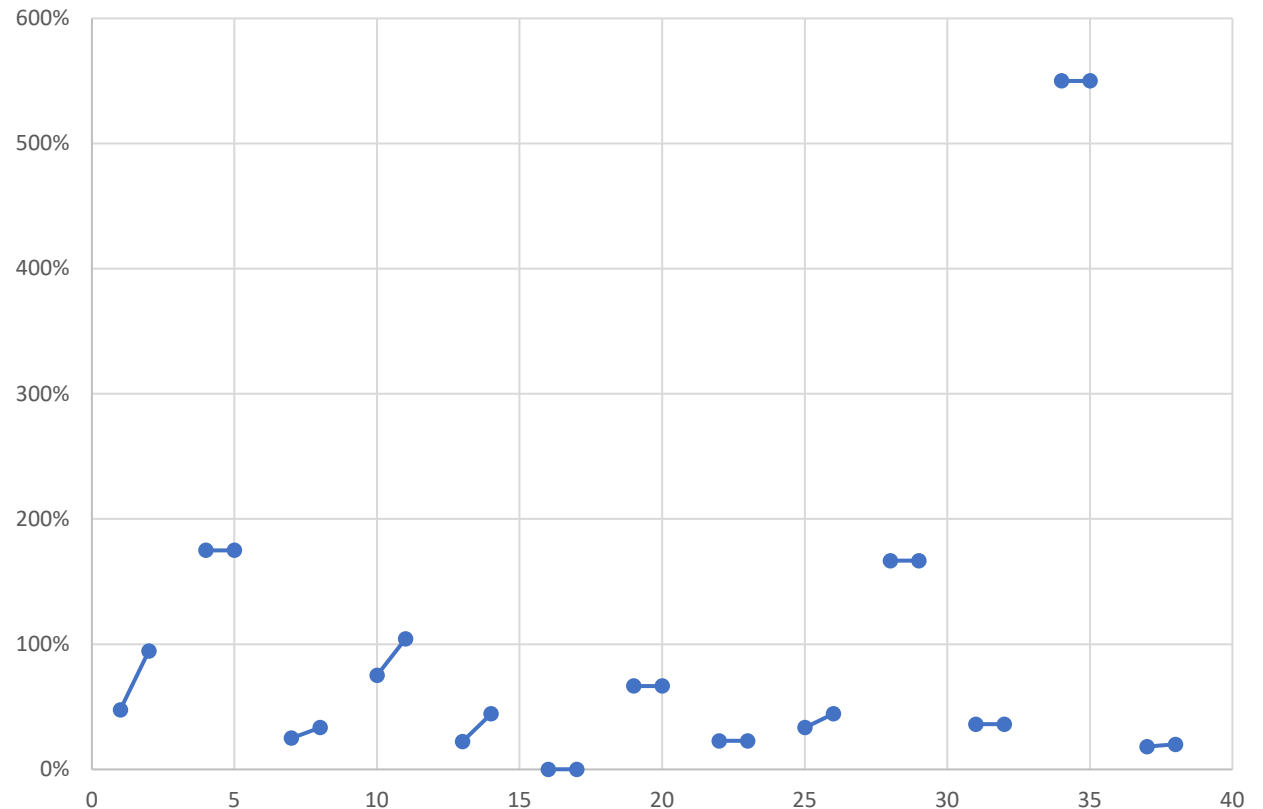
Results: IPAQ-SF

- The ratio between time of physical activity and sedentarism was maintained or improved in all the users.

The chart shows the increase of time doing physical activity with respect to resting.

Most of the cases there is a significant increase but there is more time resting than doing physical activity (ratio below 100%)

Active users did not improve



Conclusions

- Users were highly motivated during the pilot, the number of sessions decreased only a 7% from motivated use to voluntary use
- Despite focused on using apps, the participants didn't improved significantly their digital competence – this suggests that specific trainings need to be carried out.
- The use of apps has shown a great improvement in the time spent walking (+100 minutes) and performing moderate physical activity (+48 min) per week.