

How to set up the Clue App for menstrual tracking:



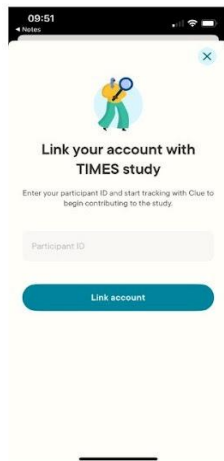
Thank you for taking part in the TIMES study! As part of this study, please track your menstrual cycle and related symptoms using the Clue app. Don't forget to also record your period start dates and ovulation test results in the REDCap survey.

This guide will walk you through setting up Clue and linking it to the study.

STEP 1: Create account



STEP 2: Link to study



STEP 3: Get Clue Plus



STEP 4: Start tracking!



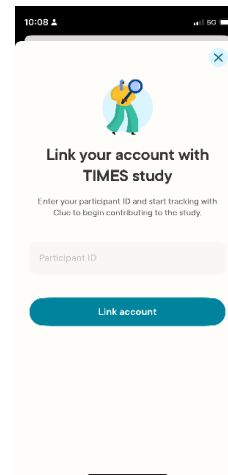
STEP 1: CREATE A CLUE ACCOUNT

1. Download the Clue app from the Apple App Store or Google Play Store onto your device.
2. Open the Clue app and tap **“Create Account.”**
3. Answer a few questions to personalize the app.
4. Register using your email address or via Apple, Facebook, or Google. Please avoid using an identifiable email address (e.g., name.firstname@xxx.com).
5. Continue with the setup until you see the cycle view or the home screen. When asked “What can we help you do?”, select “Track My Period” to enter period tracking mode. **Do NOT sign up or pay for Clue Plus at this stage.**

6. If you registered with an email address, check your inbox for a verification email from Clue. Click the link in the email to confirm your account, then return to the Clue app.

STEP 2: LINK YOUR CLUE ACCOUNT TO THE STUDY

1. Click this link or scan the QR code.
The Clue app will open and prompt you to enter your Participant ID.
clue://study/enroll/0198f096-bc1e-79a2-9c3b-7ecbd45b0c34?utm_medium=email



2. Enter your participant ID exactly as it appears on the text message sent by the TIMES research team and in the survey confirming receipt of your study materials. **Please check carefully for any spelling, capitalization, or number errors.**
3. Tap **Link account**.
4. A pop-up window will confirm that your Clue account has been successfully linked. The study will then appear on your account screen in the app.

STEP 3: ACTIVATE CLUE PLUS

1. Go to: <https://helloclude.com/clue-plus>
2. Click **“Redeem Voucher.”**
3. Sign in to your Clue account.
4. After signing in, go to: <https://helloclude.com/clue-plus>
5. Enter your voucher code: **TIMESFREE** and click **“Redeem.”**
6. Open your Clue app – the Clue Plus features should now be available.

STEP 4: START TRACKING

You're ready to get started! Use Clue to track your period days, along with any symptoms or experiences you notice throughout your cycle.

If you are **not using hormonal contraception**, you'll also be asked to do ovulation tests during each cycle. The study team will let you know when to start testing.

When it's time to test:

1. Follow the manufacturer's instructions to complete **one ovulation test per day** until you get:
 - a) a positive result (😊), followed by a negative result (😞 or an empty circle) on the next day OR
 - b) until you have completed a total of 10 tests.
2. Enter your results in both the Clue app (under the '**Tests**' tracking section) and in REDCap, using the survey link sent by the study team.

You're welcome to explore other features in Clue and use them as you wish. You can learn more in this [article](#). Please be aware that all data you log during the study will be shared with the TIMES research team for analysis.

Questions or support

- **The TIMES research team:** times@dcberne.com
- **The Clue research team:** research@helloclue.com
- **General Clue support:** Check out [Clue FAQs](#) or contact Clue support through the Support section of the Clue app More Menu or via the link [here](#)