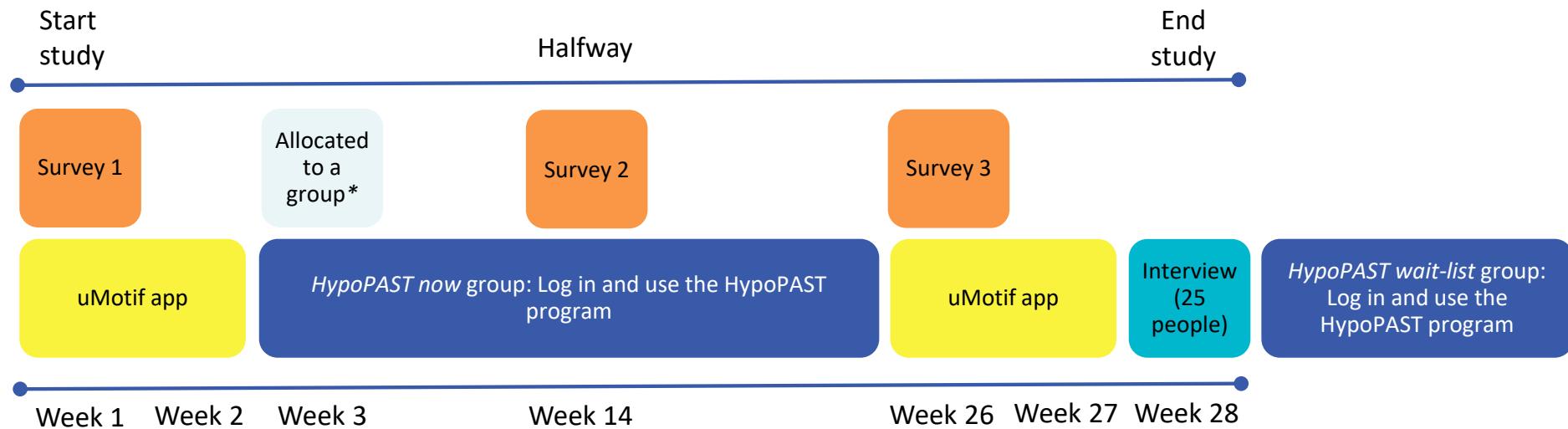


## Taking part in the HypoPAST study: What do I need to do?



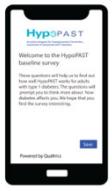
\*People who take part will be put into one of two groups.

- 1: *HypoPAST now* – will access the program straight away.
- 2: *HypoPAST wait-list* – will wait to access the program.

The HypoPAST team will email you to let you know which group you are in.

Partners for better health

This is an overview of the steps you will take during the HypoPAST study.  
The HypoPAST team will email you at the start of each step with more instructions.

Step	More information
	<b>Fill-in online surveys</b> Aim: To help us know how well the online program works. Time: About 45 mins per survey, 3 times during the study. \$50 voucher after returning surveys 2 and 3.
	<b>Use the uMotif app</b> Aim: To help us know how well the online program works. Time: About 5 to 10 minutes, twice a day, for 2 weeks at the start and end of the study.
	<b>Log-in and use the HypoPAST online program</b> Aim: To help adults with type 1 diabetes learn new skills to manage hypos and how they feel about them. Time: About 45-60 min per module. We suggest you do 1 or 2 modules per week. Modules: My hypo symptoms; severe hypos; too many hypos; doing the things I want to do, safely; sleeping safely; other people's reactions, worrying less about hypos.
	<b>Take part in a telephone interview (25 people from HypoPAST now group)</b> Aim: To help us know how HypoPAST users applied it to their life. Time: About 30-45 minutes. \$50 voucher after taking part.