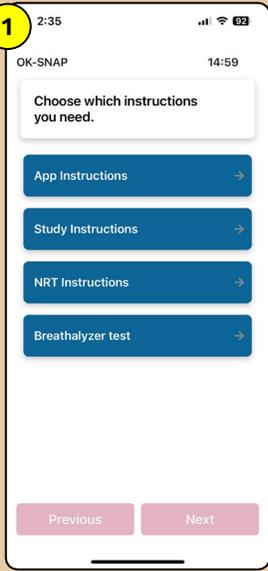


# OK-SNAP (INSIGHT™) App Menus



## Instructions Submenu

The first button is the “Instructions” button. You go there if you need to know how to use the app, or if you need to find out information about the study, how to use nicotine replacement therapy, or how to conduct a breathalyzer test.



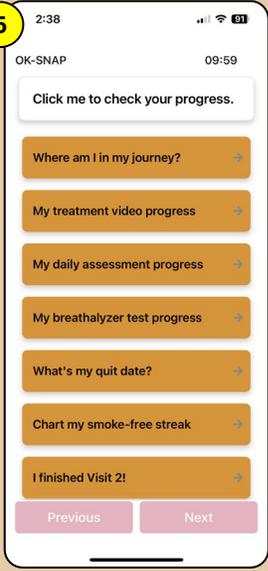
## Distract Me! Submenu

The third button is the “Distract Me” button. It can help you with cravings to smoke. You can either watch a short entertaining video or play a web-based video game. The game it takes you to is a wood block puzzle game, but other games are available if you scroll down. The wood block puzzle game is mobile friendly, but not all games are. These games are only intended to help you through a craving, so the app will automatically close the game after 15 mins.



## My Quit Journey Progress Submenu

The fifth button is the “My Quit Journey Progress” button. It has 7 submenu buttons that tell you more about your treatment progress.



## Cultural Connectedness Submenu

The seventh button is the Cultural Connectedness button. Although this is not formally a part of the treatment, we know from research that connecting with Native culture can build resilience to stress. When you click this button, it will take you to 9 other submenu buttons to help you learn more about cultural connectedness and ways to increase it.



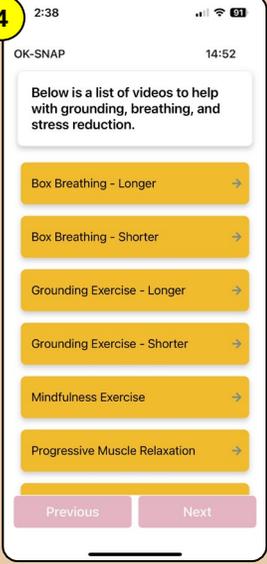
## Treatment Videos Submenu

The second button is the “Treatment Videos” button. There are 28 smoking cessation videos in this treatment. All 28 treatment videos can be found in the “Treatment Videos” button on the home screen. You can come here to watch them at any time or rewatch videos you find helpful. So, if you don’t have time to watch the daily video after your morning or evening assessment, you can always come here and watch it when you have the time.



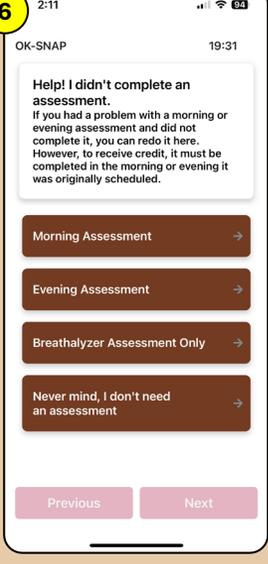
## Grounding & Breathing Submenu

The fourth button is the “Distract Me” button. It has 7 short videos that guide you through a grounding or breathing exercise. These can help you manage stress and cravings. You’ll learn more about these techniques in the treatment videos.



## Makeup Assessment Submenu

The sixth button is the “Makeup Assessment” button. Use this button if you missed an assessment or a breathalyzer test and you want to complete it. You will only get credit for the makeup assessment or breathalyzer test if it takes place within a 1- to 2-hour window from when it was originally scheduled.



8 The eighth button is the “Call Staff” button. When you press it, it will automatically dial the lab. If staff do not answer, please leave a voicemail with your information. We try to answer calls during business hours, but are not always able to, so please allow at least 1 business day for us to return your call.

9 The ninth button is the “Email Staff” button. Pressing it automatically sends an email to us asking us to contact you. You must have an internet connection when you press this button, and it may take a few seconds for the email to send. Please allow 1-2 business days for staff to respond. If you need a more immediate response, please call us by pressing the “Call Staff” button.