



NATU REACH

NatuReach Survey App Manual

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1. Logging in

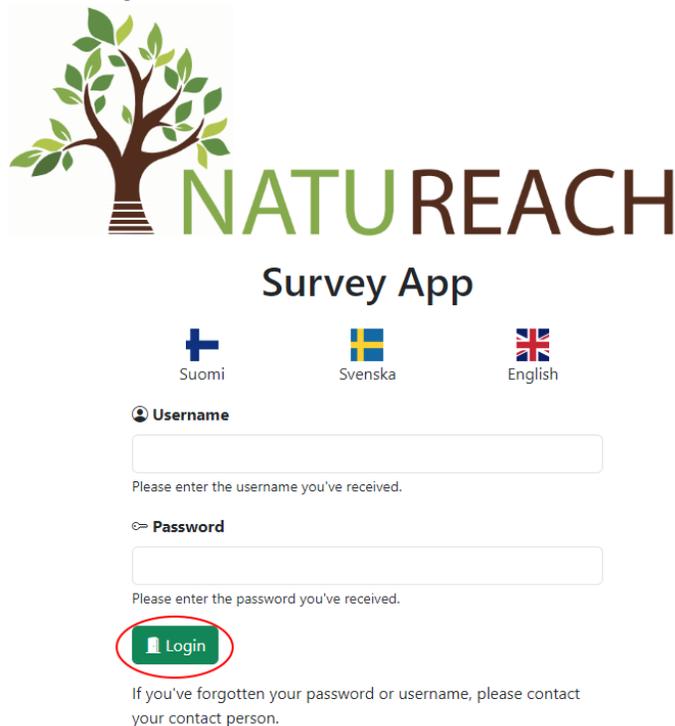
The NatuReach Survey App is a web-based application designed to help you submit your surveys. It runs completely on a web browser, so you do not need to download any applications and instead can use any computer or mobile device that has any web browser installed.

1.1 Supported Devices & Browsers

While all devices and browsers should work, it should be noted that the app has been tested on Windows computers and Android mobile devices. Supported browsers include but are not limited to Google Chrome, Firefox, and Opera. Meaning the app has been tested on these device and browser combinations.

1.2 Logging in using your credentials.

1. Navigate to <https://natureach.jansoftware.fi>
2. Click on a language of your choice.
 - a. Note that your default language will be used after you have logged in.
3. Enter your username and password.
4. Click "Login"



The image shows the login page for the NatuReach Survey App. At the top, there is a logo featuring a stylized tree with green leaves and a brown trunk, next to the text "NATUREACH" in green and brown, and "Survey App" in brown below it. Below the logo, there are three language selection options: "Suomi" with a blue cross icon, "Svenska" with a Swedish flag icon, and "English" with a British flag icon. Underneath, there are two input fields: "Username" and "Password". Below each field is a small instruction: "Please enter the username you've received." and "Please enter the password you've received." respectively. A green "Login" button with a white arrow icon is located below the password field and is circled in red. At the bottom, there is a note: "If you've forgotten your password or username, please contact your contact person."

1.3 Changing your password

1. Log in to the NatuReach Survey App
2. Click on “My account”

Account

Manage your account to change your password or choose another default language.

 My account

3. Fill in your password information (old password, new password, and confirm the new password)
4. Click “Save changes”

Manage your account

Change your password or default language.

Default language

Select language

English

Change password

1.

Old password

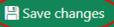
Leave empty if you do not wish to change your password

New password

Leave empty if you do not wish to change your password

Confirm new password

Leave empty if you do not wish to change your password

 Save changes 2.  Cancel

1.4 Change your language.

1. Log in to the NatuReach Survey App
2. Click on “My account”

Account

Manage your account to change your password or choose another default language.

 My account

3. Select desired language (English, Swedish or Finnish)
4. Click “Save changes”

Manage your account

Change your password or default language.

Default language

Select language

English

Change password

Old password

Leave empty if you do not wish to change your password

New password

Leave empty if you do not wish to change your password

Confirm new password

Leave empty if you do not wish to change your password

 Save changes  Cancel

5. Click “Submit answers”

1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>					

Restless Peaceful

1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>				

Mentally Divided Clearheaded

1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>				

Other notes
Freeform comments

Freeform comments during the survey or other current thoughts.

Special notes

Special things to note that happened before, after or during the survey, that should be taken into account.

NOTE: The date will be automatically set to the current date.

NOTE 2: Timing refers to if you are filling out the survey before or after an intervention.

3. Logging a FirstBeat activity

1. Log in to the NatuReach Survey app.
2. Click on “Log a FirstBeat activity.”



3. Fill in your answers and click “Log activity”

