Introduction Tech Use

TECHNOLOGY USE SURVEY 2020

This survey will ask you about internet connected and related devices you currently use and how you use these devices.

It is very helpful for us to better understand what kind of technology you use, as many of our studies and questionnaires involve the use of technology. Free text responses are optional but appreciated. This survey will take approximately 10 minutes to complete.

Thank you for your continued participation and contributions to our research.

Technology_uses

Which of the following devices do you own or have access to? (check all that apply)

- ☐ Desktop Computer
- ☐ Laptop Computer
- ☐ Tablet Computer (iPad, Windows Tablet, Kindle, Android, Chromebook etc.)
- ☐ Smartphone (iPhone, Android)
- ☐ Home assistant (i.e. Amazon Echo ("Alexa"), Google home ("Hey Google..."), Apple HomePod ("Siri"))

Is your primary **desktop computer** a Windows PC (Dell, HP, Microsoft, etc.) or an Apple (iMac, etc.)?

○ PC

○ Apple

○ [   ] Other, please explain below:

About when did you get this **desktop computer**?

○ Within the last year

○ 1-2 years ago

○ 2-3 years ago

○ 3+ years ago

Is your **laptop computer** a Windows PC (Dell, HP, Microsoft, etc.), an Apple (MacBook, etc.) or Chromebook (Google)?

○ PC

○ Apple

○ Chromebook

○ [   ] Other, please explain:

On your **laptop computer**, how do you navigate or click around the screen? (check all that apply)

☐ Mouse

☐ Built-in Trackpad or Touchpad

☐ Touch Screen

About when did you get this **laptop computer?**

○ Within the last year

○ 1-2 years ago

○ 2-3 years ago

○ 3+ years ago

Is your **tablet computer** a Windows tablet (Surface), Android (Amazon Fire/Kindle, Google Chromebook or Pixelbook, Lenovo, Samsung), an Apple (iPad)?

○ Windows tablet

○ Android tablet

○ Apple iPad

About when did you get this **tablet computer**?

○ Within the last year

○ 1-2 years ago

○ 2-3 years ago

○ 3+ years ago

Is your **smartphone** an Apple (iPhone) or Android (Samsung, LG, Google Pixel, etc.)?

○ Apple iPhone

○ Android

About when did you get your **smartphone**?

○ Within the last year

○ 1-2 years ago

○ 2-3 years ago

○ 3+ years ago

Internet usage

Of your devices, which do you use **the most** as a computer (for internet/email and related activities)?

- ○ » Desktop Computer
- ○ » Laptop Computer
- ○ » Tablet Computer (iPad, Windows Tablet, Kindle, Android, Chromebook etc.)
- ○ » Smartphone (iPhone, Android)
- ○ » Home assistant (i.e. Amazon Echo ("Alexa"), Google home ("Hey Google..."), Apple HomePod ("Siri"))

How frequently do you use the following devices to access the internet?

	Never	1 time a week	2 to 3 times a week	4 to 5 times a week	Once a day	Multiple times a day
» Desktop Computer	○	○	○	○	○	○
» Laptop Computer	○	○	○	○	○	○
» Tablet Computer (iPad, Windows Tablet, Kindle, Android, Chromebook etc.)	○	○	○	○	○	○
» Smartphone (iPhone, Android)	○	○	○	○	○	○
» Home assistant (i.e. Amazon Echo ("Alexa"), Google home ("Hey Google..."), Apple HomePod ("Siri"))	○	○	○	○	○	○

What do you do on the internet via your internet connected device(s)?

	Yes	No	Unsure
Apps/games (e.g. Weather, Notes, Calendar, Solitaire, Sudoku)	○	○	○
Checking the weather	○	○	○
Getting directions	○	○	○
Internet searching (e.g. Google, Bing, Yahoo)	○	○	○
Make purchases (e.g. Food, clothes, devices, travel)	○	○	○
Managing calendar	○	○	○
News websites, online newspapers	○	○	○
Social medial (e.g. Facebook, YouTube, Twitter, Instagram)	○	○	○
Stream movies, music, or TV (ITunes, Netflix, Disney +, etc)	○	○	○
Smart home apps	○	○	○
Video chatting (FaceTime, Skype, Zoom, Microsoft Teams, Google Duo, Whatsapp)	○	○	○
Other (specify) [ ]	○	○	○

Do you use any software applications or "apps" that help you track or manage your health?

○ Yes

○ No

Which of the following health apps do you currently use on your internet connected device(s)? (check all that apply)

☐ Weight tracking

☐ Blood pressure

☐ Medication management (tracking, alerts, etc)

☐ Mood

☐ Sleep

☐ Exercise, fitness, pedometer, or heart rate monitoring (includes specific types of exercise like running, yoga, etc.)

☐ Diet management (tracking, calorie counter, alerts)

☐ [_____] Other (specify)

Do you set up your own internet connections, computers, and devices at home?

○ Yes

○ No

Who sets up your internet connections, computers, and devices at home for you? (check all that apply)

☐ A relative

☐ A friend

☐ A professional

On a scale of 0 to 10, how would you rate your internet connectivity? (0 being very poor/almost never works, 10 being very good/works at all times)

	Very Poor (almost never works)						Very Good (works at all times)			
	0	1	2	3	4	5	6	7	8	9	10
Internet connectivity											[____]

Device Usage and Projections

Do you use your **laptop** outside your home or apartment?

○ Yes

○ No

○ I don't know

Do you use your **tablet** outside your home or apartment?

○ Yes

○ No

○ I don't know

Do you access the internet on your **smartphone** outside your home?

○ Yes

○ No

○ I don't know

How often do you access the internet using your **smartphone** outside your home?

○ Daily

○ About once a week

○ About twice a month

○ Rarely or only in emergencies

○ Never

Do you own a **tablet**?

○ Yes

○ No

Are you interested in owning a **tablet**?

○ Yes; I plan on purchasing one in the next six months

○ Yes; but I have no plan to purchase one

○ Maybe; I need more information about them

○ No; I am not interested

What tasks are you most interested in using the **tablet** for? (check all that apply)

☐ Apps like Facebook and Weather

☐ As a computer replacement

☐ For internet searching

☐ Games

☐ Online shopping

☐ Video chatting, such as FaceTime, Skype, or Zoom

☐ Watching TV and/or Movies

☐ [_____]Other (specify)

You indicated your interest in owning a **tablet** was
"${q://QID22/ChoiceGroup/SelectedChoices}". Please provide the reason why?
(check all that apply)

☐ Price

☐ Too complicated to use

☐ Not sure I need one

☐ Other reason

In the last 30 days, how many days did you use your **desktop computer**?
(Enter a number 0 through 30)

[   ]

In the last 30 days, how many days did you use your **laptop computer**?
(Enter a number 0 through 30)

[   ]

In the last 30 days, how many days did you use your **tablet computer**?
(Enter a number 0 through 30)

[   ]

In the last 30 days, how many days did you use your **smartphone**?
(Enter a number 0 through 30)

[   ]

Phone Use

Which of the following phones do you have? (check all that apply)

☐ Landline Telephone

☐ Cell Phone

Which one of these best describes the way you use your phone(s)?

○ I only use a landline phone. I do not use a cell phone.

○ I use my landline often, but have a cell phone for emergencies.

○ I use both a landline phone and a cell phone, depending on which one is more convenient.

○ I use my cell phone most of the time, even at home, but I still have a landline that I use occasionally.

What type of **cell or mobile phone** do you have? Pick the one that looks most like yours.

○

Flip-Phone

○

Slider-Phone

○

Slider-Phone with Full Keypad

○

iPhone (Smartphone)

○

Android (Smartphone)

Do you use your cell phone to send text messages?

○ Yes

○ No

○ I don't know

Are you interested in owning a **smartphone**?

○ Yes; I plan on purchasing one in the next six months

○ Yes; but I have no plan to purchase one

○ Maybe; I need more information about them

○ No; I am not interested

What tasks are you most interested in using the **smartphone** for? (check all that apply)

☐ As a computer replacement

☐ As a phone

☐ Games

☐ Having access to internet surfing on-the-go

☐ To take photos

☐ To take video

☐ Using apps like Maps and Facebook

☐ Video chatting such as FaceTime, Skype, or Zoom

You indicated your interest in owning a **smartphone** was "${q://QID17/ChoiceGroup/SelectedChoices}". Please provide the reason why? (check all that apply)

☐ Price

☐ Too complicated to use

☐ Not sure I need one

☐ Other reason

Wearables

Do you use any wearable technology (for example a smartwatch or a fitness tracker such as an Apple Watch, Samsung Galaxy, Fitbit)?

○ Yes

○ No

○ Not currently, but I have in the past

What kind of wearable do you or did you have? (check all that apply)

☐ Apple Watch

☐ Fitbit

☐ Garmin

☐ Misfit

☐ Oura Ring

☐ Samsung Galaxy Smartwatch

☐ Withings

☐ Xaiomi (Mi Band)

☐ [   ] Other

On average, how many days per week do you wear your smartwatch/fitness tracker?

○ Everyday

○ 5-6 days per week

○ 3-4 days per week

○ 1-2 days per week

You said you are not wearing your smartwatch/fitness tracker daily or using it anymore. What barriers are there to you wearing the device? (check all that apply)

☐ It requires frequent charging

☐ I do not always put it back on after taking it off

☐ I need to remove it at times because it is not waterproof

☐ It is uncomfortable

☐ [   ] Other:

Have you ever considered using a wearable technology like a smartwatch or a fitness tracker?

○ Yes

○ No

Would you be willing to share your wearable data with us?

○ Yes

○ Maybe

○ No

If provided with a wrist worn wearable during a study, would you be willing to wear it regularly?

○ Yes

○ No

If provided with a wrist worn wearable during a study, would it be important for you to be able to access the information collected by the wearable (step count, activity level, sleep patterns) via smartphone app or computer?

○ Yes

○ No

Would the style or color of a wearable device impact your decision about wearing it daily?

○ Yes

○ No

Would you prefer a wearable that does not need to be charged regularly (every 3-5 days)?

○ Yes

○ No

Below are four examples of wearables. If you were asked to wear one of these every day for a year while participating in a study, which would you prefer? (click on the one you prefer)

○ Apple Watch

○ Fitbit 4

○ Versa 2

○ Withings Activite

Group 3: Bill Pay

Do you pay bills online?

○ Yes

○ No

Which bills do you pay online? (check all that apply)

☐ Utilities

☐ Credit Card

☐ Rent/Mortgage

☐ Taxes

☐ Telephone/Cable

☐ Other

Group 4:Online Banking

Do you do any online banking (for example, manage checking, savings, or other accounts; review statements)?

○ Yes

○ No

How often do you go online for banking or financial management?

○ Daily

○ Weekly

○ Monthly

○ Less than once a month

Online Medical Care and Technology

Do you have a patient portal to access your personal health information and activity through your primary care or other health providers (for example, MyChart, My HealtheVet)?

○ Yes

○ No

○ I do not know

Do you use the patient portal offered by your healthcare provider?

○ Yes

○ No

Why do you not use the patient portal?

○ I prefer human interactions

○ Confusing to use

○ Not as convenient as other methods of contact

○ [   ] Other (specify)

What activities do you use the patient portal for? (check all that apply)

☐ Accessing test results

☐ Accessing patient records

☐ Communicating with your doctor

☐ Managing your doctor appointments

☐ Managing your contact information

Have you seen a health professional by tele-health or virtual (telephone or video-interactive) visit?

○ Yes

○ No

On which device was your tele-health or virtual visit conducted?

○ Personal computer

○ Laptop

○ Tablet

○ Smart phone

Would you be willing to see a health professional by tele-health or virtual visit?

○ Yes

○ No

Do you use any electronic health-related devices at home (for example, wireless bathroom scales, electronic pillbox, digital blood pressure cuff)?

○ Yes

○ No

Which of the following electronic health-related devices have you used? (check all that apply)

- ☐ Blood glucose testing
- ☐ Digital blood pressure machine
- ☐ Digital home pulse oximeters
- ☐ Digital thermometer
- ☐ Electronic pillbox
- ☐ Wireless bathroom scale
- ☐ [   ] Other (specify)