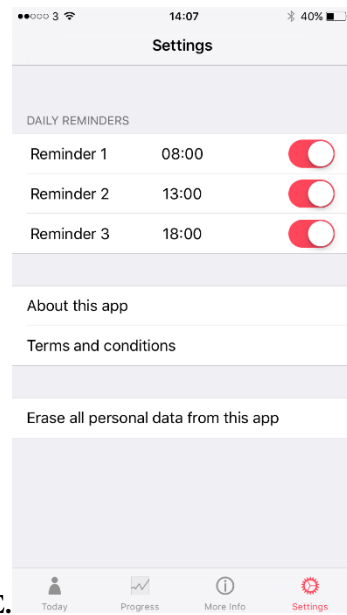
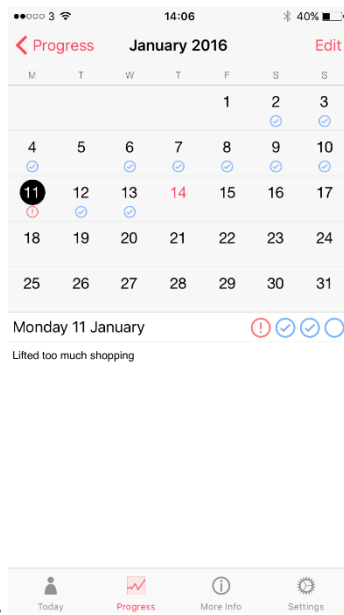
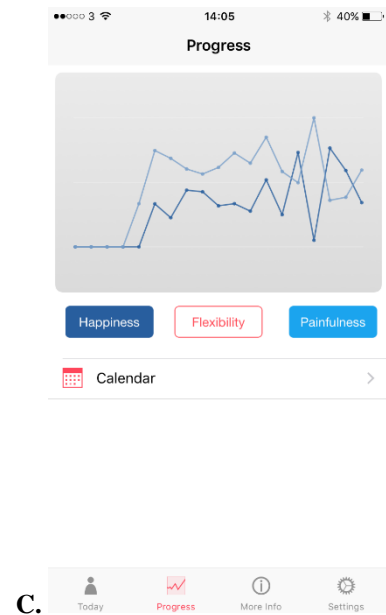
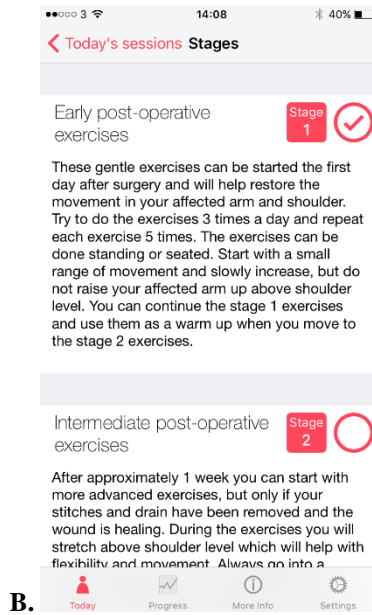
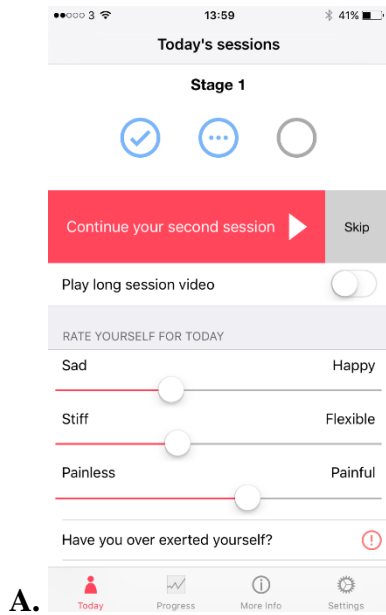
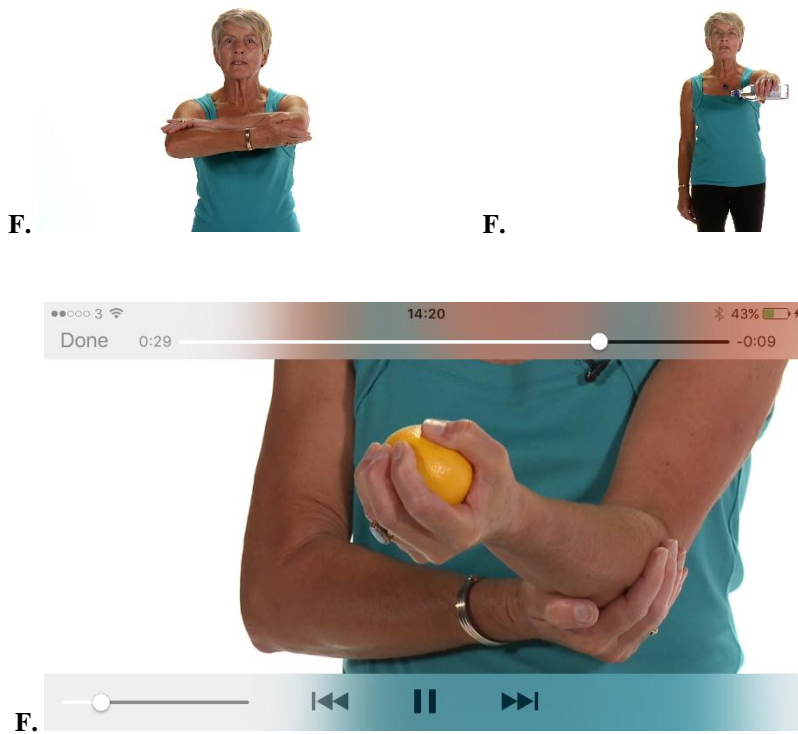


Supplementary material - Figure II: Overview of bWell



Supplementary material - Figure II: Overview of bWell - continued



- A: start page bWell
- B: exercise stage selection page
- C: progress tracking
- D: calendar and note function
- E: reminder settings
- F: exercise images/videos