



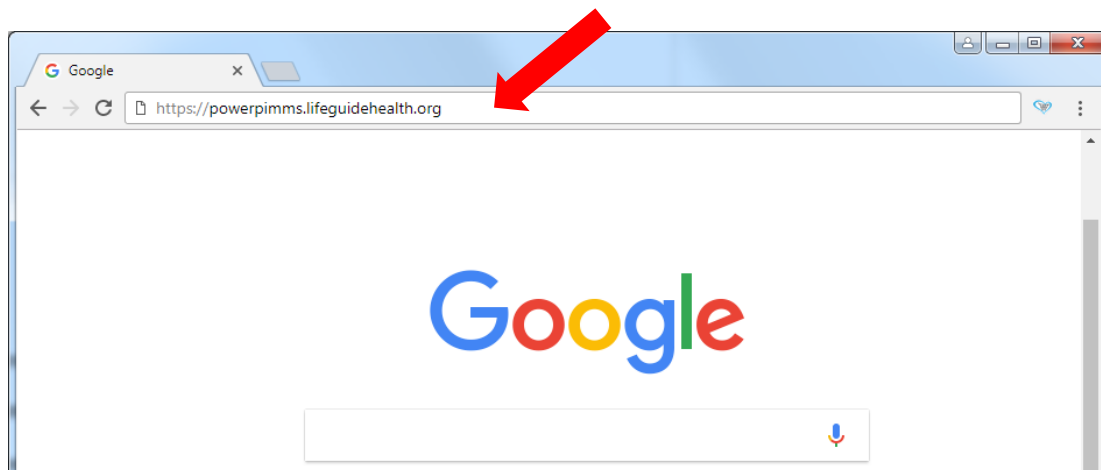
PIMMS-WL Trial



Feasibility and acceptability of a brief routine weight management intervention for postnatal women embedded within the national child immunisation programme in primary care: randomised controlled cluster feasibility trial with nested qualitative study

PARTICIPANT INSTRUCTIONS FOR POWeR

1. **Step 1:** Open up your browser and type <https://powerpimms.lifeguidehealth.org> into the address bar at the top of the page. Press enter.



2. **Step 2:** Click on the 'First time on the POWER Plus website? Click here' button. You'll then be taken to the sign up page.



3. **Step 3:** Enter the study ID from your 'Getting Started' card into the red box at the top of the page. You will also need to enter the following information:
- a) A username that you will find easy to remember so that you can log back in with it. Write this down on your 'Getting Started' card if you think you might forget.
 - b) A secure password – again, choose something that you will find easy to remember!
 - c) Your email address – POWeR will send you emails from time to time so it is important to enter this correctly.
 - d) The name you normally like to be called.

Then you can click 'Next'



Create Your POWeR Account!

Your Study ID is on your 'Getting Started' card. It will look something like PIMMS0123

Study ID:

Confirm Study ID:

Username:

Your username can be anything you like. Please make sure it is easy to remember as you will need it to log in again.

Confirm Username:

Enter a password:

Please retype your password.

What is your email address?

Please retype your email address.

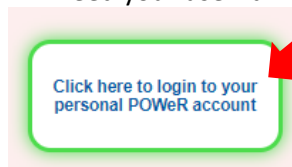
What is your first name?

[Next](#)

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4. **Step 4:** Start using POWeR!

You can work through POWeR at your own pace. When you want to log back in, you simply repeat step one but then click on the 'Click here to login to your personal POWeR account' button and you will need your username and password to log in.



If you have any trouble with registering at all, you can contact the study team:

PIMMS-WL Trial Office

☎: XXXXXXXXXXXX

✉: XXXXXXXXXXXX