

Interview Schedule

Conversation starter

- . Did you learn something new by participating in this study?
- . Do you find this approach adequate (*humorous, fun, easy, accessible*) to learn with?

BACK TO

-RELATES TO PRE-QUESTIONNAIRE-

Pelvic Fitness

- . Were you familiar with pelvic floor muscle exercises/fitness before?
- . If yes, how (and when) did you hear about it?

Is it (*pelvic exercise*) part of your intimate care routine? *If so, examples when you do it (ex: at home, or fitness class, etc)*

What was the first emotion/sensation/feeling when you first realized what was happening (study, first mobile/wearable interaction)?

Was it intuitive?

You were holding your mobile device quite near one of the most intimate parts of your body. How did that make you feel? Why?

Do you think that mobile technology can potentially support the delivery of information – or better, promote engagement with intimate care? What are your thoughts? Suggestions

Does learning by embodiment ('wearing' the technology) give a better perspective/understanding of where in and on the body this intimate care takes place?

What is your personal relationship with digital technology, such as mobile phones? On-body technology?

Do you use any (technology) for learning? Or for the matter, any of the 'quantify self' family to keep up (in whatever health activity). Thoughts.

What are your thoughts on using (digital) technology for creating engaging/embodied/ meaningful/fun/humorous experiences and learn about the body – towards preventive care. Wishes and desires.

How can the use of (such) technology make accessible this reality of intimate care that is laden with stigma and taboo?

Do you think humour/technology can contribute to promote self-awareness and preventative, intimate care practices. – How? Suggestions

Did this study contribute to enhance your body knowledge in any way, and did you find the technology engaging/or not? Why and how.