overview

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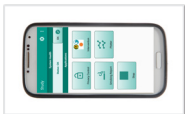[plotter](#)

in the box

AutoSense chest sensor

AutoSense wrist sensor

Microsoft Band

smartphone

ECG connectors

ECG electrodes

RIP connectors

device charger with charging cables

1. Make sure the chest sensor is charged and powered ON.

2. Wear the chest band under the armpits as shown.

3. Plug the RIP connectors into the outside socket of the chest sensor. Plug the two other ends into the chest band (near the buckle).
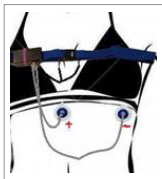
4. Plug the ECG connectors into the inside socket of the chest sensor.

5. Place two electrodes on the body as shown and attach the ECG connectors.

Note: Proper placement of electrodes on the body is important.

Attach the positive ECG connector to the electrode on the center of the chest, below the sternum.
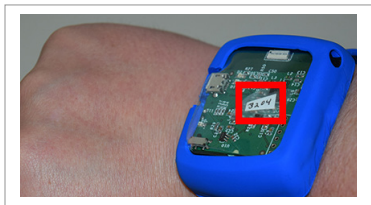
Attach the negative ECG connector to the electrode on the left side of the ribcage.

To confirm the sensor is working, see the verifying data collection instructions in this manual.

wearing the wrist sensors

1. Make sure the wrist sensor is charged.

2. Wear the wrist sensor so that the ID number is facing right-side-up from your point of view, as shown below.

Note: It is important to always wear each sensor on the same wrist (left or right).

verifying data collection

To verify data collection, use the icons under the Sensor Data Quality heading near the top of the Study app home screen.

✅ green check mark — Good data is being collected

⚠️ yellow caution — Data is being collected, but there is an issue with data quality (i.e. sensor is not worn properly)

❌ red X — No data is being collected (i.e. sensor needs charging, sensor is powered off)

Sensor Data Quality			
Respiration	ECG	Wrist(L)	Wrist(R)
⚠️	⚠️	✅	❌

charging the devices

All devices should be charged every night using the device charger and cables.

The charging port is found on the bottom of the smartphone.

The charging port is found on the side of the chest sensor.

The charging port is found on the side of the wrist sensor.

The charging port is on the clasp of the Band. Attach with the gold connector points aligned.

start day

⌄

At the beginning of each day, tap the Start Day button when data collection is ready to begin.

1. Make sure all sensors are properly worn.

2. In the mCerebrum app, tap the *Start Day* button to begin the day. Tap *Yes* to confirm.

Day	
Day Started: N/A	**Start Day**
Day Ended: N/A	

EMAs

⌄

EMAs will be automatically triggered by the software during a study.

You will receive alerts on the phone to complete an EMA exercise. The phone will vibrate and sound an alarm for 30 seconds.

🗂 Survey Available

Please answer the Survey

| Cancel | Start Now |

privacy

Privacy Control allows you to turn off features for a limited period of time.

1. In the mCerebrum app, tap the *Turn On* button under the Privacy heading.

Privacy	
Not Active	Turn On

2. On the Privacy Control Settings screen, tap *Duration*. Select the amount of time for which you wish to disable the feature(s).

Duration

3. Under the Privacy Type heading, tap each of the features you would like to temporarily disable. You will see a check mark appear to confirm the feature is selected.

Location
GPS   ☑

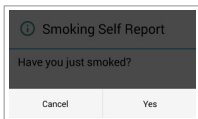4. Tap *Start* to begin the privacy timer. When you are finished, tap *Close*.

Smoking Report allows you to report the moment when you smoke a cigarette.

1. In the mCerebrum app, tap the Smoking Report button.

2. When the question below appears, tap *Yes* to verify smoking has occurred or *Cancel* to cancel the smoking report.
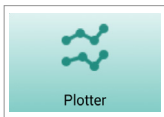
plotter

Plotter allows users to view the data plotters for each available sensor.

In the mCerebrum app, tap the Plotter button, then select the Data Source you wish to view.

When finished, use the smartphone's Back button to manually return to the mCerebrum app.