

Introducing



Date: 11/8/2025

Fitbit guide

333659_PAPRKA_STUDY_USER_GUIDE_FITBIT_V2.0_approved
11.08.25clean

In partnership
with



WELCOME TO THE PAPRKA STUDY FITBIT GUIDE.



This guide provides step-by-step guidance on how to share your Fitbit physical activity information with the PAPrKA study team.

VIDEO: <https://youtu.be/nPRRGIkdrvg>

QUICK TAKE

How to
share your
Fitbit data

Getting Started

1

Go to Fitbit's website by clicking 'Link Fitbit'.

2

Login to your Fitbit account.

3

Select the data you want to share, and click 'Allow' to share them.

4

Add another device or finish.

CONNECT YOUR FITBIT: WHAT YOU WILL SEE WHEN YOU CLICK INTO IT

Connect your Fitbit
Please read the three steps before you connect your Fitbit account.
The first step will take you to Fitbit's website. For the second step **you need to login to your Fitbit account**. In the third step you will be asked to tick all the boxes in the Fitbit screen.
Read our [Guide](#) or view our [Video](#) for more detailed instructions on how to share your Fitbit data.

Step 1: Click the "Link Fitbit" button
This will redirect you away from this page to Fitbit's website. [Link Fitbit](#)

Step 2: Log in
If you are not already logged in to your Fitbit account, you will be redirected to a sign in page. Please log in with your Fitbit account.

Step 3: Select the data you want to share
Once you have logged in to your account you will see a screen called Fitbit. Tick *all 3 boxes, and then click "Allow" at the bottom to share your physical activity information with the study.

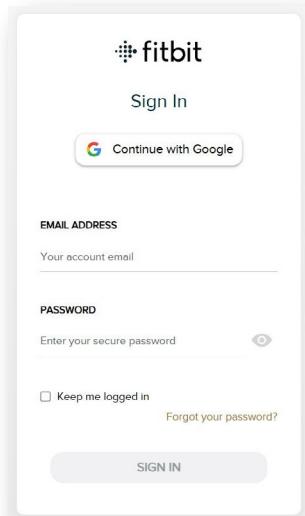
Step 1: Go to Fitbit's website by clicking the "Link Fitbit" button

This will redirect you away from the PAPRKA website to Fitbit's website.

Step 1: Click the "Link Fitbit" button
This will redirect you away from this page to Fitbit's website. [Link Fitbit](#)

Step 2: Log in to your Fitbit account

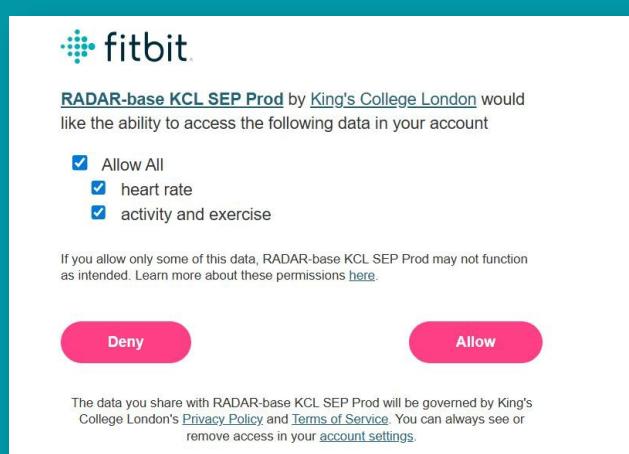
If you are not already logged in to your Fitbit account, you will be redirected to a sign in page. Please log in with your Fitbit account details: your Fitbit account's username and password.



Step 3: Select the data you want to share and click “Allow” to share them.

Once you have logged in to your account you will see a screen called Fitbit. Tick all 3 boxes, and then click “Allow” at the bottom to share your physical activity information with the study team. This includes:

1. **Profile** needed to find out how physical activity is measured by your device.

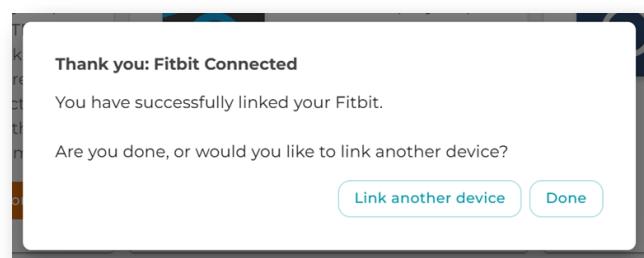


2. **Activities and Exercise** includes physical activity measures such as distance travelled, step count, time doing activities.

3. **Heart Rate** needed because it indicates how intense the activities were performed.

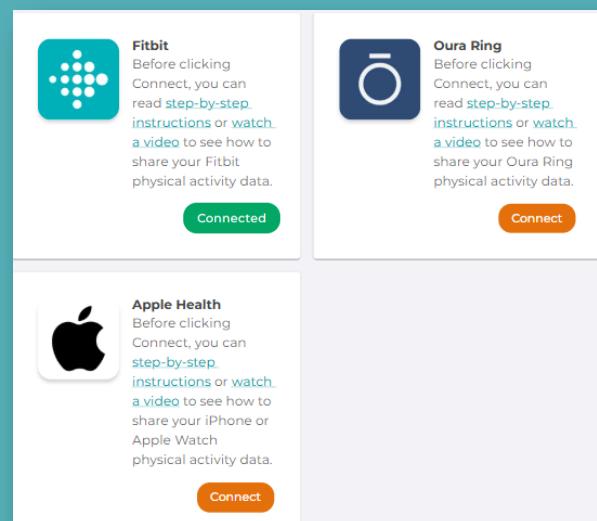
Step 4: Add another device or Finish

You will receive a message once you have completed all three steps. The message will ask you if you want to ‘link another device’, or if you are ‘done’.



If you **want to share data** from another device, click the “link another device” button, this will take you to the Connect Device page. From there you can chose which other device you want to share; ‘iPhone or Apple Watch’, or ‘Oura Ring’.

Clicking “link another device” button will take you to the page below.



If you **do not want** to share data from another device, click the “Done” button. You will be taken to the Portal page where you can complete any outstanding tasks.

Clicking “Done” will take you to the page below.

The screenshot shows a mobile application interface for the PAPrKA study. At the top, there is a header with the Manchester University logo and navigation links for Home, About, FAQs, Tasks, and a user profile icon. A circular progress indicator on the right shows "3 / 3".

What You Need to Complete PAPrKA Study Tasks

To take part you will need to complete Tasks 1, 2 and 3. Task 4 'Give us your feedback' is optional.

Please note, when you start a task, you must answer all the questions in one go and press "submit" or you will lose your answers

TASK 1: About my knee replacement
Eight quick questions.
Tip: You will need the month and year of your knee replacement surgery

TASK 2: About You
Four quick questions.
Tip: You will need your NHS number

TASK 3: Connect my devices
Connect one or more devices
Tip (for Fitbit & Oura ring): You will need login details for your device
Tip (for Apple): You need to enter the study name PAPrKA; use the email and password from your PAPrKA account; best completed using WiFi

TASK 4: Give us your feedback
Seven quick questions about joining the study

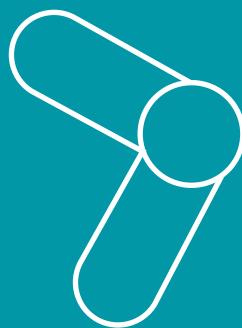
Optional

Done (green button) **Done** (green button) **Optional** **To Do** (orange button)

PAPrKA study guides

- PAPrKA study Oura guide
- PAPrKA study iPhone and Apple Watch guide

**Thank you for
taking part in the
PAPrKA study**



Troubleshooting

- If you are having trouble sharing your Fitbit data, try the following solutions:

1. I can't access the Fitbit website

- Make sure you have a stable internet connection
- Try using a different browser (e.g. Chrome, Safari, Firefox)
- Disable any browser extensions that may block pop-ups or redirects

2. I can't log in to my Fitbit account

- Double-check your email and password
- If you've forgotten your login details, use the "Forgot Password?" option on the Fitbit login page

3. I don't see the screen to allow data sharing

- Make sure you've followed the link from the PAPrKA study portal
- If the page doesn't load correctly, try refreshing or restarting your browser

Still having issues?

Please contact the PAPrKA study team at paprka@manchester.ac.uk or call us on 0161 306 2719 and we'll be happy to help.