



# PAPrKA

Physical Activity Patterns after Knee Arthroplasty

Date: 11/8/2025

# Oura guide

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In partnership  
with



Medical  
Research  
Council



# WELCOME TO THE PAPRKA STUDY OURA GUIDE.



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

**VIDEO: [https://youtu.be/m\\_4rbNYphXs](https://youtu.be/m_4rbNYphXs)**

# QUICK TAKE

How to share  
your Oura ring  
data

## Getting Started

1

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

2

Login to your Oura account.

3

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

4

Add another device or finish.

# CONNECT YOUR OURA RING

## WHAT YOU WILL SEE WHEN YOU CLICK INTO IT

**Connect your Oura Ring**

Please read the three steps before you connect your Oura Ring account. The first step will take you to Oura's website. For the second step **you need to login to your Oura account**. In the third step you will be asked to tick all the 3 boxes in the "Connect with Oura" screen. Read our [Guide](#) or view our [Video](#) for more detailed instructions on how to share your Oura data.

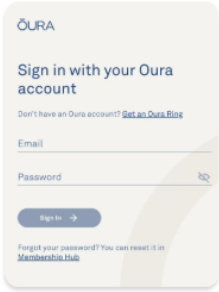
**Step 1: Click the "Link Oura" button**  
This will redirect you away from this page to Oura's website.

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

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

*These 3 boxes capture your physical activity information such as time doing activities, distance travelled, step count, and heart rate*

[Link Oura](#)

A screenshot of the Oura website's sign-in page. It features the Oura logo at the top, followed by the heading "Sign in with your Oura account". Below this is a link for users who don't have an account: "Don't have an Oura account? [Get an Oura Ring](#)". There are input fields for "Email" and "Password", with a "Sign In" button below them. At the bottom, there is a link for "Forgot your password? You can reset it in [Membership Hub](#)".

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

This will redirect you away from the PAPrKA website to Oura's website.

**Step 1: Click the "Link Oura" button**

This will redirect you away from this page to Oura's website.

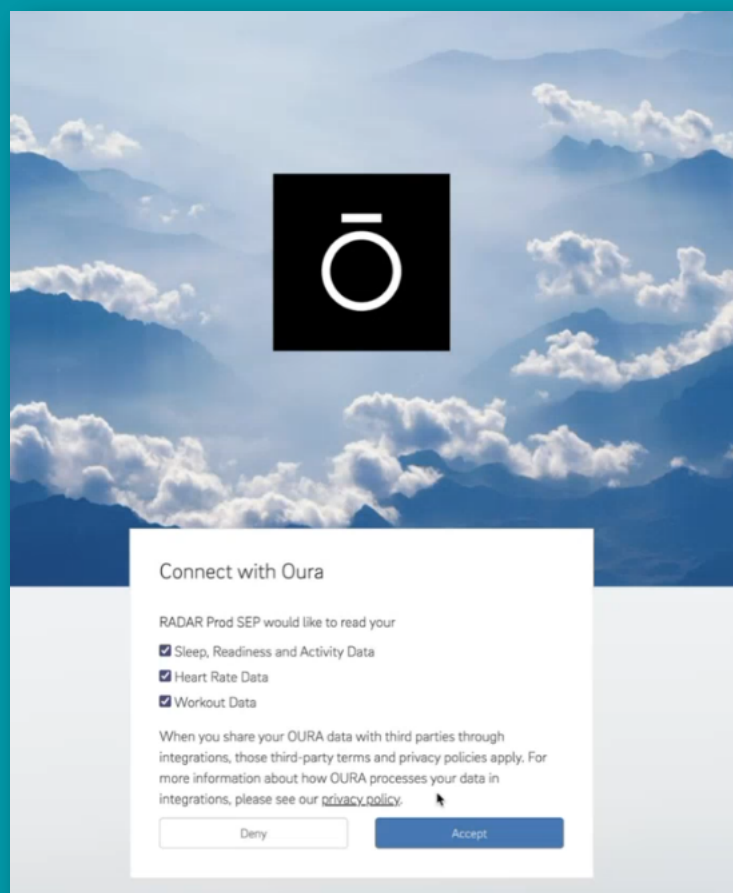
[Link Oura](#)

## Step 2: Log in to your Oura account

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

## Step 3: Select the data you want to share and click “Accept” to share.

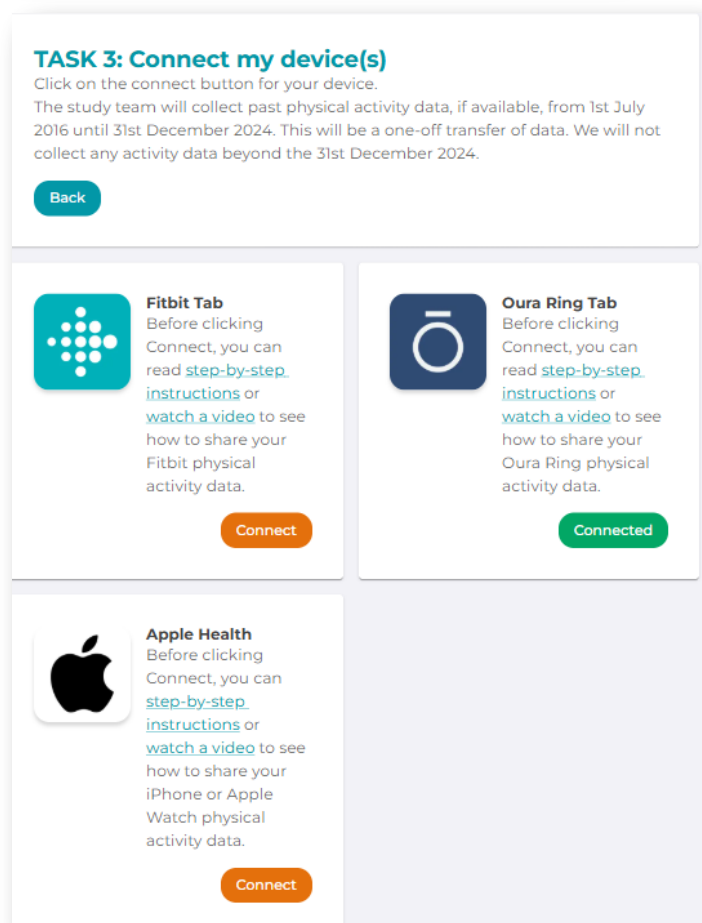
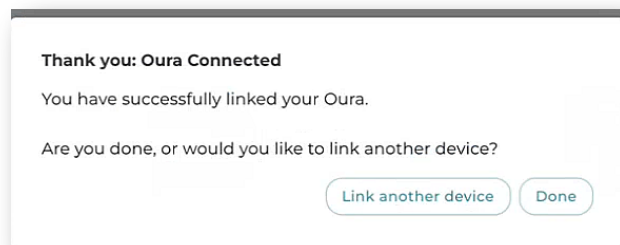
Once you have logged in to your account you will see a screen called “Connect with Oura”. Tick all 3 boxes, and then click “Accept” at the bottom to share your physical activity information with the study team. This includes:



1. **Sleep, Readiness and Activity Data** includes physical activity measures such as distance travelled, step count, time doing activities.
2. **Heart Rate Data** needed because it indicates how intense the activities were performed.
3. **Workout Data** includes physical activity measures such as Activity, distance, intensity.

## 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 ‘Fitbit’.

Please remember you need to have used that device to track your activities within the study’s time-period of the **1st July 2016 - 31st December 2024**.

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.

**MANCHESTER**  
The University of Manchester

Home About FAQs Tasks

### 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

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

Done

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

Done

**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*

Done

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

Optional

To Do

## PAPrKA study guides

- PAPrKA study Fitbit 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 Oura data, try the following solutions:

### 1. I can't access the Oura 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 Oura account

- Double-check your email and password
- If you've forgotten your login details, use the "Forgot Password?" option on the Oura 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](mailto:paprka@manchester.ac.uk) or call us on 0161 306 2719 and we'll be happy to help.