

PAPrKA

Physical Activity Patterns after Knee Arthroplasty

Date: 16/10/2025

Fitbit guide

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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/cPYi0-3fmQ4>

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

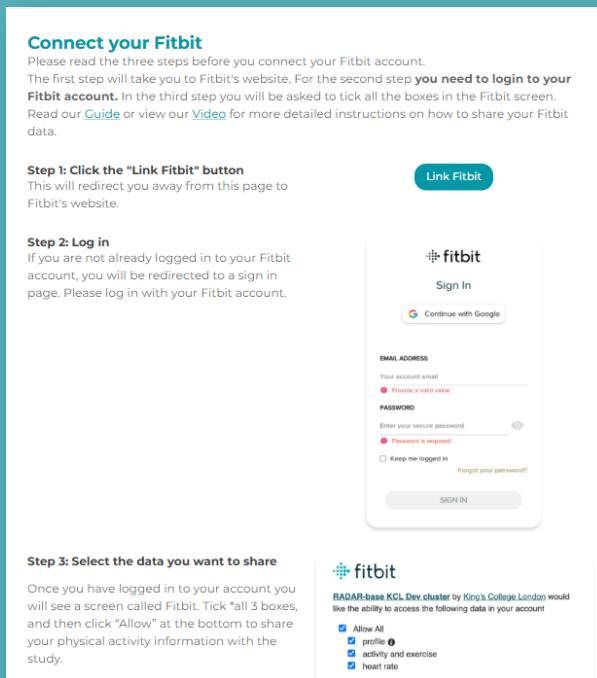
Select the data you want to share, and click 'Allow' to share them.

4

Add another device or finish.

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

The page details each step, providing images of what you will see as you go through steps 1-4.



Let us take you through the four steps

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

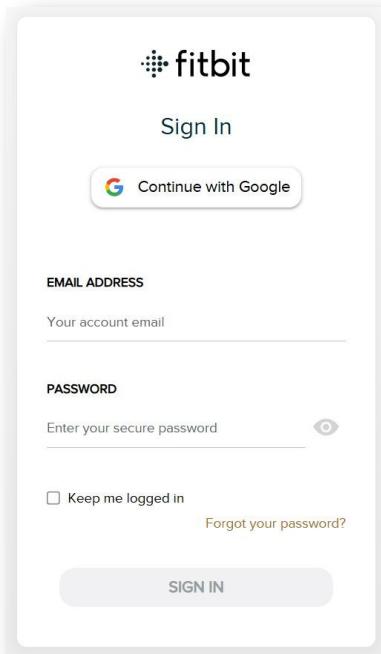
This will redirect you away from the PAPrKA website to Fitbit's website. Upon arrival at Fitbit's website, you will find a login screen similar to the one in step 2.

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

Step 2: Log in to your Fitbit account

If you are not already logged into 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.

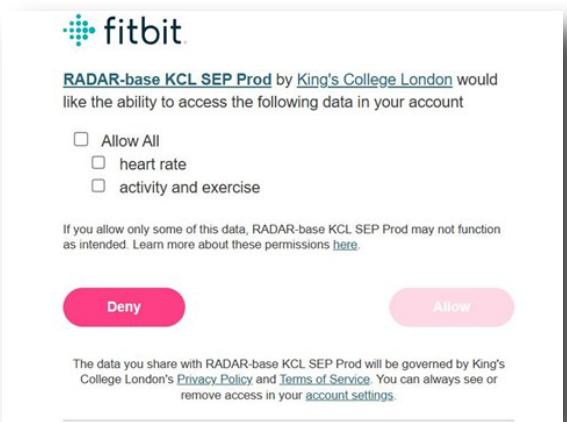


Step 3: Select the data you want to share and click “Allow” to share them.

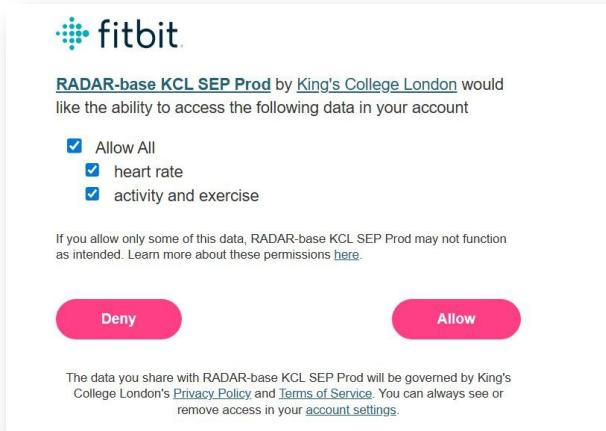
Once you have logged in to your account you will see a screen called Fitbit. Tick all 2 boxes, and then click “Allow” at the bottom to share your physical activity information with the study team. This includes:

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

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



This is what the page looks like before you select the data you want to share.



This is what the page looks like after you select the data you want to share.

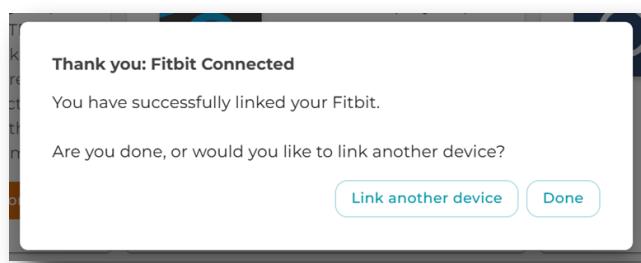
Once you have provided permission to share your information held within Fitbit you do not need to do anything further.

Please note: It takes **approximately 9 days** for the research team to receive your physical activity information from Fitbit. In some circumstances, for example because there is a connection issue, it may take up to 4 weeks for the research team to receive your data.

This is because Fitbit will send the information to us in small chunks rather than all in one go. If there are gaps in the physical activity data we receive from Fitbit, we will make one further request to Fitbit to download your data.

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 choose which other device you want to share; ‘iPhone or Apple Watch’, or ‘Oura Ring’.

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.

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

TASK 3: Connect my device(s)
Click on the connect button for your device.
The study team will collect past physical activity data, if available, from 1st July 2016 until 31st December 2024. This will be a one-off transfer of data. We will not collect any activity data beyond the 31st December 2024.

Fitbit Tab
Before clicking Connect, you can read [step-by-step instructions](#) or [watch a video](#) to see how to share your Fitbit physical activity data.
Connected

Oura Ring Tab
Before clicking Connect, you can read [step-by-step instructions](#) or [watch a video](#) to see how to share your Oura Ring physical activity data.
Connect

Apple Health
Before clicking Connect, you can [step-by-step instructions](#) or [watch a video](#) to see how to share your iPhone or Apple Watch physical activity data.
Connect

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 web page titled "What You Need to Complete PAPrKA Study Tasks". At the top right, there is a circular badge with "3 / 3" inside it, indicating completion. The page is divided into four sections:

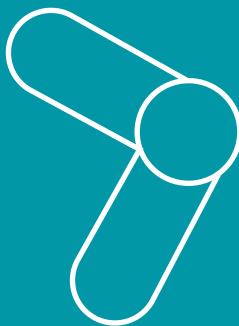
- TASK 1: About my knee replacement**
Eight quick questions.
Tip: You will need the month and year of your knee replacement surgery
[Done](#)
- TASK 2: About You**
Four quick questions.
Tip: You will need your NHS number
[Done](#)
- TASK 3: Connect my devices**
Connect one or more devices
*Tip (for Fitbit & 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

Oura guide: https://sep.radar-base.net/study/study_paprka/resources/guides/PAPrKA_Study_Guide_Oura.pdf

iPhone and Apple Watch guide: https://sep.radar-base.net/study/study/paprka/resources/guides/PAPrKA_Study_Guide_iPhone.pdf

**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.