

Introducing



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Oura guide

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In partnership
with



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

QUICK TAKE

How to share
your Oura ring
data

1

2

3

4

Getting Started

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

Login to your Oura account.

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

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.

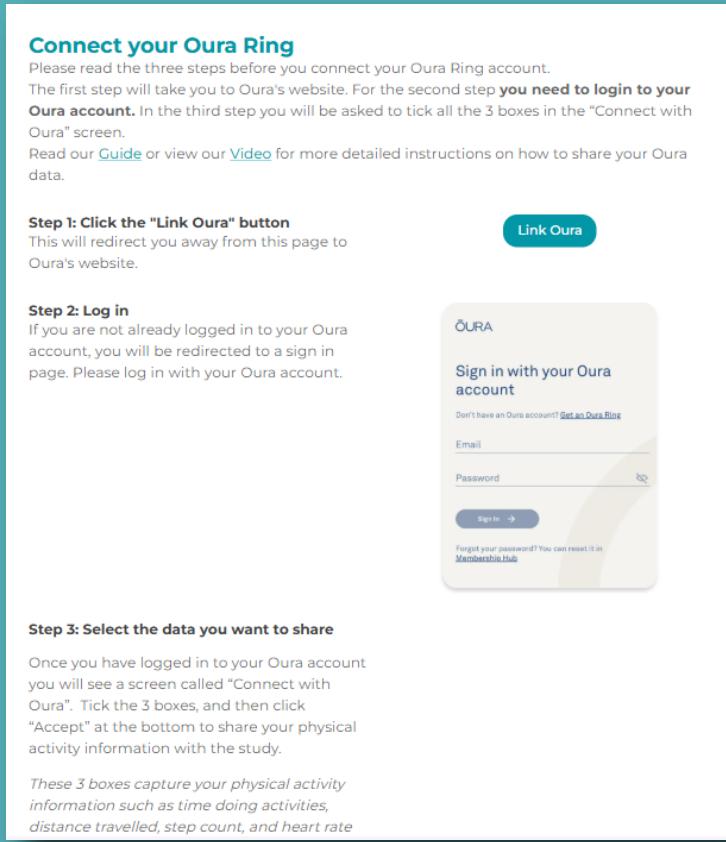
Read our [Guide](#) or view our [Video](#) for more detailed instructions on how to share your Oura data.

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



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.

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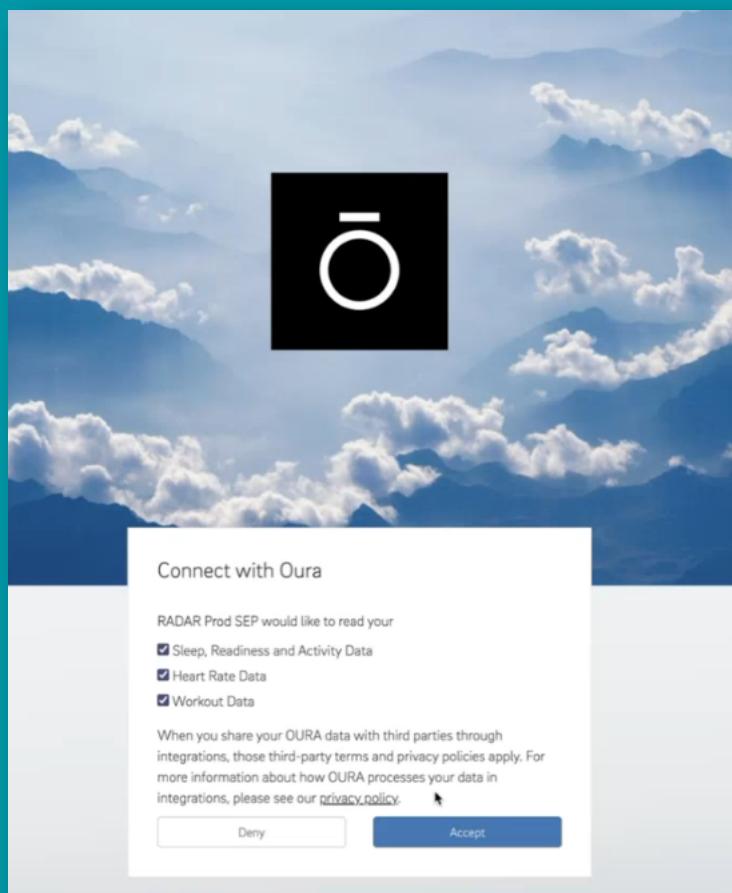
[Link Oura](#)

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 them.

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'.

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.

[Back](#)



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.

[Connect](#)



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.

[Connected](#)



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 **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.

The screenshot shows a web-based application for completing study tasks. At the top, there's a navigation bar with the Manchester University logo, Home, About, FAQs, Tasks, and a user icon. Below the navigation, a section titled "What You Need to Complete PAPrKA Study Tasks" is displayed. It says: "To take part you will need to complete Tasks 1, 2 and 3. Task 4 'Give us your feedback' is optional." A circular progress indicator on the right shows "3 / 3".

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

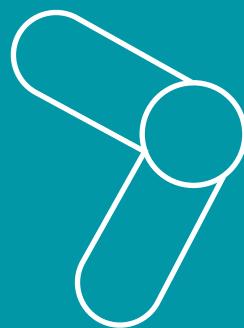
TASK 4: Give us your feedback
Seven quick questions about joining the study

At the bottom, there are buttons for each task: "Done" for Task 1, "Done" for Task 2, "Optional" for Task 3, and "To Do" for Task 4.

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 or call us on 0161 306 2719 and we'll be happy to help.