



# PAPrKA

Physical Activity Patterns after Knee Arthroplasty

Date: 16/10/2025

## iPhone and Apple Watch guide

333659\_PAPRKA\_STUDY\_USER\_GUIDE\_IPHONE\_APPLE\_WATCH\_V3.0  
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Welcome to the PAPrKA iPhone and Apple Watch guide.

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

**Video: <https://youtu.be/avBYvuSVvuU>**

# QUICK TAKE

Quick take:  
how to share  
your Apple  
data

You can take part if you have  
an iPhone or if you have an  
iPhone and Apple Watch

**What version of iPhone do I  
need?**

OS Version 13 or above  
(available for iPhone 6s and  
above)

**What version of Apple watch  
do I need?**

Any

You will need to download  
**the study app from the app  
store RADAR active RMT**  
onto your iPhone to share  
your Apple data.

**Box A:** Explains how to share  
your data if you are logged  
into the study website on your  
iPhone.

**Box B:** Explains how to share  
your data if you are logged  
into the study website on your  
computer.

## **Box A: Started on your iPhone**

**Step 1:** Press the app store icon on the website to take you to the study app **RADAR active RMT**

**Step 2:** Type into the study app

What to type:

- i. **PAPRKA** (*study name*)
- ii. your study account email address
- iii. your study account password

## **Box B: Started on your computer**

**Step 1:** Search on the app store on your iPhone to find the study app **RADAR active RMT**

**Step 2:** Scan a QR code with your iPhone

How to scan

- i. Press scan
- ii. Enable your iPhone camera
- iii. Scan the code

**Step 3:** Log into study app

**Step 4:** Share your physical activity information

**Step 5:** Return to the study website

# APPLE HEALTH CONNECT



## 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.

[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](#)

When you click into the Apple Health Connect tab, you will see:

**How to Connect Your iPhone or Apple Watch**  
You can share data with us if you have an iPhone (6s or newer), or both an iPhone and an Apple Watch. We will ask you to download an app so you can send us a copy of your activity data.

**Before you start please read through all the steps below.**

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

**Step 1: Download the App**

If you're on a computer or tablet:

- On your iPhone, open the App Store.
- Search for **RADAR active RMT**.

If you're on your iPhone:  
Tap below to download directly:

[Download on the App Store](#)

OR

**Step 2: Log into the app**  
There are two ways to log into the app once it's installed

If you're on a computer or tablet:  
When prompted, scan this QR code to log in:



If you're using an iPhone to view this page:  
Log in manually using:

- Study name: **paprka**
- Email address: the one you used for your PAPrKA account.
- Password: the one you used for your PAPrKA account.

Note: You **do not need** your Apple ID or password.

**Step 3**  
After you've connected your iPhone and shared your data:

- Return to this website
- Click the green 'Mark as complete' button.
- You'll then be asked if you want to connect another device.
  - If not, just click 'Done'

If you have any questions, contact us at: [paprka@manchester.ac.uk](mailto:paprka@manchester.ac.uk)

[Mark as Complete](#)

# FIVE STEPS TO SHARE YOUR APPLE DATA

**Step 1: Download the study app “RADAR active RMT” to your iPhone**

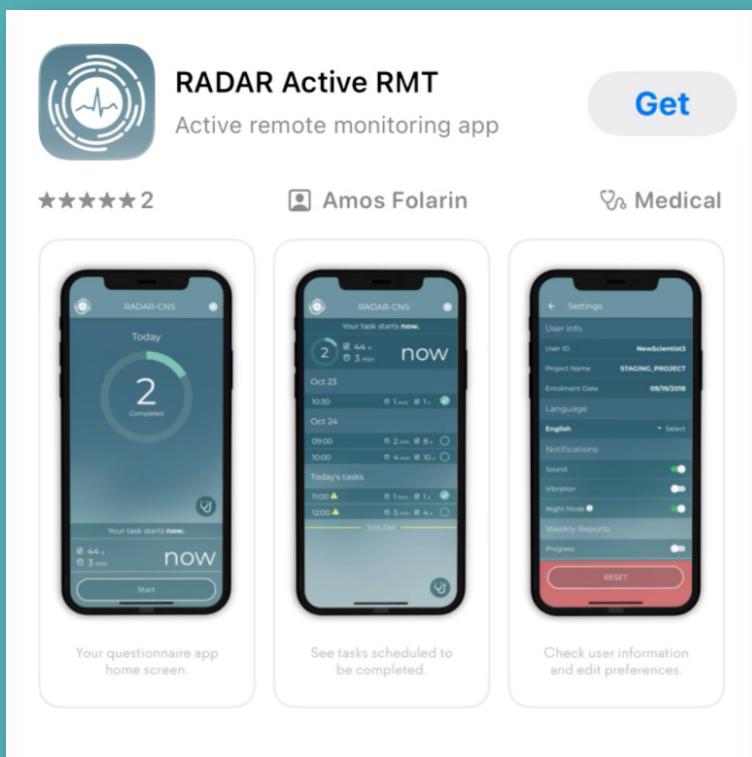
**A: Started on my iPhone**

**Step 1:** From your iPhone, tap the app store icon to go to the study app

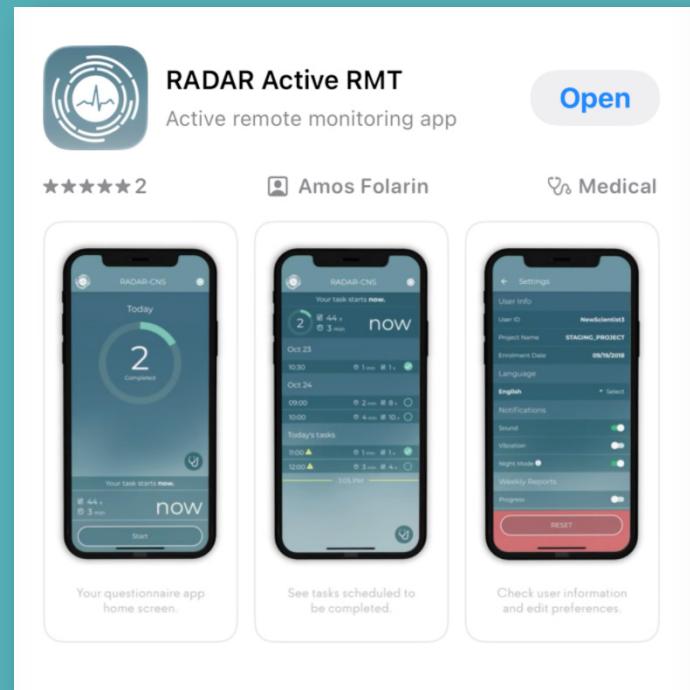
If you're on your iPhone:  
Tap below to download directly:



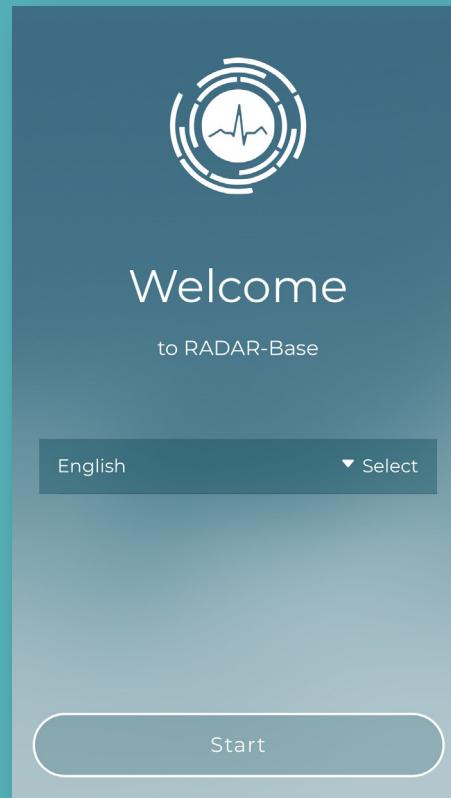
**Step 2: Press Get**



## Step 3 : Press Open



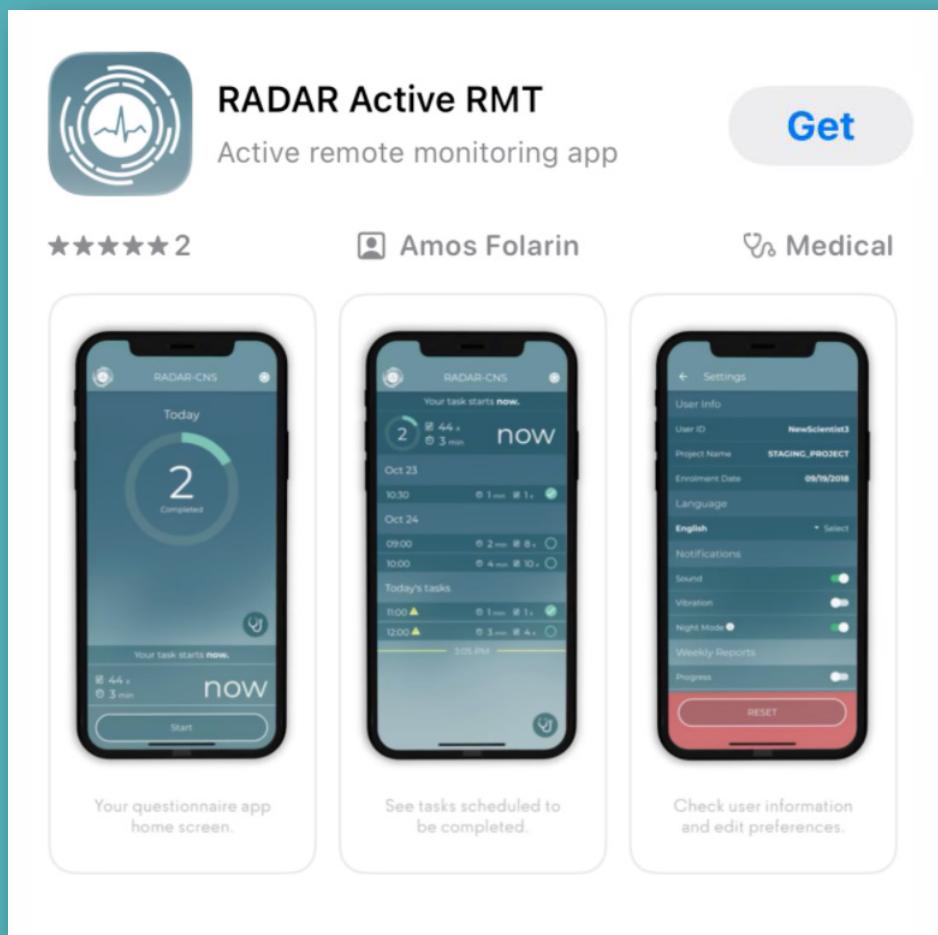
**Step 4:** You should now see the study app 'welcome page'; it looks like this:



## B: Started on my computer

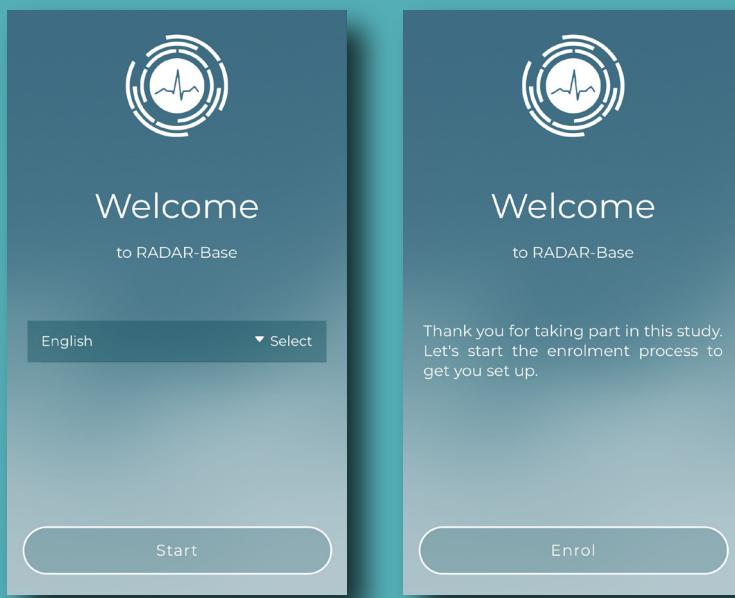
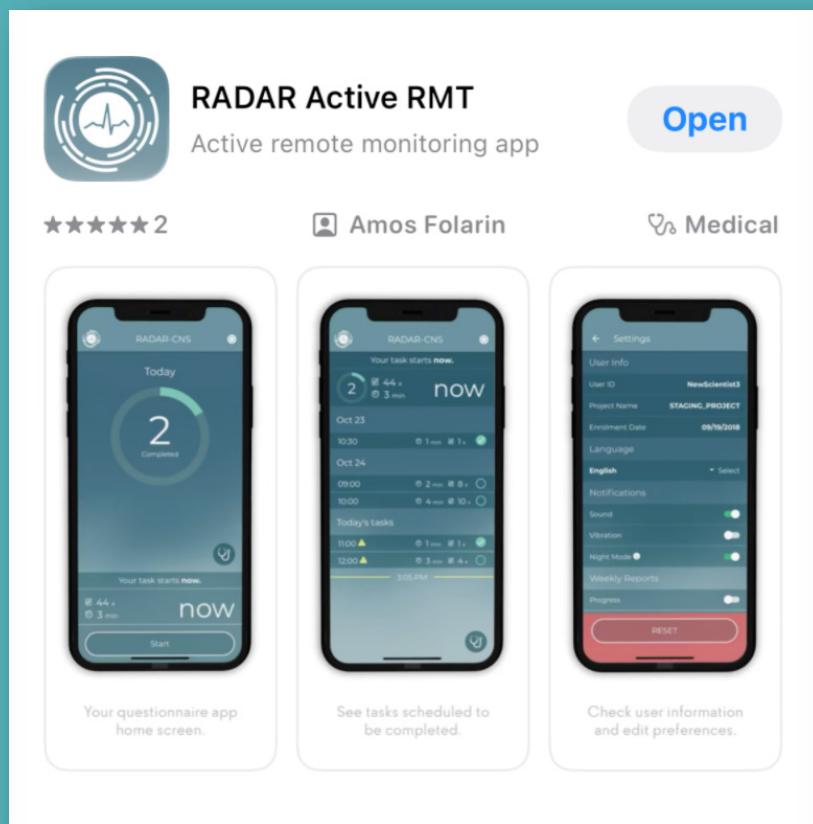
**Step 1:** From your iPhone, search for **RADAR active RMT** in the app store.

It looks like this.



**Step 2:** Press **Get**

## Step 3 : Press Open



**Step 4:** You should now see the study app 'welcome page'; it looks like this:

## **Step 2: Identify the way you should log into the study app**

### **A: Started on my iPhone**

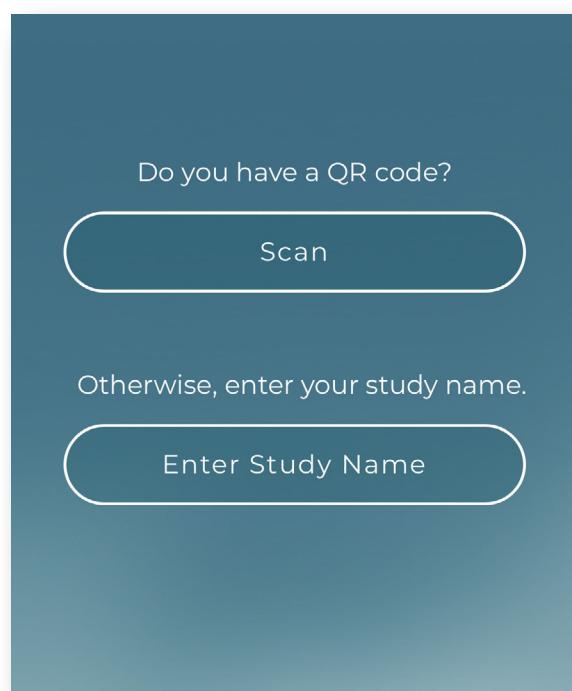
#### **1) When prompted by the study app, type in:**

- i. Study name: **PAPRKA**
- ii. Your email address (used to set up your PAPrKA study account)
- iii. Your password (used to set up your PAPrKA study account)

### **B: Started on my computer**

#### **1) When prompted by the study app, scan the QR code you see on the PAPrKA study website:**

- i. Press scan
- ii. Enable your iPhone camera
- iii. Scan the code



## Step 3: Now log into the study app

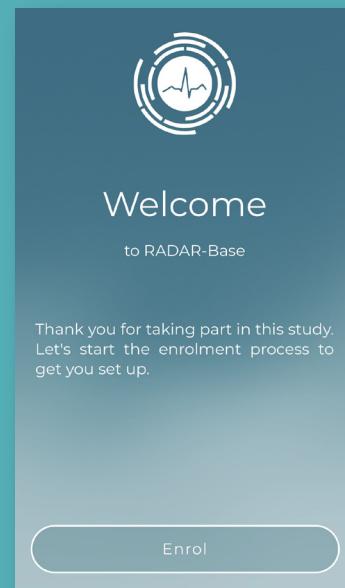
### A: Started on my iPhone

From the 'Welcome page' on the study app

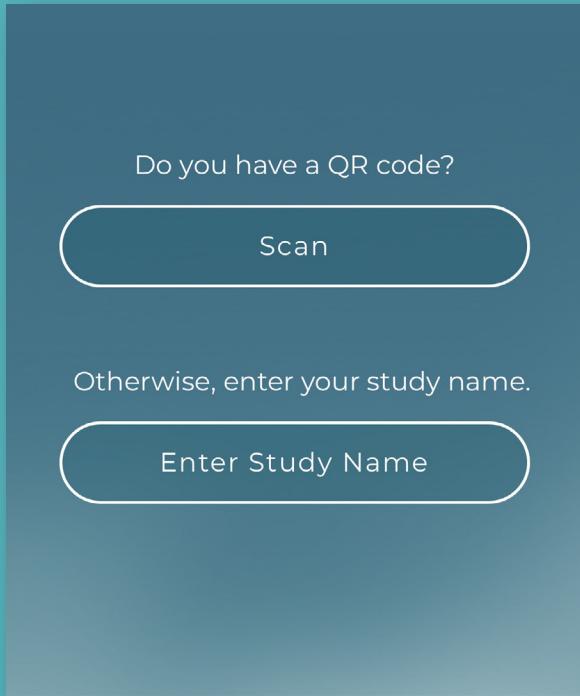
1) Press **Start**



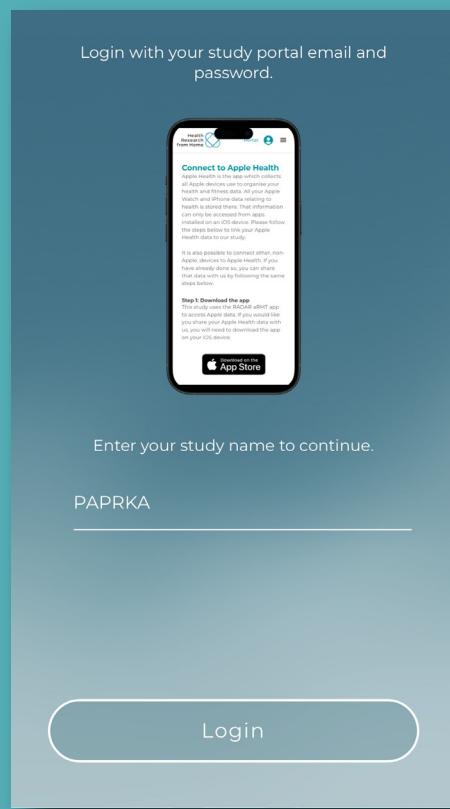
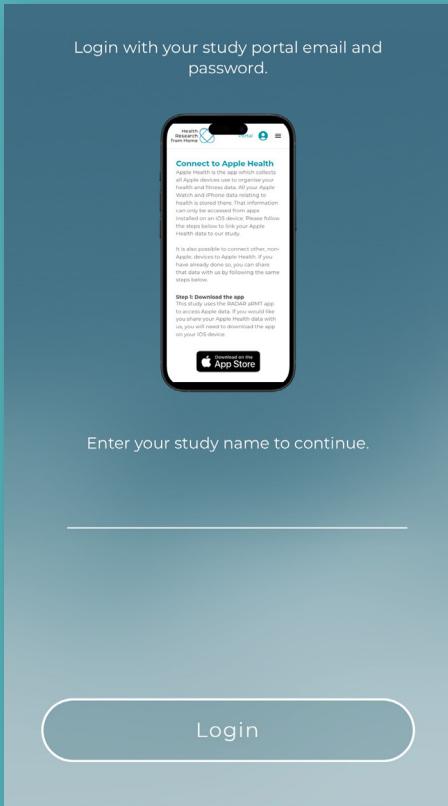
2) Press **Enrol**



3) Press **Enter Study Name**

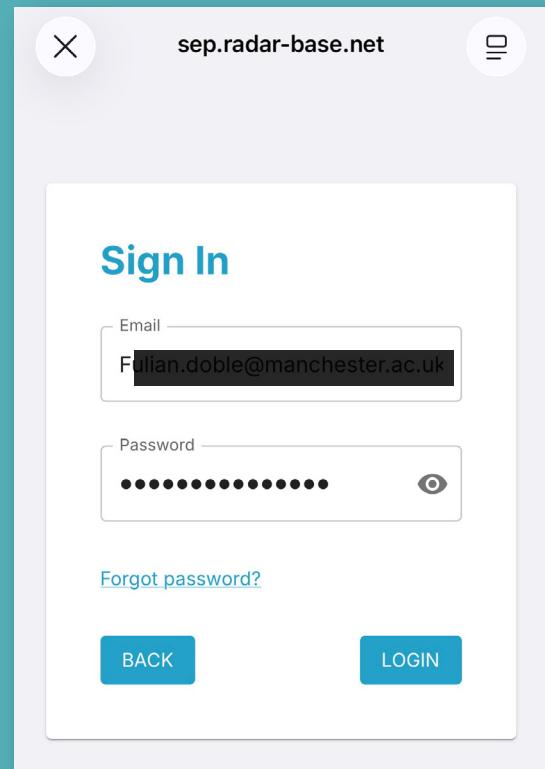


## 4) Type **PAPRKA**, then press **Login**



5) Type your **email** (used to set-up your PAPrKA account)

6) Type your **password** (used to set-up your PAPrKA account), then press **Login**



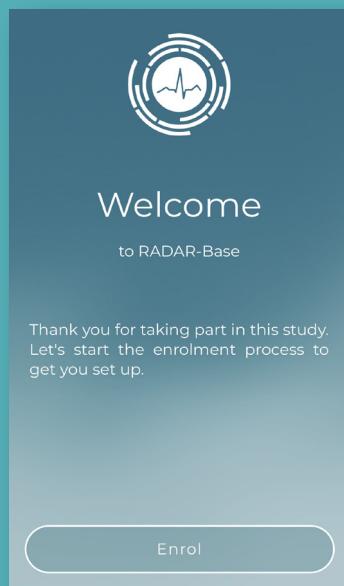
## B: Started on my computer

### From the ‘Welcome page’ on the study app

1) Press **Start**



2) Press **Enrol**



3) Press **Scan**

4) Enable your iPhone camera

**How to Connect Your iPhone or Apple Watch**  
You can share data with us if you have an iPhone (6s or newer), or both an iPhone and an Apple Watch.

**Before You Start**  
Please read Steps 1 and 2 carefully before downloading the app.  
You will need the information in Step 2 after installing the app to log in.

**Step 1: About the app**  
The app we use is called **RADAR active RMT**.  
You'll need to install this app on your iPhone to share your physical activity data with us.

**Step 2: Logging In to the App**

If you're using a computer or tablet to view this page:

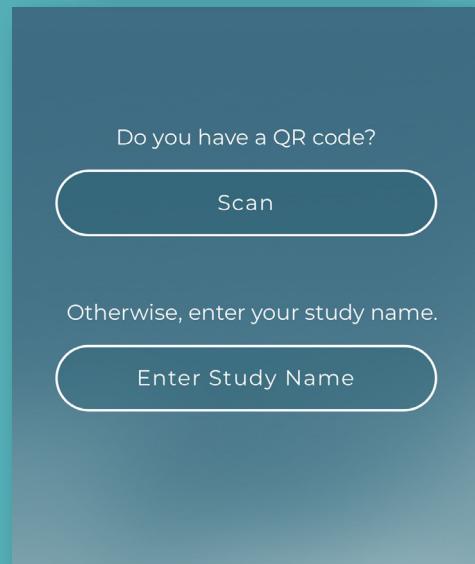
- Download the app on your iPhone (see Step 3).
- When prompted, scan this QR code to log in:



If you're using an iPhone to view this page:

- Download the app (see Step 3).
- i. Study name: **paprka** 
- Email address: the one you used for your PAPrKA account.
- Password: the one you used for your PAPrKA account.  
\* Write this info down so you can log in easily later. You do not need your Apple ID or password.

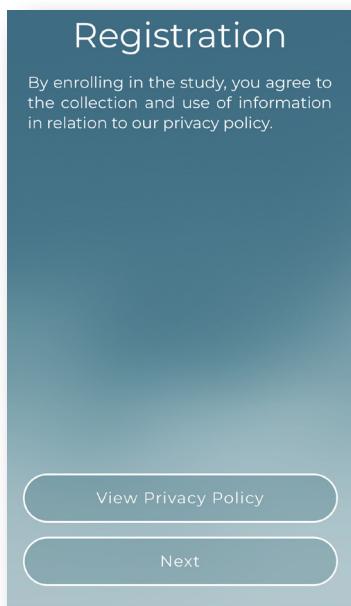
OR



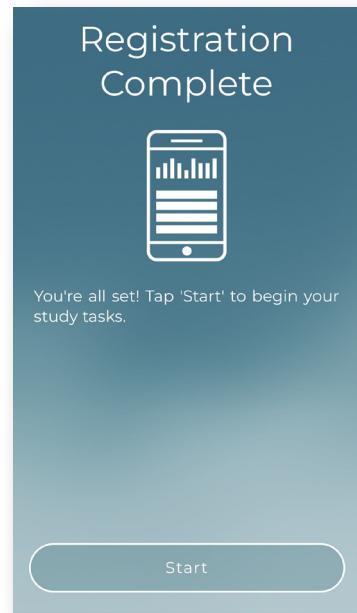
5) Scan the QR code provided in *How to Connect your iPhone or Apple Watch* on the PAPrKA study website

## Step 4: You are now ready to register

1) Press **Next**



2) Press **Start**



## Step 5: You are now ready to share your physical activity information

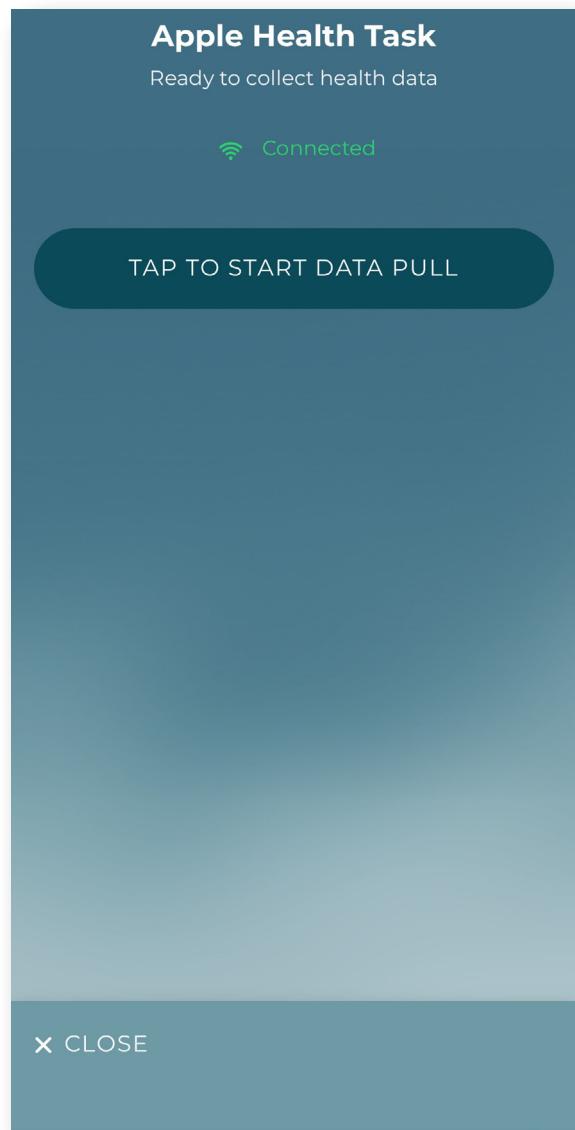
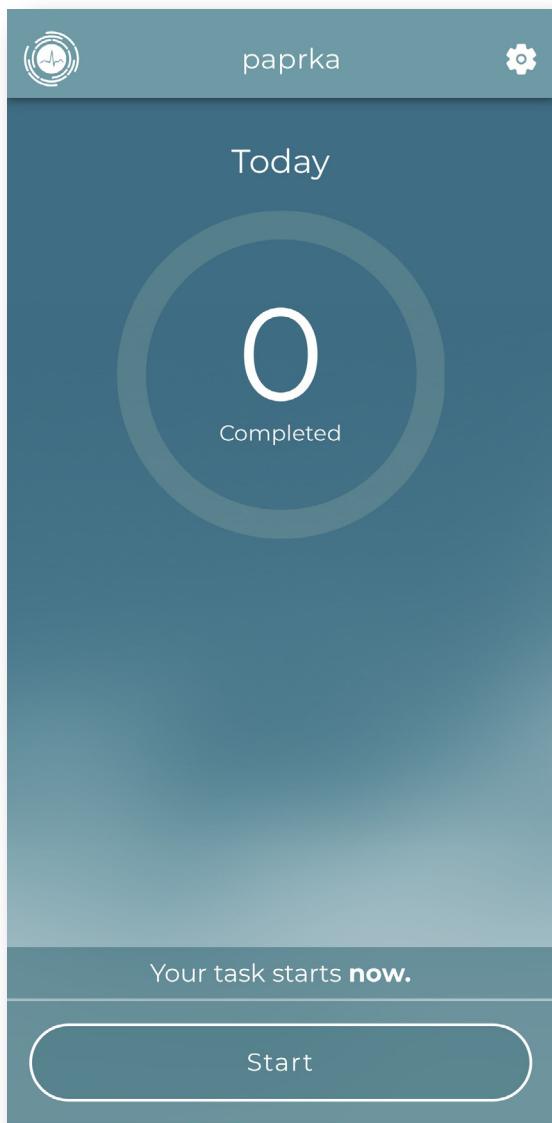
We advise that you use Wi-Fi when sharing your data.

**Please be aware:** sharing data using mobile data can use a lot of data, and you may incur a cost from your network provider.

Sharing of your data usually takes **up to 5 minutes but can sometimes take up to 30 minutes** (depending on internet speed and size of data).

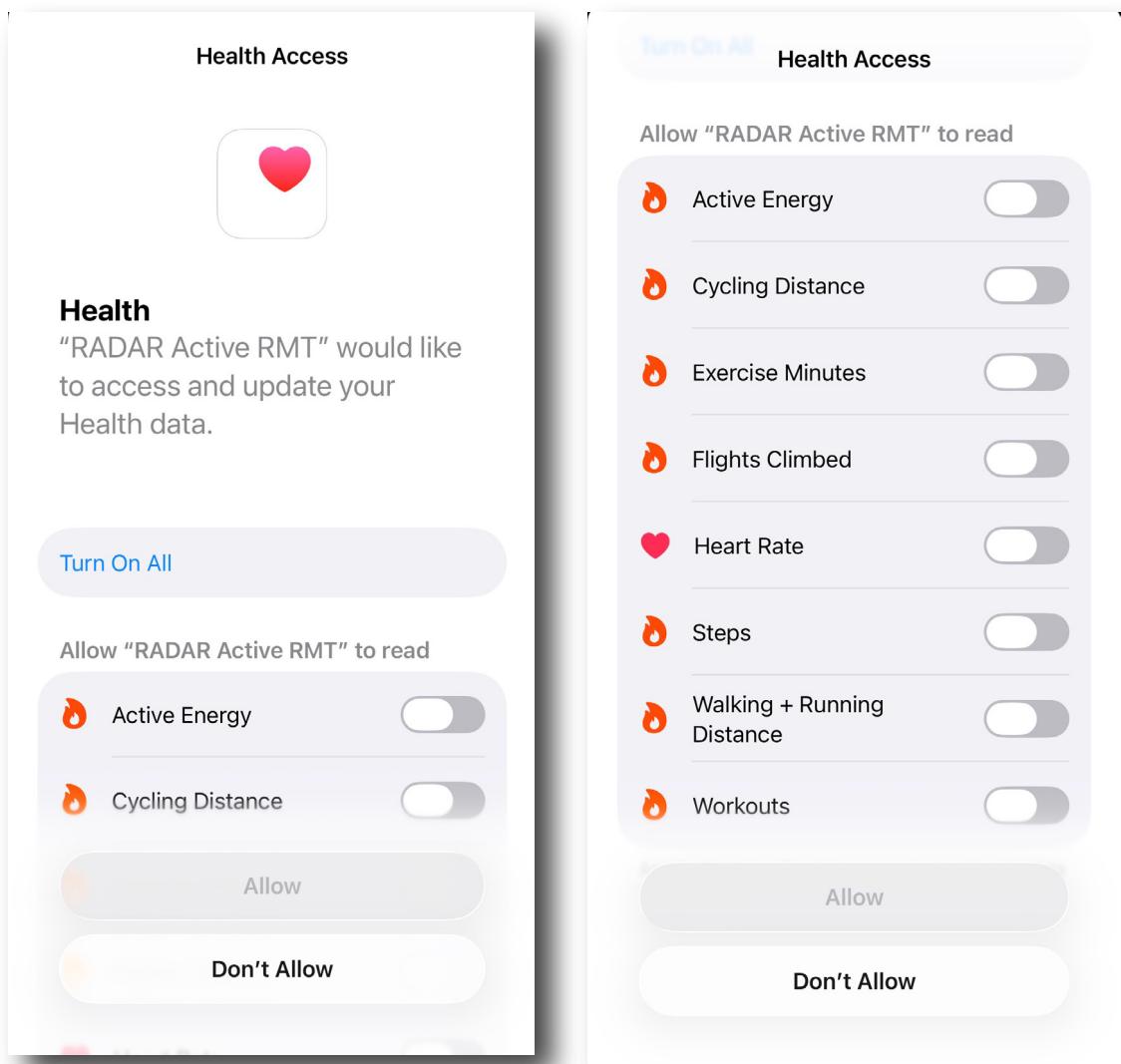
If you navigate away from the app the data download will pause, therefore it is best to keep the app in the foreground and not use your phone during this time.

# 1) Press **Tap to Start Data Pull**



2) Press **Turn On All** or **Click** (to choose data items)

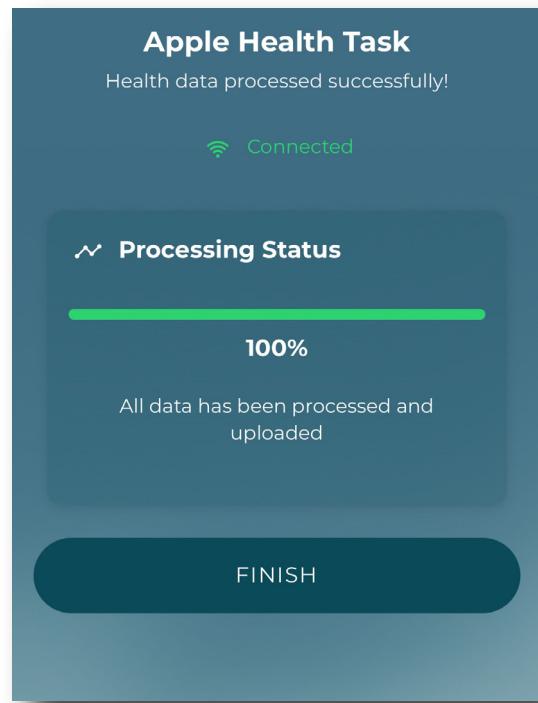
- a. Active Energy
- b. Exercise Minutes
- c. Flights Climbed
- d. Heart Rate
- e. Steps
- f. Walking and Running Distance
- g. Cycling distance
- h. Workouts



3) Press **Allow**  
(to download data)

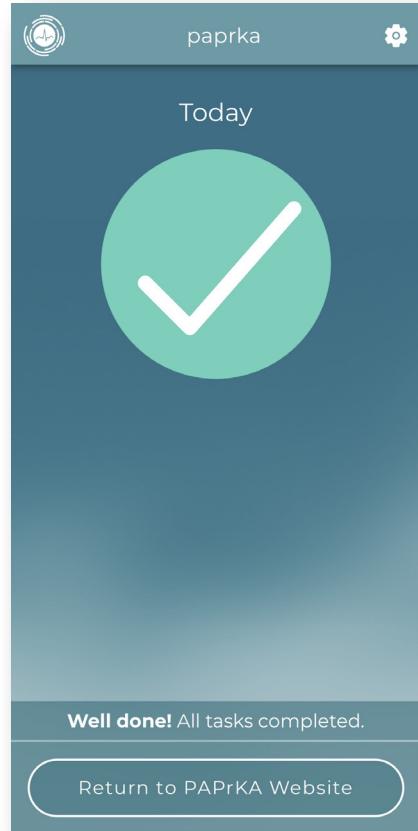
4) Wait for the  
upload to be  
completed.

5) Press **Finish**



6) NEXT

- If you started on your iPhone - press **Return to PAPrKA website**.
- If you started on your computer **Close the app, go back to your computer.**



# RETURN TO THE WEBSITE

When you return to the study website, you can add physical activity data from another type of device you use or click **Mark as Complete** for Task 3.

## A: Started on my iPhone

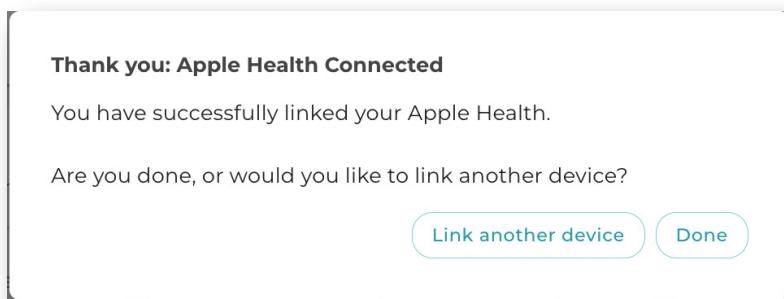
If you are logged into the study website on your iPhone:

You can close the app on your iPhone if all data is downloaded.

From the portal page, Task 3 'Connect your Device for Apple' press the **Mark as complete** button to finish the task.

**Mark as Complete**

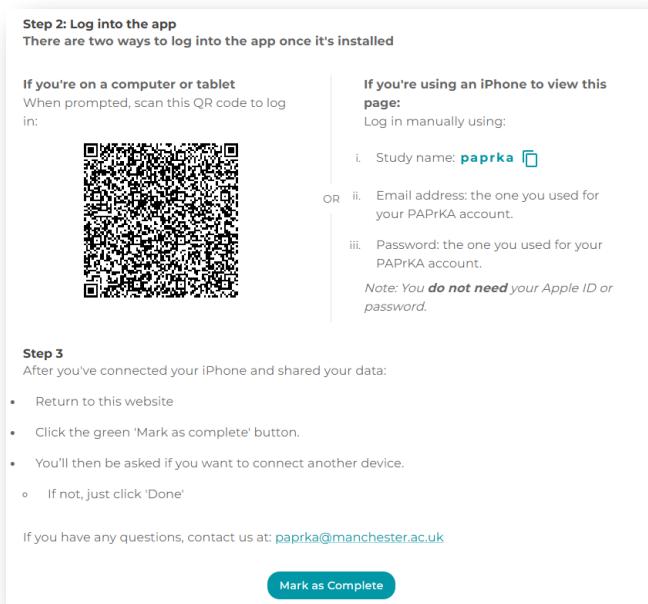
Don't forget to complete any outstanding tasks.



## Box B: Started on my computer

If you are logged into the study website on your computer:

- You can close the app on your iPhone if all data is downloaded.
- Go back to the study website and webpage (connect your device instruction page) you had *open on your computer*.



- Press the Mark as Complete button to finish the task.
- Don't forget to complete any outstanding tasks.

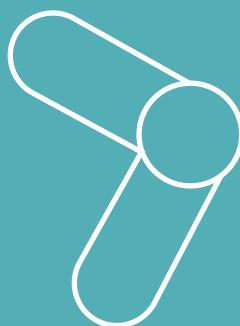
**Mark as Complete**

## PAPrKA study guides

Oura guide: [https://sep.radar-base.net/study/study/paprka/resources/guides/PAPrKA\\_Study\\_Guide\\_Oura.pdf](https://sep.radar-base.net/study/study/paprka/resources/guides/PAPrKA_Study_Guide_Oura.pdf)

Fitbit guide: [https://sep.radar-base.net/study/study/paprka/resources/guides/PAPrKA\\_Study\\_Guide\\_Fitbit.pdf](https://sep.radar-base.net/study/study/paprka/resources/guides/PAPrKA_Study_Guide_Fitbit.pdf)

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



# Troubleshooting

If you are having trouble using the RADAR active RMT app or sharing your data, try the following solutions:

## 1. Is my iPhone compatible?

- Your iPhone must be iOS version 13 or above (available for iPhone 6s and above)

## 2. I can't find the RADAR active RMT app in the App Store

- Try searching for "RADAR active RMT" exactly as written.
- Ensure your App Store region is set to the UK or the region where the study is being conducted.

## 3. I can't scan the QR code

- Make sure your iPhone camera is enabled for the app (check in Settings > Privacy > Camera).
- Try cleaning your camera lens.
- Ensure the QR code is well-lit and not blurry or cut off on the screen.
- If scanning still doesn't work, try logging in using study account (see earlier instructions).

## 4. The app won't open or crashes

- Restart your app and try again.
- Ensure your phone's software is up to date.
- Delete and reinstall the app from the App Store

## **5. I can't login to the study app using study name and my email and password**

- Double-check that you are entering the study name: paprka.
- The study account name is not case sensitive.
- Ensure you're using the correct email and password you used to set-up your PAPrKA study account.
- You will not be asked for your Apple account details.

## **6. My data won't download**

- Try switching to a Wi-Fi connection.
- Wait a few minutes and try again.
- If the issue continues, close and reopen the app, or restart your phone.

## **Still having issues?**

If these steps don't solve your problem, 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.