



# PAPrKA

Physical Activity Patterns after Knee Arthroplasty

Date: 16/10/2025

# Fitbit guide

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In partnership  
with



Medical  
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# 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

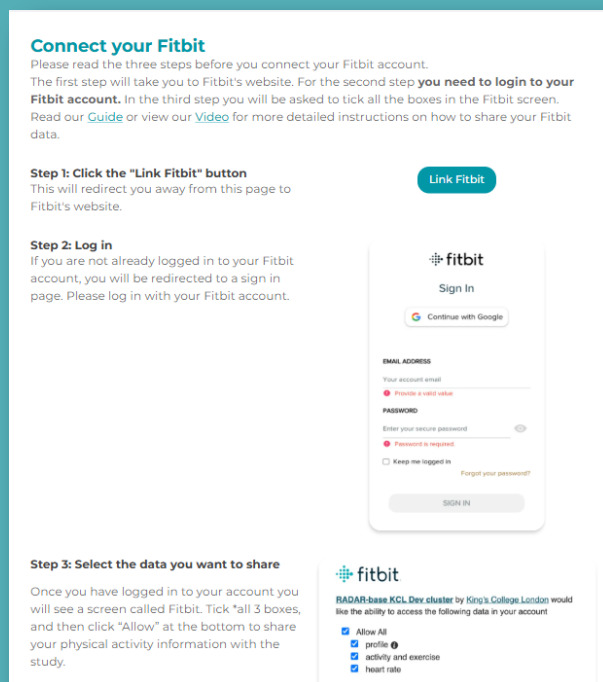
Select the data you want to share, and click 'Allow' to share them.

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.

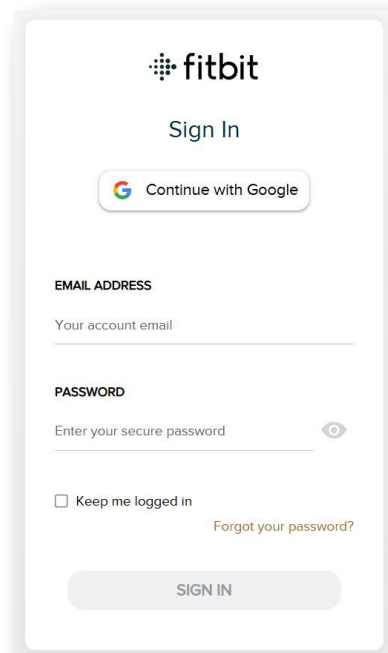
**Step 1: Click the "Link Fitbit" button**  
This will redirect you away from this page to Fitbit's website.

Link Fitbit

## 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.

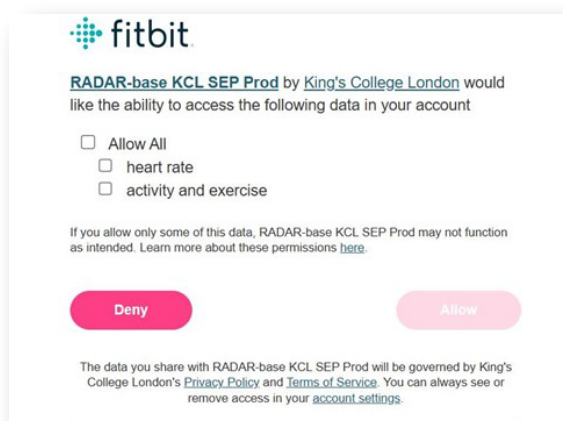
Please log in with your Fitbit account details: your Fitbit account's username and password.

A screenshot of the Fitbit Sign In page. At the top is the Fitbit logo and the text "Sign In". Below that is a "Continue with Google" button. Underneath is a section for "EMAIL ADDRESS" with a text input field labeled "Your account email". Below that is a section for "PASSWORD" with a text input field labeled "Enter your secure password" and an eye icon to toggle visibility. There is a checkbox labeled "Keep me logged in" and a link "Forgot your password?". At the bottom is a "SIGN IN" button.

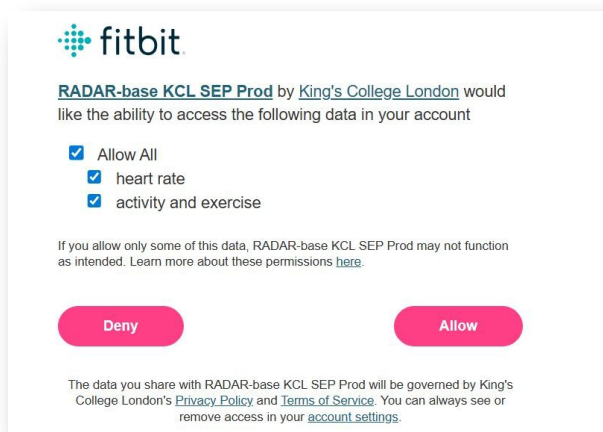
## Step 3: Select the data you want to share and click “Allow” to share them.

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.

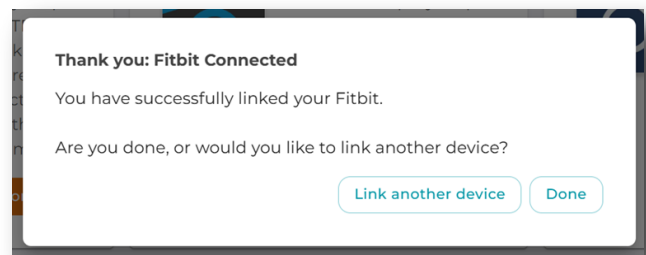
Once you have provided permission to share your information held within Fitbit you do not need to do anything further.

**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

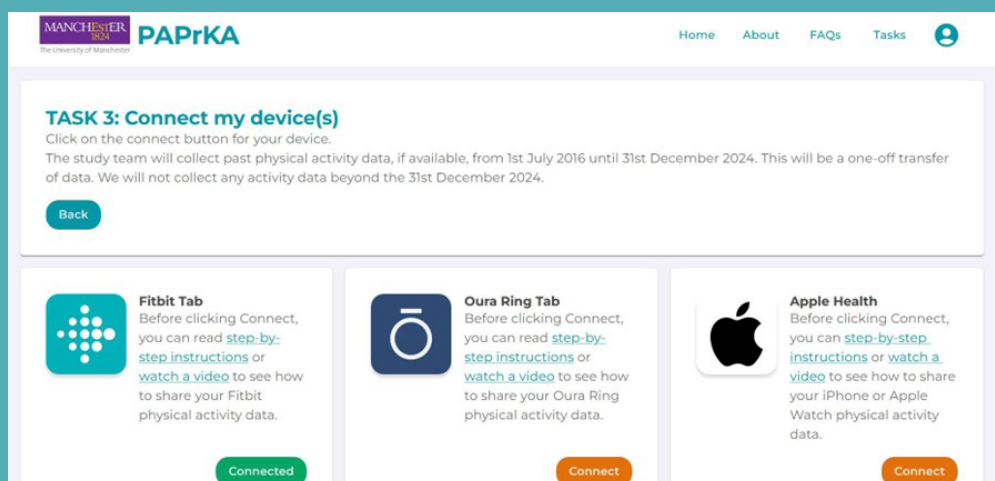
You will receive a message once you have completed all three steps. The message will ask you if you want to 'Link another device', or if you are 'Done'.



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’.

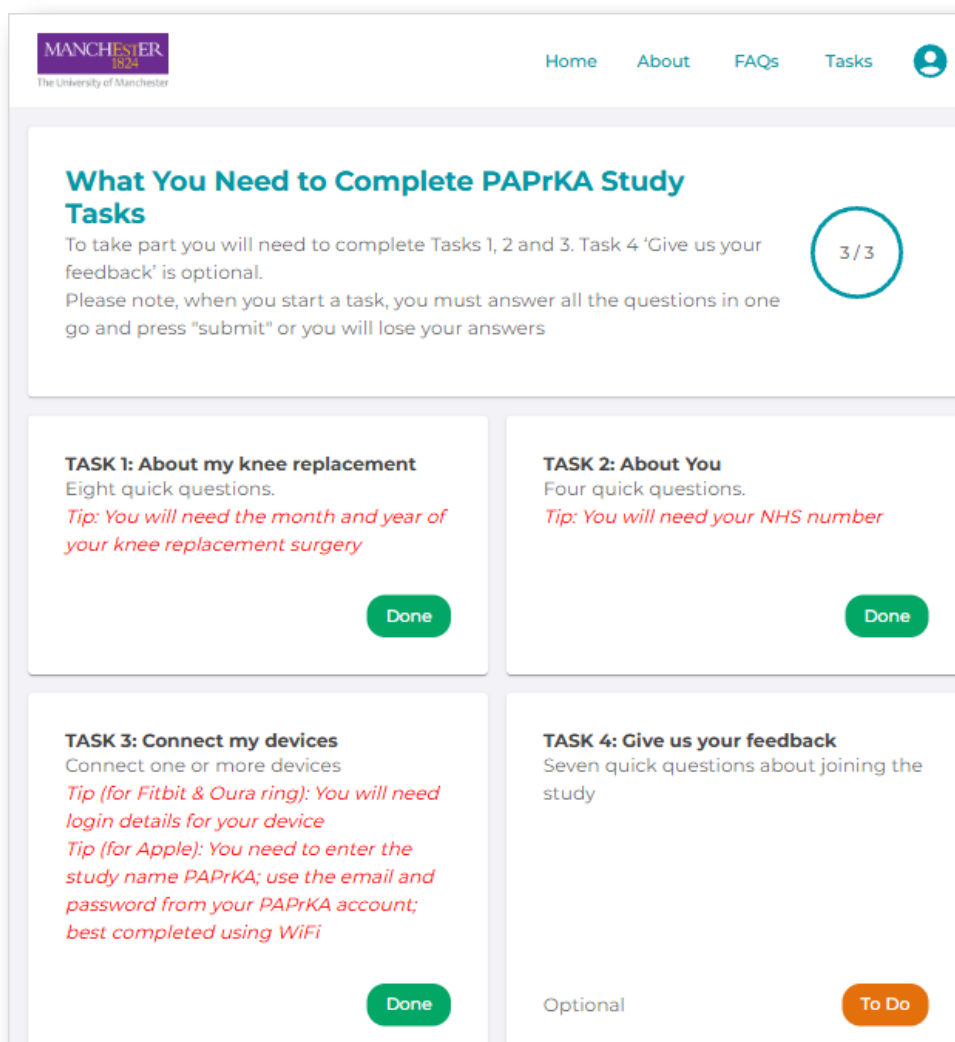
Please remember you need to have used that device to track your activities within the study’s time period of the 1st July 2016 - 31st December 2024.

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



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.

A screenshot of a web application titled "What You Need to Complete PAPrKA Study Tasks". The header includes the University of Manchester logo and navigation links: Home, About, FAQs, Tasks, and a user profile icon. The main content area is divided into four task cards. Task 1 is "About my knee replacement" with a green "Done" button. Task 2 is "About You" with a green "Done" button. Task 3 is "Connect my devices" with a green "Done" button. Task 4 is "Give us your feedback" with an orange "To Do" button. A circular progress indicator in the top 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

3/3

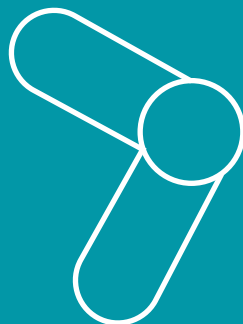


## PAPrKA study guides

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)

iPhone and Apple Watch guide: [https://sep.radar-base.net/study/study/paprka/resources/guides/PAPrKA\\_Study\\_Guide\\_iPhone.pdf](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](mailto:paprka@manchester.ac.uk) or call us on 0161 306 2719 and we'll be happy to help.