



Introducing



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Fitbit guide

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In partnership
with



Medical
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Council



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/nPRRGlkdrvg>

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

Connect your Fitbit

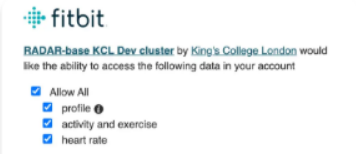
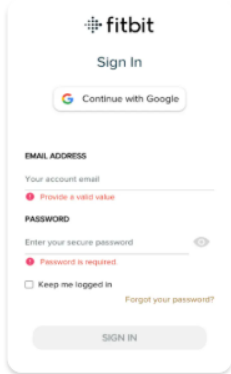
Please read the three steps before you connect your Fitbit account.
The first step will take you to Fitbit's website. For the second step **you need to login to your Fitbit account**. In the third step you will be asked to tick all the boxes in the Fitbit screen.
Read our [Guide](#) or view our [Video](#)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

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

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

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

Link Fitbit



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

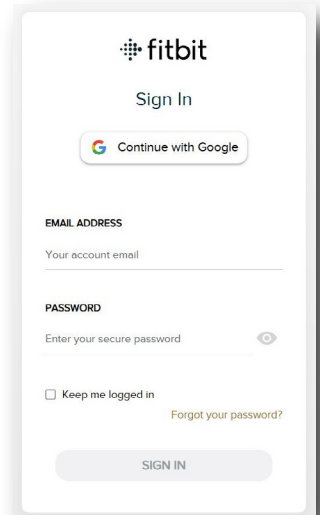
This will redirect you away from the PAPrKA website to Fitbit's website.

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

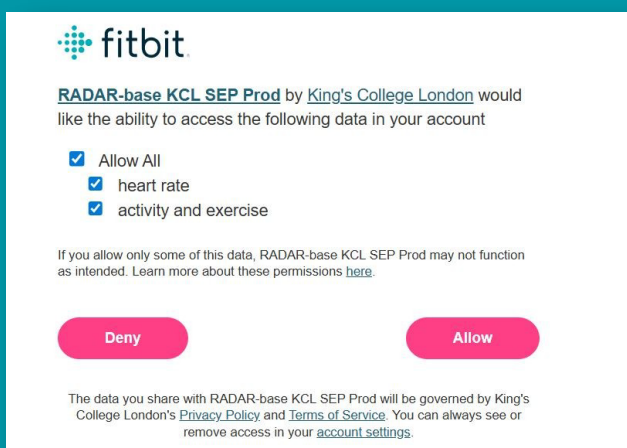
If you are not already logged in to your Fitbit account, you will be redirected to a sign in page. Please log in with your Fitbit account details: your Fitbit account's username and password.

A screenshot of the Fitbit Sign In page. At the top is the Fitbit logo and the text "Sign In". Below this is a "Continue with Google" button. The "EMAIL ADDRESS" section has a label "Your account email" and a text input field. The "PASSWORD" section has a label "Enter your secure password" and a text input field with an eye icon for toggling visibility. There is a checkbox for "Keep me logged in" and a link for "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 3 boxes, and then click “Allow” at the bottom to share your physical activity information with the study team. This includes:

1. **Profile** needed to find out how physical activity is measured by your device.

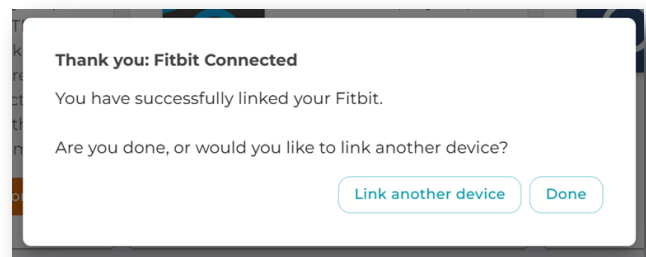
A screenshot of the Fitbit permission screen. It shows the Fitbit logo and the text "RADAR-base KCL SEP Prod by King's College London would like the ability to access the following data in your account". There are three checkboxes: "Allow All" (checked), "heart rate" (checked), and "activity and exercise" (checked). Below this is a note: "If you allow only some of this data, RADAR-base KCL SEP Prod may not function as intended. Learn more about these permissions [here](#)." At the bottom are two buttons: "Deny" and "Allow". A footer note states: "The data you share with RADAR-base KCL SEP Prod will be governed by King's College London's [Privacy Policy](#) and [Terms of Service](#). You can always see or remove access in your [account settings](#)."

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

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

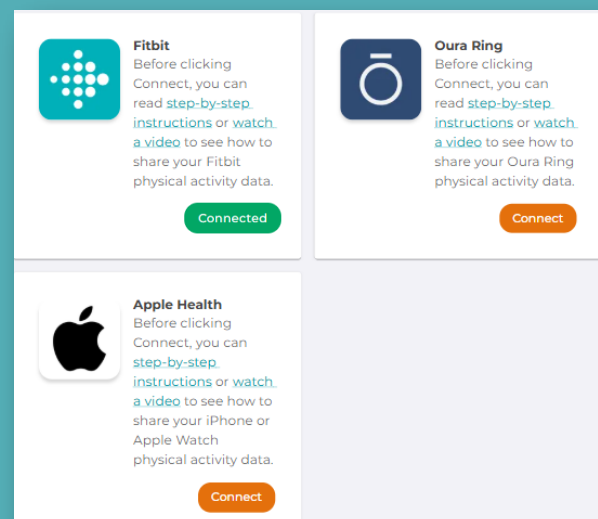
Step 4: Add another device or Finish

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 ‘Oura Ring’.

Clicking “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.

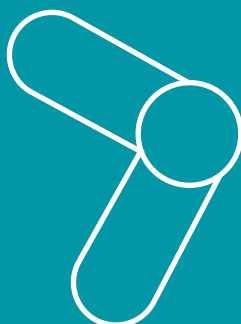
The screenshot shows a web interface for the PAPERKA study. At the top is the University of Manchester logo and navigation links: Home, About, FAQs, Tasks, and a user profile icon. The main heading is "What You Need to Complete PAPERKA Study Tasks". Below this, instructions state that tasks 1, 2, and 3 are required, while task 4 is optional. A progress indicator shows "3 / 3". The tasks are listed in a grid:

- TASK 1: About my knee replacement**
Eight quick questions.
Tip: You will need the month and year of your knee replacement surgery
A green "Done" button is at the bottom right.
- TASK 2: About You**
Four quick questions.
Tip: You will need your NHS number
A green "Done" button is at the bottom right.
- 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 PAPERKA; use the email and password from your PAPERKA account; best completed using WiFi
A green "Done" button is at the bottom right.
- TASK 4: Give us your feedback**
Seven quick questions about joining the study
The word "Optional" is at the bottom left, and an orange "To Do" button is at the bottom right.

PAPrKA study guides

- PAPrKA study Oura 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 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.