

# PAPrKA

Physical Activity Patterns after Knee Arthroplasty

Date: 16/10/2025

## Oura guide

333659\_PAPRKA\_STUDY\_USER\_GUIDE\_OURA\_RING\_V3.0\_16.10.25clean

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/-id0Qb7V9Qc>**

# 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.

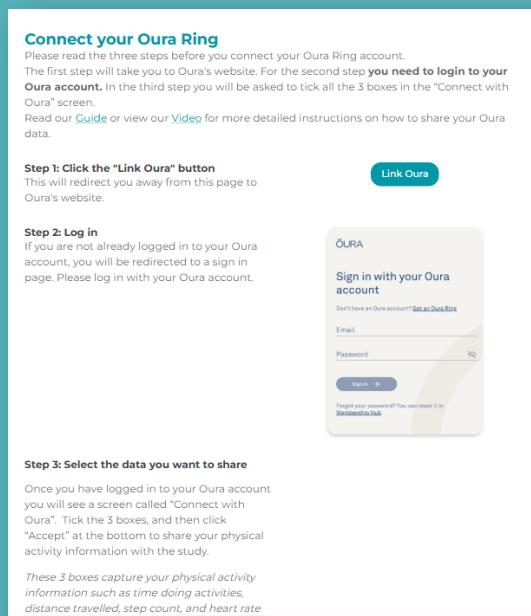
Select the data you  
want to share, and click  
'Accept' to share them.

Add another device or  
finish.

# CONNECT YOUR OURA RING

## 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 Oura's website by clicking the "Link Oura" button

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

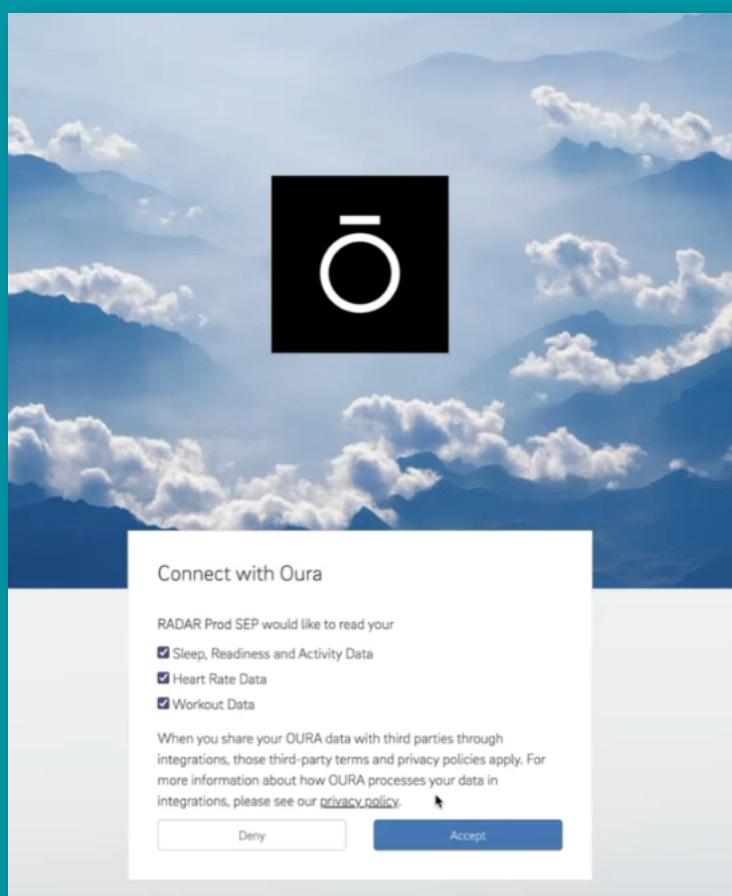
**Step 1: Click the "Link Oura" button**  
This will redirect you away from this page to Oura's website.

## **Step 2: Log in to your Oura account**

If you are not already logged into 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.**

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.

Once you have provided permission to share your information held within Oura 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 Oura. 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 Oura 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 Oura, we will make one further request to Oura to download your data.

## Step 4: Add another device or Finish

Thank you: Oura Connected

You have successfully linked your Oura.

Are you done, or would you like to link another device?

[Link another device](#)

[Done](#)

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 choose 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 study portal for the PAPrKA study. At the top, the Manchester University logo and navigation links for Home, About, FAQs, and Tasks are visible. A user icon is on the far right. The main content area is titled "What You Need to Complete PAPrKA Study Tasks". It contains four tasks:

- 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 present.
- TASK 2: About You**: Four quick questions. Tip: You will need your NHS number. A green "Done" button is present.
- TASK 3: Connect my devices**: Connect one or more devices. Tips: You will need login details for your device (for Fitbit & Oura ring) and You need to enter the study name PAPrKA; use the email and password from your PAPrKA account; best completed using WiFi (for Apple). A green "Done" button is present.
- TASK 4: Give us your feedback**: Seven quick questions about joining the study. Tip: You will need your NHS number. This task is marked as "Optional" and has an orange "To Do" button.

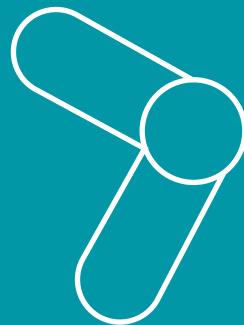
A circular progress indicator on the right shows "3 / 3".

## **PAPrKA study guides**

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)

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 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](mailto:paprka@manchester.ac.uk) or call us on 0161 306 2719 and we'll be happy to help.