PARTICIPANT INTERVIEW 1   
  
Interviewer 0:00

Can you please introduce yourself?

Participant 0:02

Hello, my name is Anurag Bhogra. My age is 23. I am a student, I love to do a lot of cycling and walking at the same time. So yeah, this is about me.

Interviewer 0:18

Okay, so I just want to ask a couple of questions regarding my research for my project. So, coming to my first question, what influenced you to buy an Apple Watch?

Participant 0:30

The main reason I got the Apple Watch is because it has an awesome tracking features. Like it gives, you know, the readings very accurately. So, I was motivated to improve my overall fitness. Since I told you I do a lot of cycling. It just gives me very accurate values of my calories and my blood pressure, etc.

Interviewer 1:07

Okay, so, coming to my next question, How often do you use this watch in a day, and for what purposes,

Participant 1:14

I use my Apple Watch almost every day, because it helps me keep track of my heart heart rate. It manages my notifications, and it helps me, you know, focus in what do you say? Yeah, basically, it keeps track of my, you know, blood pressure sugar levels. And it even reminds me to have adequate amount of water every day. haha!

Interviewer 1:51

That's great to hear. So, yeah, coming to the next question, What factors influence your level of confidence in accuracy of health data provided by this Apple Watch.

Participant 2:03

I strongly believe in the apple, you know, ecosystem uses very good software and hardware. I've read other reviews. And I personally researched everything about Apple's iwatch. The, you know, the sensors and algorithms work perfectly. That is what made me gain the confidence I have right now in this particular device.

Interviewer 2:30

Okay, So coming to my next question, can you describe any specific instance where Apple Watch data or features influence your approach towards physical activity?

Participant 2:41

So one time, As I told you before, I like cycling. So I was cycling off for a stretch for most, I think for so for a long time, maybe? Yeah, almost a one on one or maybe. So while cycling, my heartrate rapidly increased. And this was noticed by my Apple watch, and it alerted me that my heart rate has been increased. So it also suggested me to take rest for a few minutes, then luckily, nothing happened to me. So I just follow the instructions. And it took place and I was good in a few minutes.

Interviewer 3:24

Okay. So, coming to my next question, what information or features would you find most valuable in Apple Watch for improving your cardio health?

Participant 3:37

One Yeah, one most important feature, which I use in Apple Watch is the cycling or you know, what you call it the cycle meter for capturing distance? The number of steps and number of calories I burnt during cycling. So, it keeps a track of my record, like how many miles have cycled and how much distance have traveled on my bike. And it shows me how many calories I burnt in that particular period while cycling. And one other feature is the heart rate monitioring, I use it to monitor my heart rate, you know, while cycling, so these are the two features I you know, find more valuable in an app to watch.

Interviewer 4:33

Have you encountered any situation where you question the reliability of Apple Watch date or any functionality?

Participant 4:40

Till now all I have never encountered any situation to question the reliability of the Apple Watch. I recently started using it, to be honest i heard form people that it's realiable and that it doesnt let your expectations down. SO yeah it's good and I hope it will be the same over the years.

Interviewer 4:51

Can you describe any changes you have made to your exercise routine or in your daily routine after using this Apple Watch?

Participant 4:59

So Usually I'm into walking and biking. But recently, I've started to work out in the gym. So I started to notice, you know, notice some significant improvements in my workout, I started to change my diet plans. And I, you know, usually, I wake up late, but I keep track of my sleep schedule in the watch. And, yeah, I've seen a lot of improvements in my daily habits.

Interviewer 5:37

So Have you ever used AppleWatch data to make any health conditions such as consulting a doctor or trying any new workout programs?

Participant 5:46

So As I mentioned earlier, I recently started to work out. So I just changed my diet habits and yeah, and started a new workout plan.

Interviewer 6:03

So coming to my next question, like, Do you feel any change in your life after using this smartwatch technology? And if yes, then how?

Participant 6:13

Oh, yes, I've seen a lot of changes in my body after I started using this Watch. The first thing was my sleep schedule. I just keep track of my sleep schedule in the watch. And that's how I could change my schedule. And the second important thing is I use the heart tracker to know my bpm. So that helped me, you know, to keep track of my BPM, and yeah, also I have followed a new diet plan because of the accurate readings, etc. So I could make significant changes in dietary planse. I can say i just want to use it for measuring fitness and keeping a track.

PARTICIPANT INTERVIEW 2

Speaker 1 0:00

Hi. So I'd like to ask you some questions regarding my research of my UX project. So can you please introduce yourself?

Speaker 2 0:08

Sure. First of all, thank you for the opportunity for this interview. My name is Surya I'm 24 years old. I'm a student here at UIC. I'm doing my master's in computer science. If you ask me how my daily routine looks like, I wake up early morning at eight o'clock. And I straightaway go to gym. And my my daily routine starts with a workout push. Later on, I take a shower and go to school to attend my classes. And later on have had my lunch and usually spend in the library and work on projects, homeworks. And later on, I come home, meet friends, and go for a walk post dinner mostly sleep by 11. That's how my usual routine looks like.

Speaker 1 1:06

So, coming to my first question, what influenced you to buy an Apple Watch?

Speaker 2 1:19

I got this apple watch around two years ago. The motivation behind buying this Watch is the ecosystem, How apple lets you to interlink with Apple devices, especially an iPhone. Well, I'm a fitness freak. I usually like to measure my calorie count, and how much time I'm working and aspects related to that. So that's can be considered as the main reason behind the decision to go for one.

Speaker 1 2:03

How often do you use this watch in a day? And for what purposes do you use in your daily routine?

Speaker 2 2:08

I use Apple Watch on a regular basis, I use it daily. And not only for workout but even when I'm going out or going to a party or anything. I usually wear Apple Watch, because I want to keep track of my steps, like how many steps I completed for the day. And I want to keep track of my health. Like if there's an unusual pulse increase or you know the fall detection feature that is introduced by apple is very impressive. Coming to the emergency situations, I can deadly call SOS without accessing my mobile. And yeah, these are the few reasons and I mainly use it for my health tracking purpose. For instance when I hit the gym, like how and what changes are seen during a particular workout session.

Speaker 1 3:23

What are the factors influence your level of confidence in the accuracy of the health data provided by this Apple Watch?

Speaker 2 3:31

Apple has good reputation in releasing software updates. And it's been two years since i started using this particular model and it still gets frequent software updates. And coming to the accuracy, in terms of health, I have used the pulse oximeter on my Apple Watch to check the blood oxygen, and it gave appropriate results. And ofc the ECG, I am able to directly send reports I get on my iPhone to my doctor, for health check and I can share my complete statistics with my doctor which I believe makes it easy to rate the data against what my actual health reports show.

Speaker 1 4:26

Can you describe any specific instance where this AppleWatch data or feature influenced your physical activity or your day to day activity?

Speaker 2 4:34

Once I satrted measuring my daily calories burned, I have significantly recognized that the amount of calories I'm pushing into my body with food, etc and the calories that I burnt are not matching, so I use Apple Watch to improvise my fitness sessions. So with this Apple Watch feature I am now more focused on calorie count , in a gym session by doing more cardio exercises.

Speaker 1 5:09

What information or feature would you find most valuable and Apple Watch for improving your cardio health?

Speaker 2 5:15

The most important feature that I like the most is the ECG and the blood oxygen, okay, it has given me verysimilar results to the pharmacy one, I found the results to be 99% similar. So I think these are the features which motivated me to get an Apple watch.

Speaker 1 5:44

Have you encountered any situation where you question the reliability of Apple Watch data or any of its functionality? And did it change or affect your perception of the device?

Speaker 2 5:55

Apple is a well renowned and established company, and it has many users using such Watches. I strongly believe the data which is provided by Apple with their products is more reliable and accurate.

Speaker 1 6:13

Can you describe any changes you have made to your exercise routine or any habits after using this Apple Watch?

Speaker 2 6:22

I have significantly improved my calorie ratio. Specifically confined to each session. Results made me realise i need to spend more time on fitness given my food habits and intake, So I eventually started spending more time in the gym.

Speaker 1 6:34

Have you ever used Apple Watch data to make any health decisions such as consulting a doctor or trying any new workout program?

Speaker 2 6:53

Yeah, I have strictly increase my fitness sessions as I realised my body needs more of it foe building endurance and stamina, which happens to be a significant factor is young age. And by doing so, focusing on cardio and keeping track of my exercises using the Apple Watch has given me more insights about How I'm training everyday and how many fitness loads are standing in a particular session.

Speaker 1 7:33

Do you feel any change in your life after using this smartwatch technology? If yes, then how?

Speaker 2 7:44

Oh, with this smart technology I have kept track of my sleep and how many hours of sleep and getting how many hours of deep sleep REM sleep and different sessions of sleep I'm experiencing and I used a different workout, like there's the traditional strength workout like elliptical cycle, normal cycle, swimming, and all such features that are built-in in an Apple Watch. So I have used these.

Speaker 1 8:43

Thank you so much.

Interviewer 7:06

So coming to my next one, how has this Apple Watch influenced your awareness in understanding your health metrics, such as heart rate, sleep patterns, or calories burned?

Participant 7:16

So recently, I got to know about these generic terms like ECG, you know, BPM, etc. So while getting to know these terms of Well, I just made sure I was able to cope up.

Okay. So yeah, I basically came to know about all these only after buying Apple Watch to keep track of your fitness. It not only helped me improve my health but it also gave me like, you know, to keep track of almost all necessities like my calories, my heartbeat and my activity counts,active time, rest periods,etc. So this is how it helped me in my journey. It actually benefited me a lot when i compare my lifestyle or day to day activities before and after the posession of this watch.

Interviewer 8:31

Okay. Thank you so much for your time. Thank you.

PARTICIPANT INTERVIEW 3

Speaker 1 0:00

Hi, I have a few questions that we want you to answer for research on Apple Watches perception of users. Let's start with your introduction.

Speaker 2 0:08

Hi. I'm Tejodbhav Koduru, you can call me the Tej and I am 23 years old. My routine looks like this, I wake up at 8am everyday and hit the gym. And then I go to my office, come home and have some dinner and go to sleep. Thats how it usually goes, but it keeps changing accoridng to my plans and schedules. For sat, If I have meet ups, events or family responsibilities, the day becomes longer.

Speaker 1 0:53

So what influenced you to buy this Apple Watch?

Speaker 2 0:41

I was really drawn to the Apple Watch because of how seamlessly it integrates with my iPhone. Plus, its fitness and health tracking features seemed perfect for keeping up with my lifestyle. I think the design also played a major part, its pretty sleek too, and sporty look that attracts youngsters i would say. Apart from this, yes, the ability to intgerate and view all the data that happens to be accurate into of a mobile application convinced me to purchase it.

Speaker 1 0:58

How often do you use this watch in a day and for what purpose? Like in your day to day life?

Speaker 2 1:06

I can say I use it quite often, its on me the whole day. I use it while I'm going to gym or even while I'm going anywhere outside for a walk. The purpose is to keep track of my steps, ofc for health aspects and the fitness features it provides.

Speaker 1 1:31

What factors influence your level of confidence in the health data provided by Apple Watch? And do you feel it is accurate?

Speaker 2 1:42

I think my confidence comes from the fact that it is from apple, the brand itself gives a lot of confidence to me. That's why I believe in the Apple Watch and its features. I do, like the heart rate monitoring and ECG feature, and I feel quite confident using them.

Speaker 1 2:07

Can you describe any specific instance where Apple Watch data or features influence your physical activity or your day to day routine?

Speaker 2 2:17

Yeah, there is this feature called calorie count and the step count. I'm saying this feature showed my progress each day after starting to use it. Especially the initial drive or craze towards a product once we buy it, I did encounter the same which motivated me to keep a check on these features and their reports or results. That really helped shape a new routine, right from activites, time management, scheduling things at the right time. One of the most basic thing I can tell is that the results pushed me to walk a lot, eventually helping with maintaining my metabolism.

Speaker 1 2:39

So what information or any particular feature that you find most valuable in this watch to improve your cardio fitness?

Speaker 2 2:44

Yeah, as I said before, the step counter and heartrate monitor are really important to me. Okay. Yeah, they're very basic, but also really affects me and I think they're pretty important.

Speaker 1 2:53

Okay, do you use them often to keep track of your?

Speaker 2 2:56

Yeah, I use them every day to keep track of my steps and the heart rate and make calories.

Speaker 1 3:02

Okay,Have you encountered any situation where you question the reliability of the data that Apple Watch provided you like in day to day findings like BPM ratings or step count or something like that?

Speaker 2 3:18

Yeah, definitely. I'm a bit skeptical about the ECG feature or the you know, whenever I'm doing many any odd exercises or anything, I am bit skeptical because it is just only three sensors which makes me doubtful on the accuracy. Okay, so that's the only feature that I dont really feel is reliable.

Speaker 1 3:32

So, you don't find it reliable or do you find it reliable? Like the data provided by the Apple Watch?

Speaker 2 3:39

Yeah, I think it is quite reliable, but it is not as accurate as the real Health machines that are present in the hospitals. Of course, I know we cant expect them to be accurate to the point, but given the market growth for these devices, it is clearly evident that the results these show are reliable and that we can count on Apple’s tech.

Speaker 1 3:46

Okay. Okay. Can you explain me like do you made any significant changes in your exercise routine or in your day to day life after using this Apple Watch?

Speaker 2 4:00

Yeah, after getting the Apple Watch I definitely became more proactive I changed my walking habits, I've been walking longer distances and for longer times. And I also started doing more cardio exercises.

Speaker 1 4:13

So after using this Apple Watch, have you made any significant changes or any new behaviours like consulting a doctor or trying any new workout program?

Speaker 2 4:25

Yeah, after getting the Apple Watch, I did try a new workout program. I tried the cardio program running and walking, it involves a bit of Zumba as well you know. I tried them after getting the Apple Watch.

Speaker 1 4:35

So you started new workouts? Like spending more time on treadmills or something? Yeah, exactly. Okay. So yeah. Do you feel any change in your life after using this Apple Watch? If yes, then how did it change?

Speaker 2 4:50

Yeah, the main changes that I've been more proactive as I mentioned earlier, I'm and I'm getting enough sleep every day. So my lifestyle and my health has been significantly improved because of this Apple Watch as i can say.

Speaker 1 5:02

okay so yeah that's great to hear yeah thank you so much for your time .

PARTICIPANT 4

Speaker 1 00:00

Hi, I'd like to interview for my research project on an Apple device. So since you have been given your post and pre questionnaires and so I would like to ask a few more questions and interview and in order to understand your perspective, so can you please introduce yourself? I

Speaker 2 00:20

Hi, I am Mukesh, and I am currently a student. And my daily routine includes waking up at eight or seven o'clock and hang having some good, healthy and heavy calorie meals in the morning. And maintaining diet throughout my day, and working out in the evening, then having some good sleep.

Speaker 1 00:43

Okay, that's great. So coming to my first question, What influenced you to buy an Apple watch?

Speaker 2 00:51

So, I'm a person who goes to the gym every day and tracks workout routine and physical activities. So, the Apple Watch is the best thing, the best tech available to track the physical activity and gives the notifications and I like it's functionality of tracking all those ECG, heartrate monitoring. etc. That happens to be the best thing in the market.

Speaker 1 01:18

Coming to my next question, How often do you use this watch in a day and for what purposes,

Speaker 2 01:23

It's like, all of the time, it would be on my hand and I I track my everyday routine, like walking, standing, working out in a gym, that is mostly tracking everything, each and every calorie burnt.

Speaker 1 01:40

Okay, so are there any other purposes that you use?

Speaker 2 01:45

It's mostly for tracking the workout routine and how much calories I burnt in the gym and towards the day, that will be the most thing.

Speaker 1 01:55

Coming to my next question, what factors influence your level of confidence in the accuracy of health data provided?

Speaker 2 02:02

As we know Apple is the best company in this line of work. It has a good ecosystem and it has a good tech in it, it provides the accurate data. So by it has been providing me a good accurate data about my calorie burns. So I've included some nice meals. I've changed my meal routine according to the recommendations made interms of calories from the data i get using the watch.

Speaker 1 02:35

Coming to my next question, like, what information or features would you like, most valuable in Apple Watch for improving your cardio fitness?

Speaker 2 02:47

As I said it has a good ecosystem. It tracks every each and every calorie burnt for my body. Ahh It gives me notifications, like how many steps I have done and I used to keep goals every day. So to track my daily steps and how much time I need to stand how much time I need to work out. So, it has been a good experience using Apple.

Speaker 1 03:12

Can you describe a specific instance where the Apple Watch date or features influenced your approach towards your physical activity?

Speaker 2 03:19

In my daily routine After tracking my oxygen levels using the oxygen monitoring and heartrate monitors, I've increased jogging a bit more in the mornings as it is said to help to be active through the day and increase my number of steps to maintain a good heart rate as I can see.

Speaker 1 03:44

Have you encountered any situations where you question the reliability of Apple Watch data? If so, how did it affect your perception?

Speaker 2 03:54

I've been using Apple Watch since a long time but I haven't got any situation and I've been thinking about the reliability has been accurate has been good tech till now.

Speaker 1 04:05

Okay, that's great to hear. Yeah. Can you describe any changes you have made to exercise routine or lifestyle habits after using your Apple Watch

Speaker 2 04:16

After using Apple Watch? Like I'm spending more time in the gym and I've changed my diet plan. Like I've increased the amount of protein to take in to put on some weight and I'm spending more time to towards the treadmill rather than the weightlifting and so on. There has been significant impact. Again, I am a student , stress is osmehting we fight with everyday, being an international student staying away from family I have been traumatised with mental stress. Breathe app actually rescued me in this case. I never had a break schedule, its either work or no work, but this feature at time gave me notifications to take a break during few activities where I couldnt even figure out I am stressed out, and taking a break actually helped me to relax and I actually made it a compulsion to take periodic breaks which I never previously thought was needed. So this is a change that actually helped me.

Speaker 1 04:39

Okay, coming to my next question. Have you ever used Apple Watch data to make any health decisions such as consulting a doctor or trying a new workout program? As

Speaker 2 04:50

I said, I've changed my workout plan towards more focusing into the cardio fitness, rather than weightlifting so As I said, that has been a that has been a significant change since I've started to use the Apple Watch. And by that I can see my improvements like maintaining a consistent pusle rate, having a balanced mind and regualr blood pressure levels etc but continous monitoring became useful during my health check ups, doctor could easily understand how my body is bheaving each day looking at long term monitoring results, and he actually decreased my supplements and medications that i usually follow. this will be the crucial factor for my conifdence in the device and its capability.

Speaker 1 05:23

Do you feel any change in your life by using the smartphone smart technology? If yes then how

Speaker 2 05:30

Personally I feel that my health has been really improved after using the app it was like it has been giving me the notifications on time to to do the workout or to complete my workout plan things or the goals which I have set. So after monitoring, monitoring all those things I can say that I've been impacted in a positive way by using the Apple Watch functionalities

Speaker 1 06:00

Do you see any significant improvement in your heart rates or during a Will you be able to sleep well? Or do you have any significant changes after using this technology? Yeah,

Speaker 2 06:11

It has been a significant improvement in my sleep health as well. Because after every activity, it will give me the notifications for example time to sleep, etc. So I've been following that every day. That is the biggest improvement I can say.

Speaker 1 06:30

Coming to my next question like how has this Apple Watch influence your awareness and understanding in your health metrics, or calories burned or etc

Speaker 2 06:41

After using the Apple Watch, I have learned how important is to keep a track of your body, maintain a good health. I've also learnt a lot of biological terminologies like BPM, ECG and blood oxygen monitoring and a lot of pther things and it had a significant impact in ordering the things throughout my daily routine and it has changed my life for good I was doing these things in an order every day and it has positively impacted my sleep cycles as well. And I can measure my health towards the ideal health of any person at my age. So that is a thing which I have been improving each day, using this apple watch device.

Speaker 1 07:44

Thank you so much for your time.

Speaker 1 07:46

Thank you

PARTICIPANT 5

Interviewer 0:00

Yeah, can you please introduce yourself?

Rishi 0:03

Hi, I'm Rishi Moghaddam. I'm 27 years old. And I'm a student at UIC. Okay,

Interviewer 0:11

can you let me know your daily routine? Yeah,

Rishi 0:15

I wake up around eight nine. Once I fresh up, sometimes I go to gym in the morning if not then in the evening. But then, I get ready and go to college or go to office depending on plan. If not, I generally sit in the library and study for a good amount of time. In the evening, as I said, I may go to gym or come back home, and chill out.

Interviewer 0:56

Okay, so I just want to ask some couple of questions regarding my research. So coming to the first one, like what influenced you to buy this Apple Watch,

Rishi 1:07

I wanted to get into fitness. So as I already I have an iPhone, the obvious choice for me was to buy an Apple Watch. Obviously Apple is a leader in the smartwatch domain. So that's why I went with Apple Watch.

Interviewer 1:29

Okay, so coming to my next question, like how often do you use this watch in a day? And for what purposes do you use?

Rishi 1:37

Most of the time, I wear the watch on me even during sleep, so that it can monitor my sleep. And also I use it to track my workouts. The amount of calories I burn. And yeah.

Interviewer 1:56

so what factors influence your level of confidence in the data accuracy that app your Apple Watch provides?

Rishi 2:09

Sorry, can you come again?

Interviewer 2:10

So what factors like? What are the different factors that you think that influence? The data provided by your Apple Watch? Do you feel they are accurate?

Rishi 2:24

So yeah, Apple is a huge corporation, and it has enough resources to provide me with the right amount of features. That was one of the things that influenced me to choose the Apple Watch. And then that I've have seen videos in YouTube, where fitness enthusiasts compare multiple smartwatches and check the accuracy of each of them, all sensors including the heart monitor. So yeah, Apple was leading in that so yeah.That's how I believe Apple provides me with the right data although I never bothered to compare them for accuracy.

Interviewer 3:05

Okay. Can you describe any changes you have made to exercise routine or lifestyle habits after using the Apple Watch

?

Rishi 3:19

Yes, I started walking to classes. Before, I used to take a bus. I'm counting my step counts, I mean daily count after getting the watch.

Interviewer 3:31

So what information or features you find most valuable in improving your cardio health, like an Apple Watch, like do you find any useful feature in it in order to measure your cardio fitness or something?

Rishi 3:44

Yes, Apple Watch provides me with the heart health. I mean, it tracks my heartbeats and after a certain number of days, it provides me with the healthy range that I should be in, I guess it's called the BPM.

Interviewer 4:02

Okay, do you find any other feature like, you use this feature most right.

Rishi 4:14

I also use the sleep feature to track my sleep night by night, okay. Yeah.

Interviewer 4:24

Okay. Have you encountered any situation where you question Apple Watches reliability on the date I provided you? Is there any example that you can share with us if you face any such situation?

Rishi 4:37

No, I didn't face any sort of situation. Okay.

Interviewer 4:41

Can you describe any changes that you're made to your exercise routine or any new lifestyle habits that you picked up after using the Apple Watch?

Rishi 4:50

Yeah, as I said, started walking more often. I'm trying to maintain 10,000 step count per day, others than that, I'm using it to monitor my workouts, the amount of calories I burnt during workout. Okay. And also, due to the sleep feature thats up on the app, I'm now sleeping in a healthy way, before it used to be irregular but now I'm trying to maintain a proper sleep schedule.

Interviewer 5:21

Okay. So, have you ever used this Apple Watch data to make any health decisions? Or did you try consulting a doctor or any joining any new workout program or something like that?

Rishi 5:34

I haven't faced any sort of situation. So,

Interviewer 5:38

Did you plan any workout programs? Or like, Did you make any significant changes in your workout after using this Apple Watch?

Rishi 5:49

Yeah, so coming to work out. I am working on my cardio even more now. Since I got the watch. As it is giving me the heart rate indicator. I'm able to have a peace of mind in what I do, when I'm doing, cardio for insatnce, the amount of stress I have during the cardio course.

Interviewer 6:17

so do you feel any change in your life after using this apple watch like, already like smart bots technology?

Rishi 6:28

Yes, I think once you get a watch, trying to stick to a schedule and trying to maintain it. And obviously if we do that, Everything else becomes easier.

Interviewer 6:42

Did you see any significant changes in your health like sleep schedules or anything like that, like improving your heart rate? You notice any such differences in your life?

Rishi 6:55

Yeah, it's motivated me to work on myself more. Okay. It motivated me to be healthy and sleep regularly. So yeah.

Interviewer 7:07

Okay. Yeah, that's all for the interview. Thank you so much.

PARTICIPANT 6

Interviewer 0:00

Hi, this is a recording for a subject related experiment for UX research on the topic. How do users perceive health related benefits of Apple? Watch? We have a volunteer, please introduce yourself.

Participant 0:16

Hello, I'm Sree Harsha and I'm 24 years old.

Interviewer 0:20

Thank you. So the first question, what influenced you to buy an Apple Watch?

Participant 0:25

I wanted to track my fitness and how many steps I take per day, not just this but i wanted a device that shows data in an easy way to understand, I mean easily view and understand stats. More imporantly accurate data. So naturally, Apple Watch is the best choice in the market to buy right now. So that was the one I bought?

Interviewer 0:40

Next question, How often do you use this watch in a day, and for what purposes?

Participant 0:47

Watch stays with me almost eight to nine hours a day, I usually don't wear it when I sleep. I use it to track my steps. And sometimes I use it to monitor the notifications from my mobile, I also use it for attending calls, which is easy when you dont have your mobile around. These are what I do mostly but yeah I use it to track my daily steps.

Interviewer 1:11

What factors influence your level of confidence and the accuracy of the health and data provided by the Apple Watch?

Participant 1:20

Well, I'm not sure whether the accuracy of the Apple Watch is entirely true or not. But whenever I do any heavy physical activities, my watch usually gives me a notification of the spike in heart rate. So I believe that's a good sign of thinking that the data provided by the Apple Watch is accurate even though I can not confirm it.

Interviewer 1:43

Describe a specific instance, where the Apple Watch data or features influenced your approach to physical activity?

Participant 1:50

Well, well, I kind of get notifications from the Apple watch while I'm sitting for too long in a day. And it tells me to get up and do some move my body or do some physical activity instead of sitting for a long time.

Interviewer 2:06

What information or features would you find most valuable in Apple Watch for improving your cardio health?

Participant 2:13

Well, I know that Apple Watch has a feature for continuous monitoring of your health. I mean, heart rate. So that's kind of useful. And there is also a ECG feature that scans your entire heart signals and tells you how your heart is functioning. And there is something called sleep monitoring that I don't really use. But I think that's a useful thing to be in a watch interms of improving our cardio health.

Speaker 2 2:50

Have you ever encountered any situations where you question the reliability of the Apple Watch data or functionality? If so, how did it affect your perception of the device?

Participant 3:01

Sometimes when I check for heart rate in my Apple Watch, it shows a huge spike in my heart rate or so called pulse rate. But whenever when I do try to perform another test, then the heart rate would be entirely normal. So I believe that's software bug, or some kind of a technical issue like that. I'm not sure about that. But yeah, well it happened in the past.

Interviewer 3:29

Describe any changes you have made to your exercise routine or lifestyle habits. Since using the Apple Watch. How did the Apple Watch contribute to these changes?

Participant 3:39

Well, I go to college and the college is kind of point eight miles from my house. I used to take a bus but since the time that I bought this watch I it has a feature called activity rings too. In order to complete those rings now I'm taking certain steps, like I'm now walking to college instead of going on a bus. And I believe this helped me in being a little active during the day.

Interviewer 4:10

Have you ever used the Apple Watch data to make any health decisions such as consulting a doctor or trying a new workout program? If so, can you share your experience with us?

Participant 4:22

Well, I personally never encountered such a situation. But I have heard many cases where older patients or older people are using Apple Watch having benefitted with emergency notifications given by the watch, and it kind of saved many lives.

Interviewer 4:44

Do you feel any change in your life by using this smart technology? If yes, then explain how.

Participant 4:51

Yeah, definitely. Since I started using Apple Watch, I've been more active and it's also kind of helping me to get healthier day by day. You know, by giving all the information and making it easier for me to understand what tasks I have to do and even how to perform those tasks, more like a personal tutor pushing you to do things by reminiding you about actions and activities you are supposed to perform for your personal health maintenance. Now a days, I started to look at my watch very compared to the initial days making it more interesting and attractive. That's pretty much it.