BEHAVIORAL AND ENVIRONMENTAL SENSING AND INTERVENTION FOR CANCER (BESI-C)

WATCH INFORMATION & INSTRUCTIONS

- **Please wear your assigned watch.**
    - The patient watch has a gray wristband; the caregiver watch has a black wristband.
    - Wear the watch as much as possible (at home/outside of home, when sleeping, etc.).
    - The watch is water resistant. It can be worn while bathing and/or submerged under water.

- **The watch battery should last about 9-10 hours.**
    - You will receive a reminder on the watch when the battery is low. When you receive this message, or if you notice the watch is not responding, please place the watch onto the charger and put on the other fully charged watch.
    - Keep the watch you are not wearing on the charger.

- **Use the watch to report cancer pain events.**
    - Tap the 'start' button to report a pain event. The watch screen may take a second to 'wake up.'
    - For this study, a pain episode is considered: *one in which the pain has increased from what it was previously and that you feel requires attention.*
    - Report the pain event as close to when it occurs as possible. After reporting pain, the watch will ask you a few questions.
        - Please answer the questions from your own point of view. (For example, caregivers should not ask patient, "what is your pain level?"). There are no right or wrong answers, we want to know your experience.
        - Please interpret the word "distress" broadly. It can mean physical, emotional, social, or spiritual distress.
        - You do not need to report pain clearly unrelated to cancer (example: stubbing a toe).
    - About 40 minutes after you report a pain event, the watch will buzz and send you another set of brief questions.

- **Completing the Daily Survey.**
    - Once a day, the watch will send you a Daily Survey at 5pm and a reminder at 8:30pm.
    - These questions help us understand how you have been feeling over the past 24 hours.

- **"Do not disturb" option.**
    - Tap the 'do not disturb' button anytime you wish to rest or not be distracted by the watch.
    - This feature will automatically turn on if the watch does not sense movement for a certain amount of time. It will reset if the watch detects movement again, or if you mark a pain event.

Questions? Use the QR code above or call/text the BESI-C Study Phone: 434-459-1628
www.besic.org