

Wearing the activity bracelet

We kindly ask you to wear a bracelet with an activity sensor for a period of three days prior to some of your on-site visits. This bracelet is designed to be the least intrusive and you should be able to perform your daily activities without any negative impact in your life throughout these days. Below is a simple set of instructions.

When to wear the bracelet?

We kindly ask you to wear the bracelet the complete three days before the on-site visits VR, V1B, V2B, and V3B. For example, if you have an appointment on the 14th, you should wear the bracelet on the 11th, 12th, and 13th, and leave it on until the appointment. We will call to remind you to put the bracelet approximately one day before you have to.

When should you take the bracelet off?

During the three days, you should wear the bracelet continuously, including during the night and bath time (it is waterproof). However, if you feel uncomfortable doing any particular activity with the bracelet (for example, while taking a bath), you may remove it temporarily. You should put it on again right away when possible.

How to wear the bracelet?

It should be worn on the wrist of your non-dominant hand, as if it was a regular watch.

What if the sensor gets out of the bracelet?

You should not remove the sensor from the bracelet. However, if that happens, you just have to put it back, as in the Figure. The sensor should be inserted in the bracelet with the letters (“Axivity”) and a small arrow visible to you. Then, the arrow on the bracelet should align with the arrow on the sensor. Insert it manually without any auxiliary tool.



What if the bracelet starts flashing a brief red light?

It is not expected that the device runs out of battery. However, if the bracelet starts flashing a red light, it means that it somehow happened. In that case, we ask you to report to the site for a replacement.