990-03558-00 Rev B AP, Online Help Center for Usability Study

Notes: For use in the Study Watch Help Center

What's in the box

Thanks for contributing health information using the Study Watch. This kit includes the following:
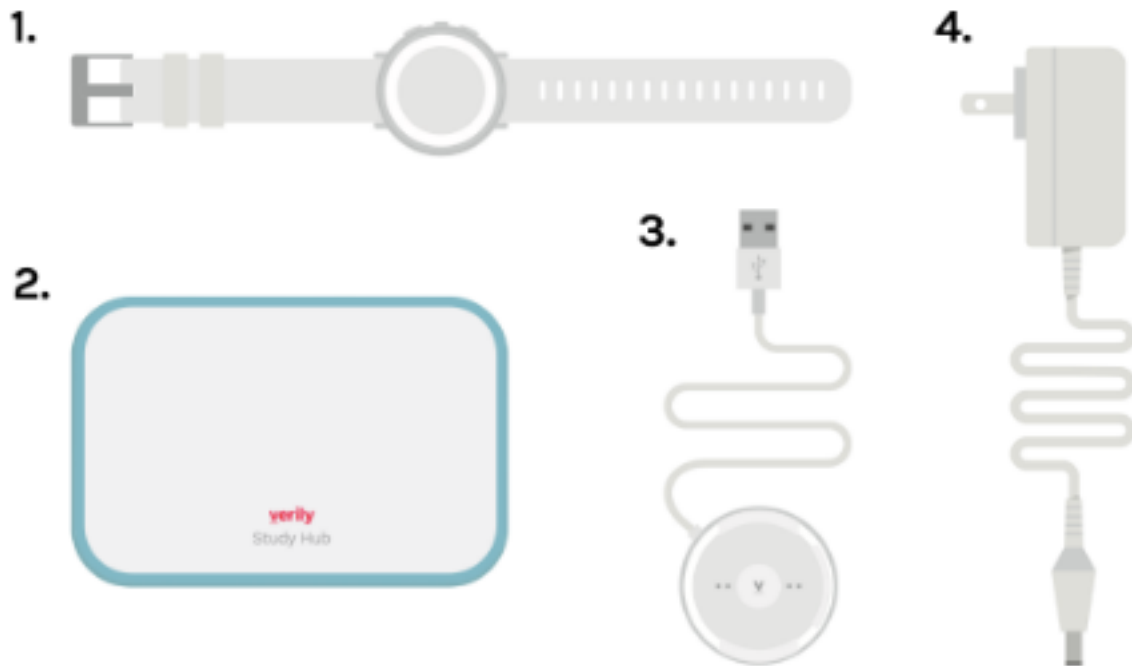
1. Study Watch
2. Study Hub (Connectivity Bridge)
3. Charging Dock
4. Power cord

Sync and charge your device

You can charge the device and sync your data at the same time using the Study Hub.
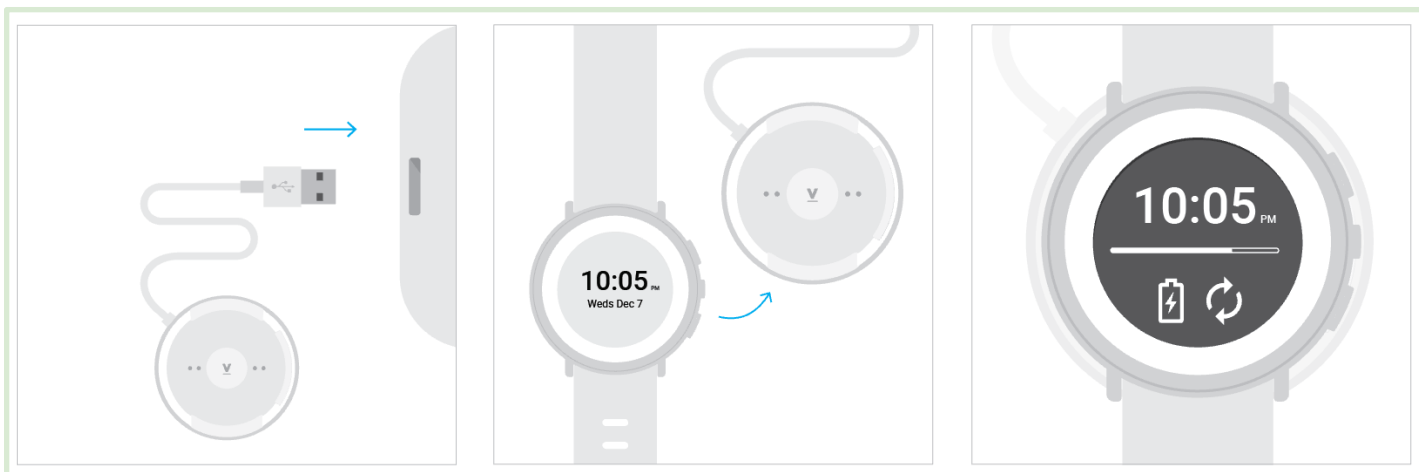
1. Plug the Charging Dock into the Study Hub.
2. Place Study Watch on the Charging Dock.
3. Charging and syncing begin automatically.

NOTE: Only use the provided devices and cords when connecting to the Study Hub.

Charge and sync with Study Hub

To start using the Study Hub, just plug it in. There's no button to turn it on or off.

When the connection symbol ((📶)) changes to solid white, it's ready to sync. During charge and sync, the Study Hub will show a white flashing sync icon 🔄 .

When the sync icon 🔄 changes to solid white, syncing is complete. The Study Watch device will display a checkmark ✓ when charge and sync is complete.

Start a charge & sync routine

It's a good idea to sync and charge regularly. Choose a time of day, like:

- During your morning shower
- While you eat lunch or dinner
- An hour before bed

Put on Study Watch

1. Place the device on your wrist next to your wrist bone (if it's on your wrist bone, you won't get accurate readings).
2. Keep the lighted sensor on the back of the device in close contact with your skin.
3. Secure the band that comes with the device around your wrist for a snug fit.

Tips for wearing the device:

The band shouldn't be so tight that it's uncomfortable, but it does need to have good contact with your skin with little movement for the sensors to work well.

If the device is making your skin irritated, take the device off and contact us.

Keep the device clean and dry.

Let your skin breath by not wearing the device for more than 23 hours a day.

Navigate the Study Watch features

The buttons on the right side of the device help you navigate through the device interface. The buttons differ depending on which version you're using:

Devices with firmware below version 49.000

The top button scrolls the screen forward or up.

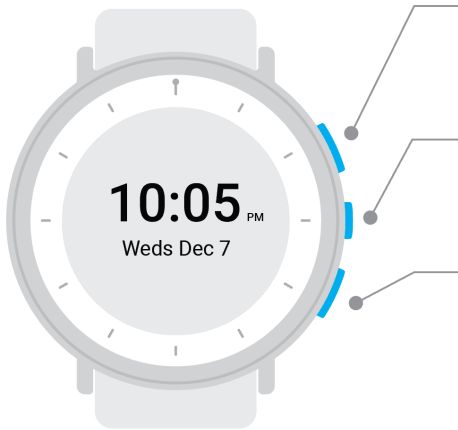The middle button selects an option on the screen.

The bottom button activates the display light (from the clock screen). It is also used for navigational actions, when prompted on-screen.

On your device, you'll see different screens for showing you and gathering information, including:

- Time and date
- Electrocardiogram
- Mark Event

- Battery & Device ID

The top button is used for actions on-screen and turns on the display light (from the clock screen).

10:05 PM
Weds Dec 7

The middle button opens the menu and is used for actions on-screen.

The bottom button is used for actions on-screen.

Actions on the Study Watch screen

Each button on the watch may correspond to different actions on the watch. Icons appear on-screen to let you know what action each button will take.
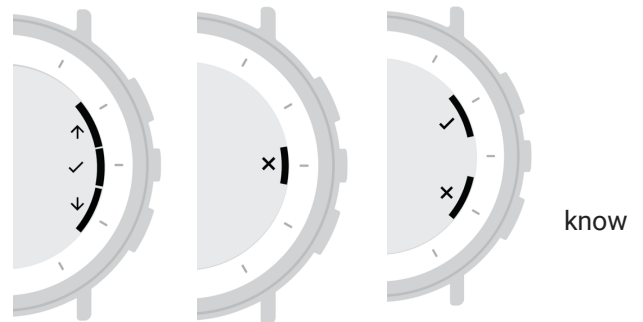
Home screen alerts and reminders

Alerts may appear towards the bottom of the home screen. It is important to act on the alert messages to ensure that your Study Watch works properly. *Examples: Battery Low, Please Sync, Off Wrist*

10:05 PM
Weds Dec 7
BATTERY LOW

Reminders to take action on a study task may appear on the watch face with an accompanying shortcut, indicated by a small icon near the bottom button. If you see a shortcut icon, push the bottom button to complete the related task.
Examples: Take ECG, Message, Take Survey

10:05 PM
Weds Dec 7
TAKE ECG

On screen signals

When plugged into the Study Hub, the Study Watch will display symbols and a progress bar.

Charging and syncing	Syncing	Charging
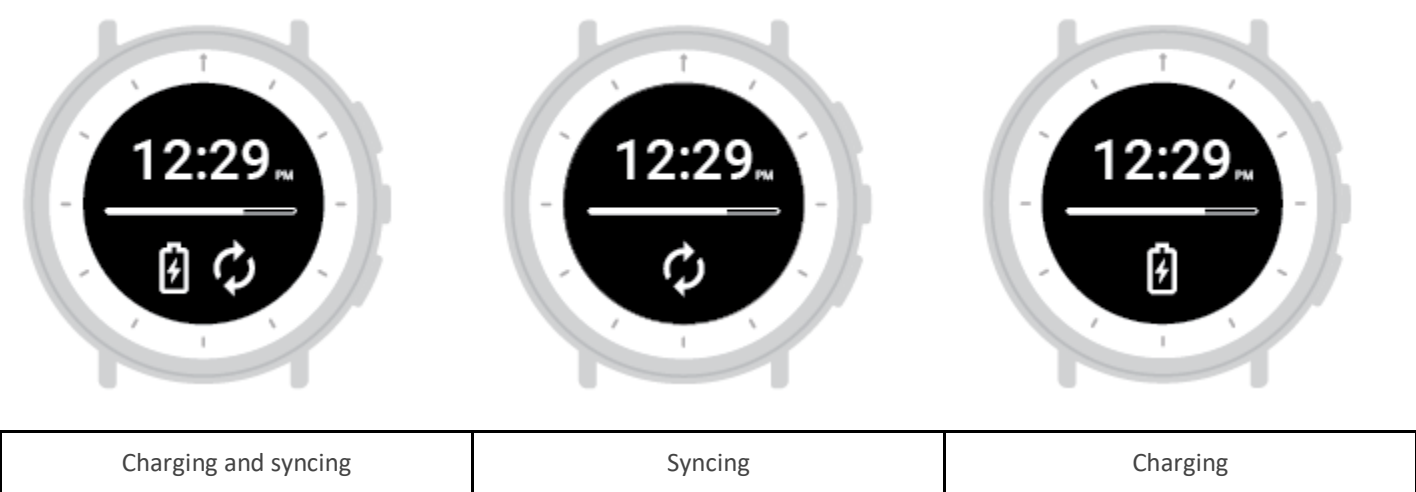
When charging and syncing are complete, the screen will show a check mark.

Keep your device clean

Your Study Watch works best when it's clean. Clean the watch face with 70% alcohol and wipe the band clean using soap and water or a non-abrasive, lint-free cloth. The watch face and band should also be cleaned after exercise/ sweating. Avoid cleaning the sensors (the shining LED lights).

Learn about the charge and sync icons

Understand better if your device is charging or syncing:

Charging and syncing
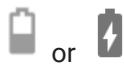
Charging only

Syncing only

Charge or sync complete
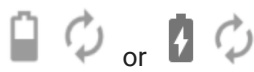
Study Hub symbols

Touch the button on the top of the Study Hub to view its status.

Connection

Flashing white: The Study Hub is looking for a cellular connection. This can take up to 10 minutes.
Solid white: The Study Hub is connected and ready to sync.
Solid orange: The Study Hub is unable to find a cellular connection. Try moving the Study Hub to another location. If that doesn't resolve the problem, contact support.

Sync

Flashing white: Charge and sync are in progress.
Solid white: Sync is complete.

Error

Solid orange: Something's wrong. Disconnect the power cable and then reconnect it. If that doesn't resolve the problem, contact technical support, provided on your study contact card.

Change the watch clock face

For devices with version 49.000 and above, you can choose whether the clock screen shows the time as either an analog or digital display:

1. Enter the menu by pressing the Select button ✓.

2. Scroll with the Down button ↓ to find **Settings**, and press the Select button ✓.

3. Find **Watch face**, and press the Select button ✓.

4. Scroll to highlight either **Analog** or **Digital**, and press the Select button ✓.

Take an electrocardiogram (ECG)

An electrocardiogram (ECG) is a reading that records the electrical activity in the heart over a period of time.

Devices with firmware below version 49.000

To take an ECG reading on your device:

1. Use the top button to navigate the ECG screen. Use the middle button to begin ECG reading.
2. Hold the device's polished metal frame by positioning your index finger at the top and your thumb at the bottom.
3. Rest both hands on an even surface and continue to hold for 60 seconds. After the ECG is complete, you can let go of the frame.

If you're having problems taking an ECG reading, your finger might not be properly coming in contact with the frame. Rest your arm on a flat surface, and lightly adjust the angle your finger on the rim.

Devices with firmware version 49.000 and above

For devices with version 49.000 and above, if this feature is enabled, it uses the contact between your body and the device to measure electrical activity of your heart. You must be wearing the Study Watch for the ECG reading to work correctly.

Enter the menu by pressing the middle button. Scroll with the Down button ↓ to find **Take ECG [ICON]**, and press the Select button.	Find the **Start ECG [ICON]**. Press the Select button ✓ to begin the reading.	Hold the device's polished metal frame by positioning your index finger at the top, and your thumb at the bottom.	Rest both hands on a flat surface and continue to hold for 60 seconds. After the ECG is complete, you can let go of the frame.

Delay an ECG reading

For devices with version 50.000 and above, if you began an ECG reading but aren't able to take it at that moment, you can delay the reading for later.

During the ECG reading, do not hold the device's frame. Wait for the ECG menu to appear, then scroll the screen to **Take it later** using the bottom button. Select the option using the middle button.

Change the reminder time for an ECG reading

For devices with version 49.000 and above, you can adjust the time of day that you receive reminders to take an ECG reading.

1. Enter the menu by pressing the Select button ✓.

2. Scroll with the Down button ↓ to find **Settings**, and press the Select button ✓.

3. Find **ECG settings**, and press the Select button ✓.

4. Find **ECG reminder**, and press the Select button ✓.

5. Set the time you want your reminder:

    1. Adjust the hour with the Up button ↑ and Down button ↓. Press the Select button ✓.

    2. Adjust the minute with the Up button ↑ and Down button ↓. Press the Select button ✓.

    3. Choose AM or PM with the Up button ↑ and Down button ↓. Press the Select button ✓.

6. To confirm, press the Select button ✓.

Turn the ECG waveform progress trace on or off

For devices with version 49.000 and above, you can choose whether or not you'd like the ECG waveform visible to track progress when taking an ECG reading:

1. Enter the menu by pressing the Select button ✓.

2. Scroll with the Down button ↓ to find **Settings**, and press the Select button ✓.

3. Find **ECG settings**, and press the Select button ✓.

4. Find **ECG waveform**, and press the Select button ✓.

5. Press the Select button ✓ to turn the waveform on or press the Cancel button **X** to turn the waveform off.

Can't get an ECG reading

The Study Watch may prompt you after a few seconds if it notices that the reading is not being taken properly.

Scroll the screen using the bottom button to restart the ECG or take it later. Select the option using the middle button.

Try these tips if you're having problems taking a successful ECG reading:
- Rest both hands on an even surface during the ECG reading.
- Make sure the device is snug and flat against your wrist.
- Make sure the device touches your skin directly. Things like dirt, sweat, or hair might cause problems.
- Keep your fingers still on the polished metal frame of the device.

Measure your heart rate

For devices with version 50.000 and above, you can see how fast (or slow) your heart is beating when you wear the Study Watch:

1. Enter the menu by pressing the Select button ✓.

2. Scroll with the Down button ↓ to find **Heart rate**, and press the Select button ✓.

3. Wait for the Study Watch to measure your heart rate. This may take up to 30 seconds.

4. When done, press the Cancel button **X**.

Track your activity

For devices with version 50.000 and above, when you wear the Study Watch, you can see how many steps you've taken over the course of the day, as well as the average number of steps you usually take per day:

1. Enter the menu by pressing the Select button ✓.

2. Scroll with the Down button ↓ to find **Activity**, and press the Select button ✓.

3. When done, press the Cancel button **X**.

Change the watch time and date

The Study Watch automatically updates the time and date to the current timezone of your Study Hub when you sync your watch with the Study Hub.

However, for devices with version 49.000 and above, you can also manually change the time and date displayed on the watch:

1. Enter the menu by pressing the Select button ✓.

2. Scroll with the Down button ↓ to find **Settings**, and press the Select button ✓.

3. Find **Time & date**, and press the Select button ✓.

4. Scroll with the Down button ↓ to choose what of the date and time you want to change and press the Select button ✓.

5. To set the time:

   a. Scroll to **Set time**, and press the Select button ✓.

   b. Adjust the hour with the Up button ↑ and Down button ↓. Press the Select button ✓.

   c. Adjust the minute with the Up button ↑ and Down button ↓. Press the Select button ✓.

   d. Choose AM or PM with the Up button ↑ and Down button ↓. Press the Select button ✓.

6. To set the date:

   a. Scroll to **Set date**, and press the Select button ✓.

   b. Adjust the month with the Up button ↑ and Down button ↓. Press the Select button ✓.

   c. Adjust the day with the Up button ↑ and Down button ↓. Press the Select button ✓.

   d. To confirm, press the Select button ✓.

7. To change the display between a 12-hour to 24-hour clock: scroll to **12/24 hr**, and press the Select button ✓. Use the buttons to adjust the format of the display time

8. When done, press the Select button ✓.

Note: If you manually changed the time on your Study Watch, syncing your watch with the Study Hub will revert the date and time back to that of the Study Hub.

Add and manage alarms

For devices with version 49.000 and above, you can create alarms on your Study Watch that will cause the device to vibrate and chime when the alarm goes off:

9. Enter the menu by pressing the Select button ✓.

10. Scroll with the Down button ↓ to find **Alarm**, and press the Select button ✓.

11. Find **Add alarm**, and press the Select button ✓.

12. To set the time:

    i. Adjust the hour with the Up button ↑ and Down button ↓. Press the Select button ✓.

      ii.   Adjust the minute with the Up button ↑ and Down button ↓. Press the Select button ✓.

      iii.   Choose AM or PM with the Up button ↑ and Down button ↓. Press the Select button ✓.

13. To set the day(s) of the week for the alarm, press Up button ↑ and Down button ↓ to highlight a day and press the Select button ✓.

14. When done, press the Select button ✓.

Manage alarms

In the "My alarms" menu, you can view, edit, and delete existing alarms.

1. Enter the menu by pressing the Select button ✓.

2. Scroll with the Down button ↓ to find **Alarm**, and press the Select button ✓.

3. Find **My alarms**, and press the Select button ✓.

4. Scroll with the Up button ↑ and Down button ↓ between alarms. Press the Select button ✓ to select an alarm to edit or delete.

5. Once you select alarm, you can:

    ○   **Turn on** or **Turn off.** This either turns the selected alarm on or off.

    ○   **Edit time.** You can adjust the time of day that the alarm goes off.

    ○   **Edit days.** You can adjust which days of the week that the alarm goes off at the specified time.

Troubleshooting

Device isn't working

If the device isn't working, try these steps:

- Make sure the device is charged.
- Check that the dock is properly plugged in.
- Reboot the device by holding the top and bottom buttons down for 10 seconds.
- If you receive the message "Off Wrist," try tightening the device a little on your wrist, making sure the back of the device fits smoothly against your arm. It should be snug but comfortable. You can also try wearing it on the inside of your wrist.

Can't get an ECG reading

The Study Watch may prompt you after a few seconds if it notices that the reading is not being taken properly.

Scroll the screen using the bottom button to restart the ECG or take it later. Select the option using the middle button.

Try these tips if you're having problems taking a successful ECG reading:

- Rest both hands on an even surface during the ECG reading.
- Make sure the device is snug and flat against your wrist.
- Make sure the device touches your skin directly. Things like dirt, sweat, or hair might cause problems.
- Keep your fingers still on the polished metal frame of the device.

Can't sync the ~~my~~ device

If syncing doesn't work, here are some tips:

- Try moving the Study Hub into a space where cellular connection is stronger, like near windows or on higher floors.
- Adjust the device to make sure it's in the dock properly.

If you continue to have trouble, please contact the support team for your study.

View device info

See information about your device, including device ID:

1. Enter the menu by pressing the Select button ✓.
2. Scroll with the Down button ↓ to find **Settings**, and press the Select button ✓.
3. Find **Device info**, and press the Select button ✓.

Study Watch specs and open source info

Learn about the specifications and open source licenses that Study Watch and the Study Hub use.

Study Watch specifications

Display	1.1-in always-on screen, with front light

Weight	42g, 1.5oz (with straps)
Memory	512 MB (~2 weeks of data)
Battery	170mAH Li-Ion, USB rechargeable
Connectivity	USB data transfer
Other features	Replaceable watch band

When available, Study Kit will automatically update to the latest software version.

Open source, FCC compliance, and warning information for Study Watch

Get more details about Study Watch below.

Open source information

Learn more about [Study Kit device open source licenses](#).

FCC compliance information

This device complies with part 15 of the FCC Rules. Operation of the device is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This device has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. The part 15 limits are designed to provide reasonable protection against harmful interference in a residential installation. This device generates, uses and can radiate radio frequency energy and, if not used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this device does cause harmful interference to radio or television reception, which can be determined by turning the device and the radio and television off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the radio's or TV's receiving antenna.
- Increase the separation between the device and the radio/TV.
- Connect the device into an outlet on a circuit different from that to which the radio/TV is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC ID 2AJ3K-990-03639-00

International restrictions

The device can only be used in the United States.

Information if you have an implantable medical electronic device

Caution: For participants with a cardiac pacemaker, implantable defibrillator, medical pump, or other implantable medical electronic device:

The charging cradle accessory for the watch contains a magnet that may affect your implantable medical electronic device. Please follow the directions given to you at implant and by your physician and keep the Study Hub, and the watch while not worn on your wrist, and the charging cradle at least 6 inches from your implantable device. If you still have concerns regarding your implanted device, stop using the Study Hub, watch and charging cradle and inform your healthcare provider.

Other Study Watch warnings

Please note:

The device is not waterproof. Do not soak or submerge the device. Minimizing moisture on the band may reduce the potential for skin complications such as irritation or rash.
Stop wearing the device if you feel uncomfortable or have any issues or questions regarding its use.
Stop using the device immediately and contact the study administrator or designee if you experience any irritation of the skin in contact with the device. The device may cause skin rash and bumps in people sensitive to nickel.

Changes or modifications not expressly approved by Verily Life Sciences LLC could void the user's authority to operate the device.