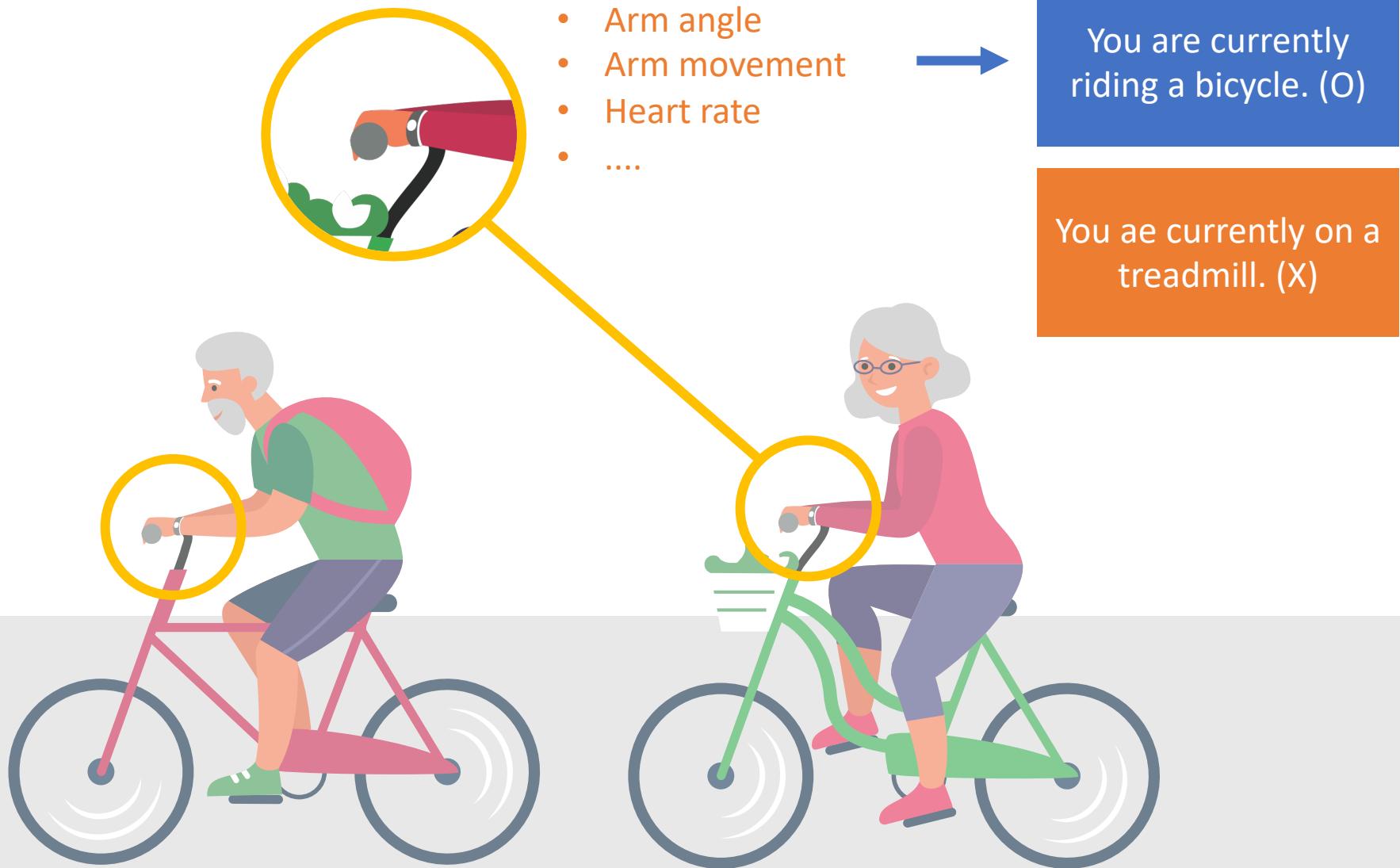


Why We Do This Study

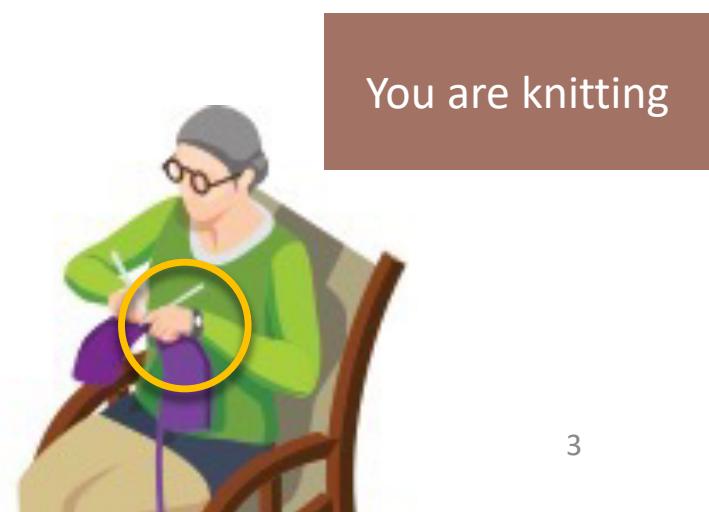
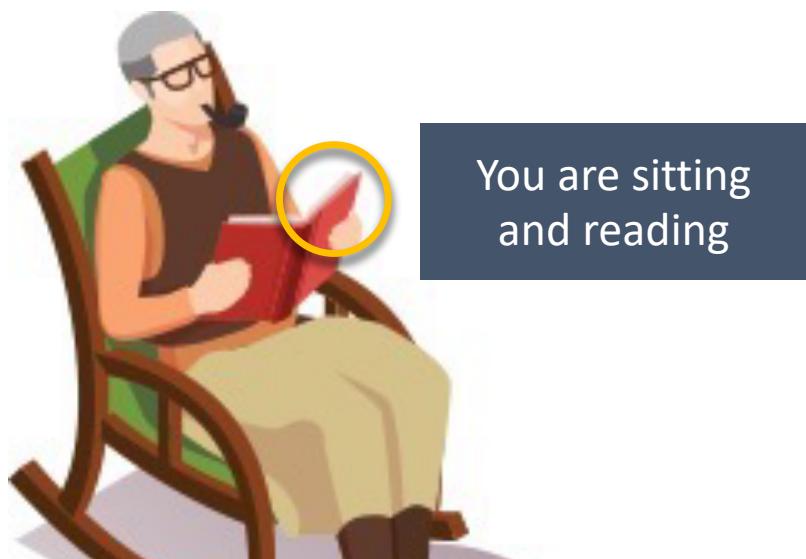
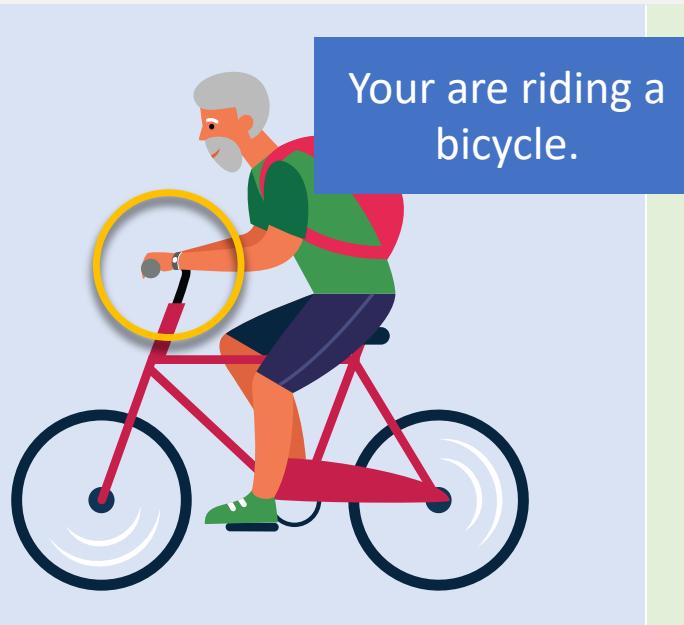


To design personalized system that captures meaningful activities for older adults to promote their physical activity.

Inaccurate Capture of Physical Activities



Capturing Personally-Meaningful Activities



Data We Need

Sensor data that are captured with smartwatch

“Truth” about the activity (only you know it)

- 1) Arm angle
- 2) Arm movement
- 3) Heart rate
- 4) Step count
- 5) GPS location
(whether you're inside/outside home)

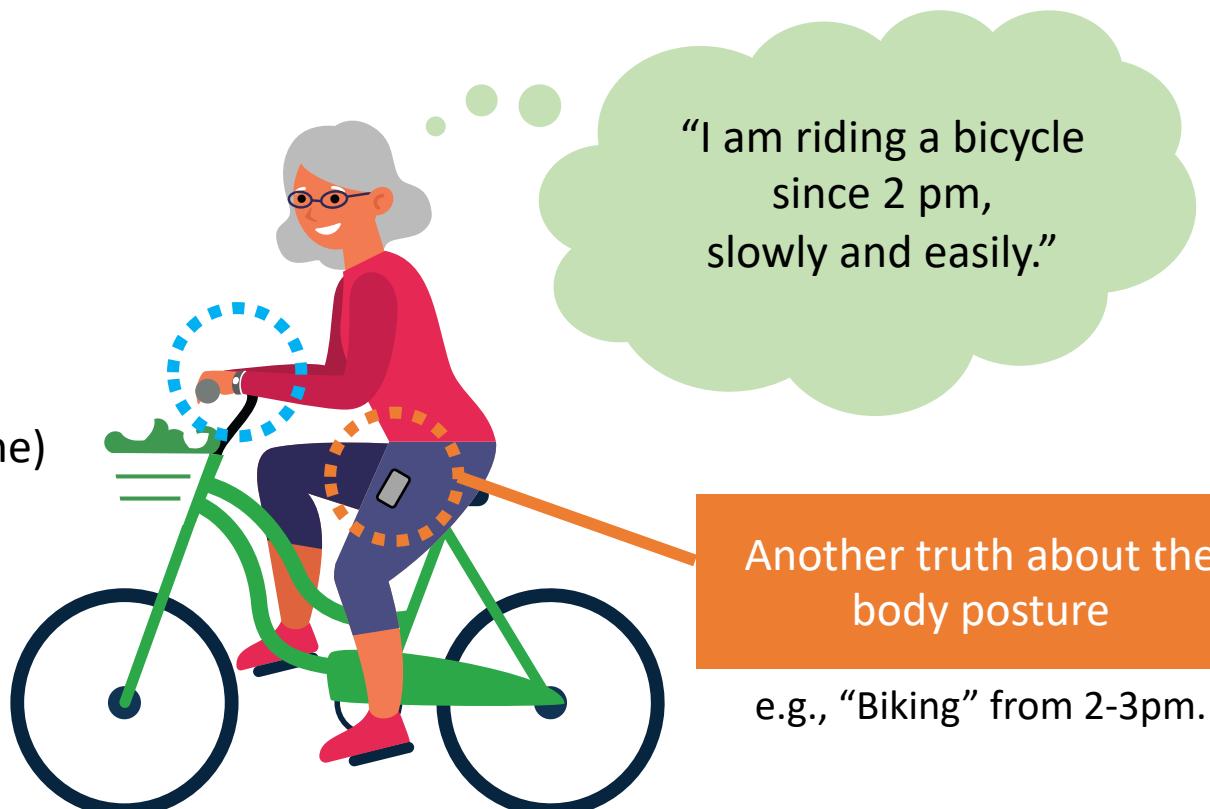


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Briefing Sessions



Motion and GPS
data from the
smartwatch



Body posture data
from the ActivPAL
motion sensor



Verbal activity
reports on the
smartwatch

First briefing call
Getting familiar with the sensors and devices

Second briefing call
details on the
verbal activity reporting

Adaptation Period (~3 days)

- Getting familiar with wearing the smartwatch and the ActivPAL motion sensor.



Wear the smartwatch during the waking hours



Keep the ActivPal motion sensor attached to your leg

Study Schedule

1. Intro (Today) – 45 minutes
 - Adaptation period -
2. Tutorial (3 days later) – 1 hour
3. Data Collection – 7 days
4. Debriefing interview – 1 hour

Role of the Smartphone



Your home Wi-Fi

The smartphone will serve as an **Internet hub**,
sending the data from the smartwatch to us.

You don't have to carry this phone with you.

Smartphone installation



- Unlock password: 1234
1. Connect it to your home Wi-Fi.
 2. Connect it to the power using the power cord.
 3. Place it in the safe place.

Smartwatch & Charging Dock



Charging the Watch

- Mount the watch to the charging dock.



Remarks on the Watch

1. Do NOT modify any settings on the watch
2. Do NOT share this watch with others. That will pollute the sensor data.
3. The watch is waterproof; you can wash your hands, take a shower, and swim while wearing it (but dry completely for clear sensor reading)

During the Study Period

- Wear the watch during your waking hours.
- General guide:

Wear the watch!



In the morning

Charge the watch!



At night

- The watch battery will last about 13 hours.
 - Wearing around 8 AM => battery out around 9 PM.

ActivPal Motion Sensor



- Reads your body posture 24/7.
- Will be attached on your thigh 24/7.

Attaching the Motion Sensor



1 span of hand
from knee

- Any leg
- On the front side of the thigh
- Above 1 span from the knee

Attaching the Motion Sensor



1. Sit down and expose your thigh.



2. Clean your skin using the **alcohol prep pad**.

Attaching the Motion Sensor



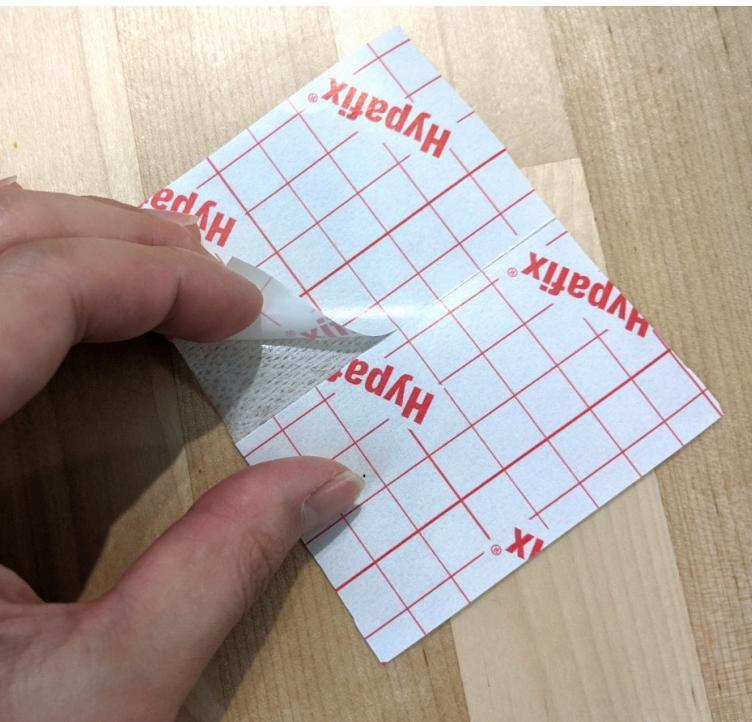
Knee



Hip

3. Place the sensor on your thigh.
(Match the direction of the marking
'knee' and 'hip' with your body.)

Attaching the Motion Sensor



4. Cover the sensor using the Hypafix tape.
Peel off the back sheets from the center.

Refer to page 3
of the printout!

Attach ActivPAL to your leg

(Refer to the guide on page 3 of the handout)

Attaching the Motion Sensor

- Please take a picture of the sensor over the clothes and show us over the webcam



Knee (flat end)



Hip (rounded end)

Remarks on the Motion Sensor

Attached 24/7



You can keep

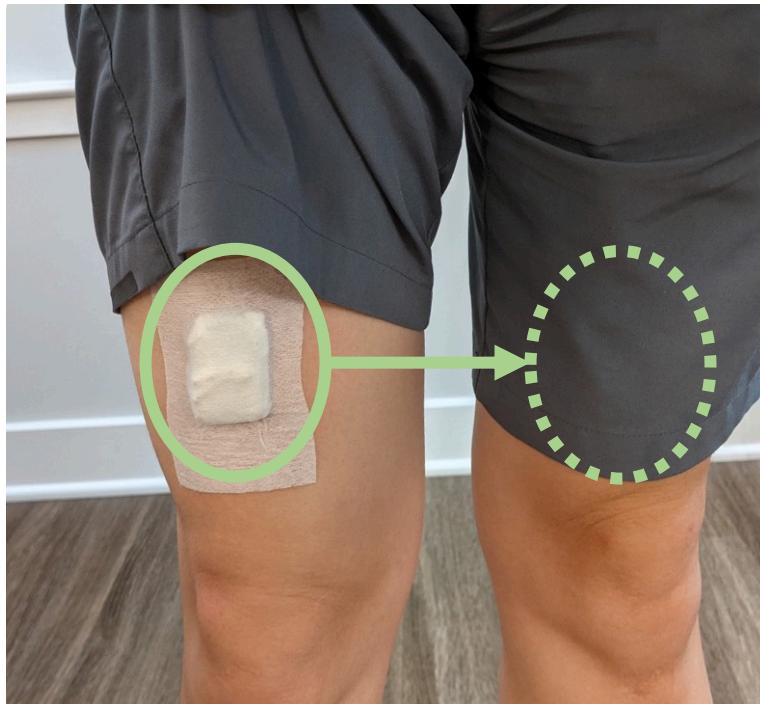


Detach



Detach

If a Skin Problem Happens



- When you feel itchy or irritation on skin, move the sensor to the opposite leg.
- If you can't wear the sensor due to the skin problem, contact us ASAP.

Practice of the Smartwatch Basics

- Getting familiar with the watch buttons.
(e.g., strength of the buttons, touchscreen...)
- Ask any questions if anything remains unclear.

Buttons on the Watch Head



Top button

Home button

Bottom button

Screen Buttons



What's Next?

- ~~1. Intro (Today) – 45 minutes~~
- 2. Tutorial (3 days later) – 1 hour
- 3. Data Collection – 7 day
- 4. Debriefing interview – 1 hour

During the study period..

- Every Night (9 pm):

We will send a text message as a night reminder.

- If you rarely wear the watch for a full day, we will make a friendly reminder call the next morning.

You are all set! See you in 3 days!

Any questions?

Contact any of us if you have problems and inquiries