



Physical Activity and Transit Survey (PAT) Device Follow-up Study INSTRUCTION SHEET

Step 1: Review the contents of the box.

If any pieces are missing, call the study helpline at 1-888-620-6878.

1 Activity Monitor with attached belt



2 GPS device with cable and charger



3 Forms:

Consent Forms,
Activity Log, FAQs,
Participant Satisfaction
Survey, Study ID
Postcard

4 Pre-paid padded envelope

to return devices and
forms at end of study
period

Step 2: Read and Sign the Consent Form.

Read and sign the enclosed Consent Form (an extra copy is included for you to keep). In order for us to send you the pre-paid VISA card when you have completed the 7 day study, the signed Consent Form **MUST** be returned with the devices and the Activity Log. If you have any questions, call the help line at 888-620-6878.

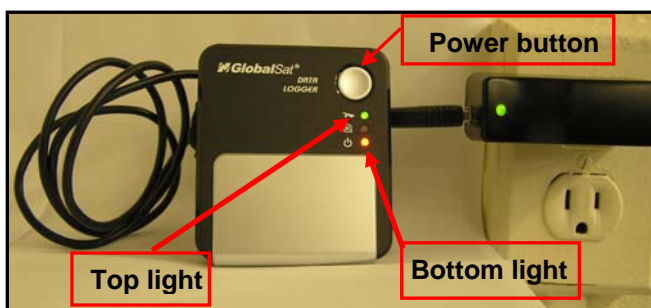
Step 3: Review how to use the equipment in the box

Fitting the Activity Monitor to your waist

1. The red Activity Monitor is ready to use – simply wear it all day during the 7 day study period. You will NOT need to charge the Activity Monitor.
2. The belt provided may be too long for your waist. To cut it to size, first find the black arrow on the front of the Activity Monitor. Then, wrap the belt around your waist so the Activity Monitor rests above the right hip and the black arrow on the front is pointing up. Press the rounded tip (the rough end) to the soft elastic belt material to secure the belt snugly around your waist. Cut off excess from the soft elastic end of the belt (NOT the rough, rounded end – you will need this to secure the belt). You may use the included scissors. Leave about four (4) inches extra of elastic belt fabric, to open and close the belt.



Charging the GPS



1. **THE GPS DEVICE MUST BE CHARGED THE NIGHT BEFORE YOU BEGIN AND EVERY NIGHT DURING THE STUDY PERIOD.**
2. Plug one end of the cable (larger end) into the small, black USB cable on the side of the GPS.
3. Connect the opposite end (smaller end) of the cable into the wall plug adaptor; plug the adaptor into the wall.
4. When the adaptor is plugged in, the bottom light on the GPS device will be yellow, indicating that it is charging. The light will be red in the morning when the device is fully charged.

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Step 4: Begin to wear the GPS and Activity Monitor devices on your designated start day. (Refer to the Introduction Letter for your start day.)

Wear the devices for 7 days and record activity on the Activity Log.

Wearing the GPS

DO NOT SUBMERGE IN WATER. REMOVE THE GPS AND THE ACTIVITY MONITOR WHILE SWIMMING, BATHING OR SHOWERING.

1. After the GPS device has charged overnight, unplug it in the morning. **YOU MUST TURN ON THE GPS TO BEGIN USING.** Press and hold the silver power button in the upper right corner of the GPS for three to five seconds. The green light should now be on. If it is not on, press and hold the silver power button (again) for three to five seconds. **Both the green (top) and red (bottom) light will be on when the device is collecting data.**
2. To wear the GPS, attach it to your own belt or waist band, or clip it to a bag. The power button should be on top/ facing up (see pictures at right).

Do NOT attach the GPS to the elastic belt on which the Activity Monitor is worn.

REMEMBER TO KEEP THE GPS WITH YOU AT ALL TIMES ON STUDY DAYS.



Wearing the Activity Monitor

Activity Monitor on Elastic Belt



1. Wear the Activity Monitor all day for each of the 7 days of the study. Wear it close to the body over the right hip on the provided elastic belt (cut to size in the previous step). The black arrow on the Activity Monitor should point up when you wear it.
2. Until the Activity Monitor begins collecting data, a small light will blink slowly. When it begins to collect data, the light will stop blinking automatically. There should be no blinking lights on the days you wear the Monitor. **Contact us if there are any blinking lights on the Monitor during the 7 days you are scheduled to wear it.**

Activity Log

1. Review the instructions on the Activity Log to learn how to fill it out.
2. Record the date and time you start wearing the devices on the Activity Log. Answer all questions and record start and stop times for the 7 days you wear the devices.

Step 5: Return the devices and forms.

1. Remove or cut the elastic belt from the red Activity Monitor. You do NOT need to return the belt.
2. You will need to return seven items: (1) GPS device, (2) Cable, and (3) Charger; (4) Activity Monitor without belt, (5) signed Consent Form, (6) completed Activity Log and (7) Participant Satisfaction Survey. Place these seven items in the pre-paid padded envelope and seal it.
3. Drop the envelope in any United States Postal Service box.
4. If you misplace the envelope, call the helpline to get a replacement: 1-888-620-6878
5. Once we receive your envelope with devices, Activity Log, signed Consent Form and Participant Satisfaction Survey, payment will be sent. Allow 2-4 weeks for processing and sending payment.

PAT Device Follow-up Study Helpline: 1-888-620-6878
For more information and instructional video, please visit our website at www.nyc.gov/health/pat