

How to Update Usage Data from Watch App

To update usage data from the Wellness Buddy watch app, begin by opening the Fitbit mobile app and launching ‘wellnessbuddy’ from the app gallery.

- At the home page of the Fitbit mobile app, tap on the ‘Devices’ icon on the top-left corner (shown in Fig 1.1).
- Tap on your tracker (i.e. Sense 2) (shown in Fig 1.2).

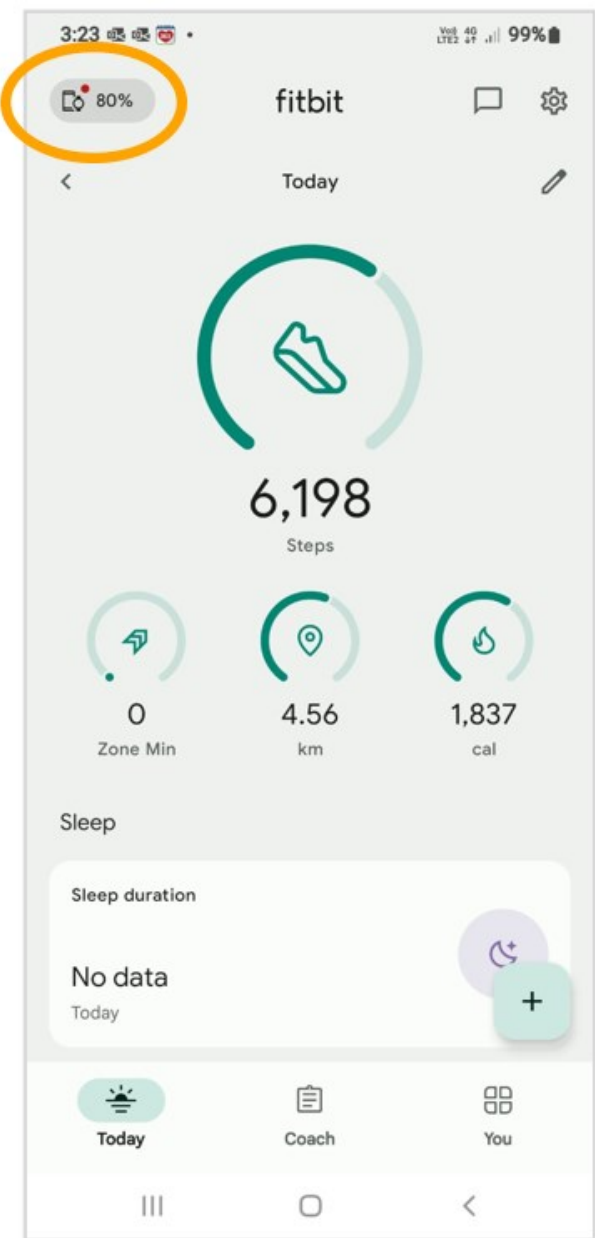


Fig 1.1

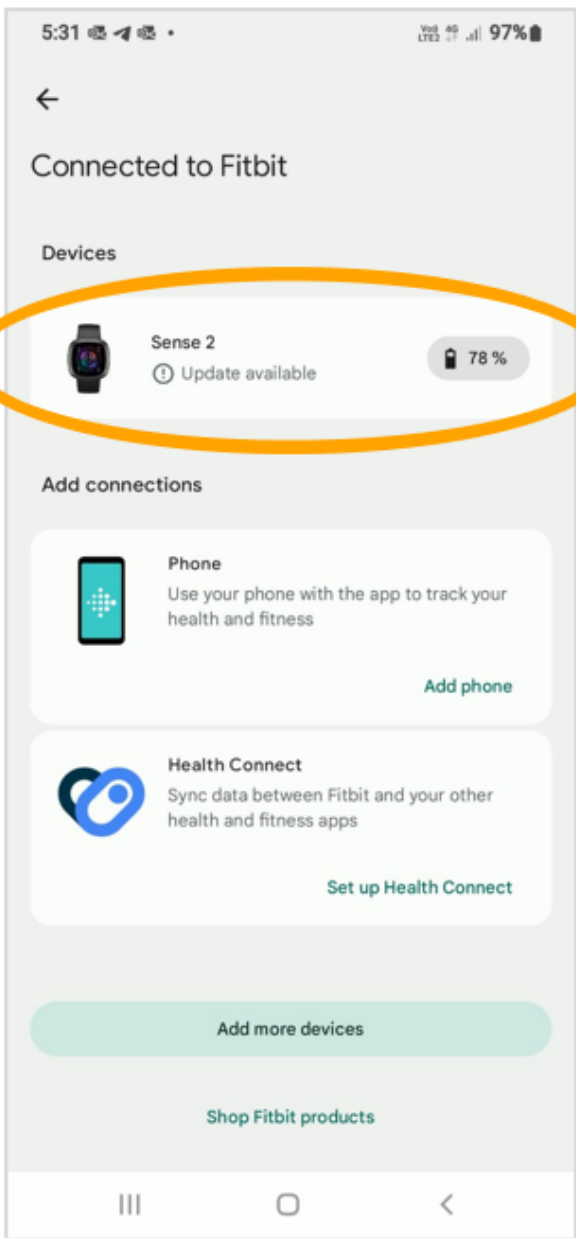


Fig 1.2

- Tap on the ‘Gallery’ button (shown in Fig 1.3).
- Scroll through the list of installed apps in your tracker and find ‘wellnessbuddy’ (shown in Fig 1.4). Tap on it.

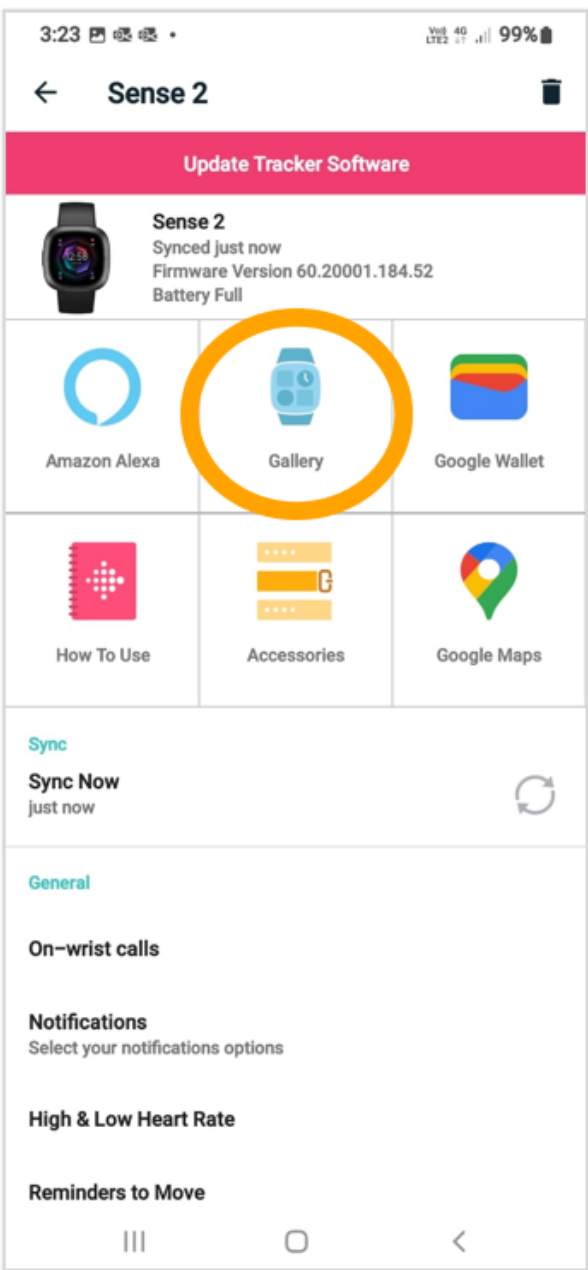


Fig 1.3

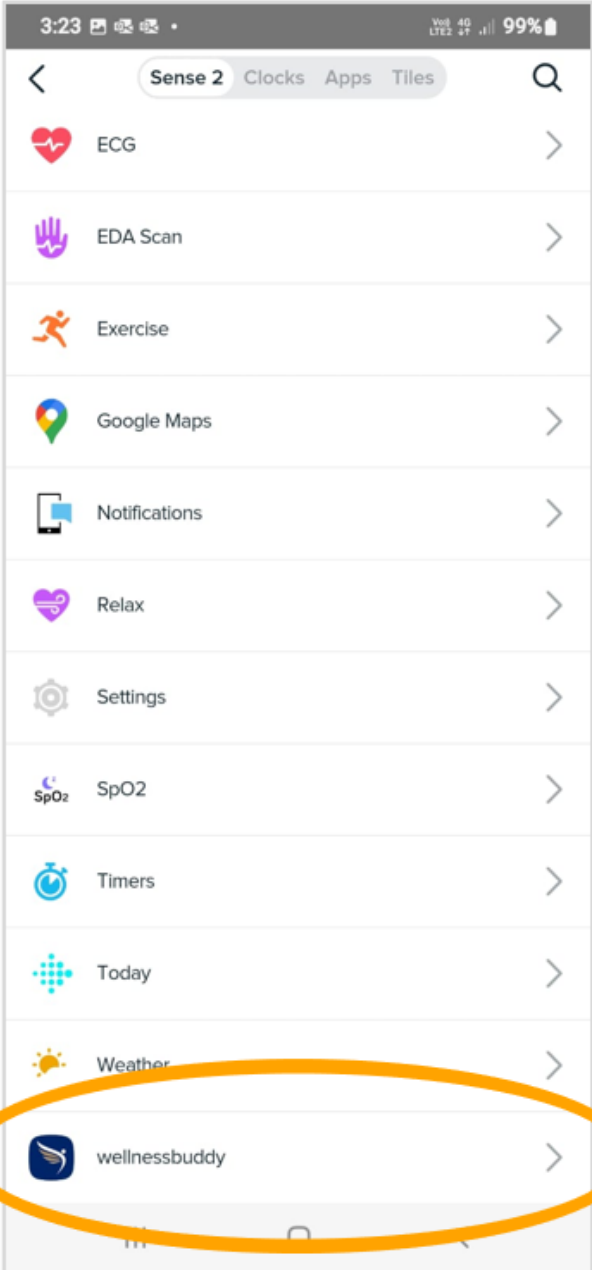


Fig 1.4

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- In the ‘wellnessbuddy’ menu, tap on the ‘Settings’ button (shown in Fig 1.5). Check that your current Fitbit ID is displayed (shown in Fig 1.6). Key in your Fitbit ID if otherwise.

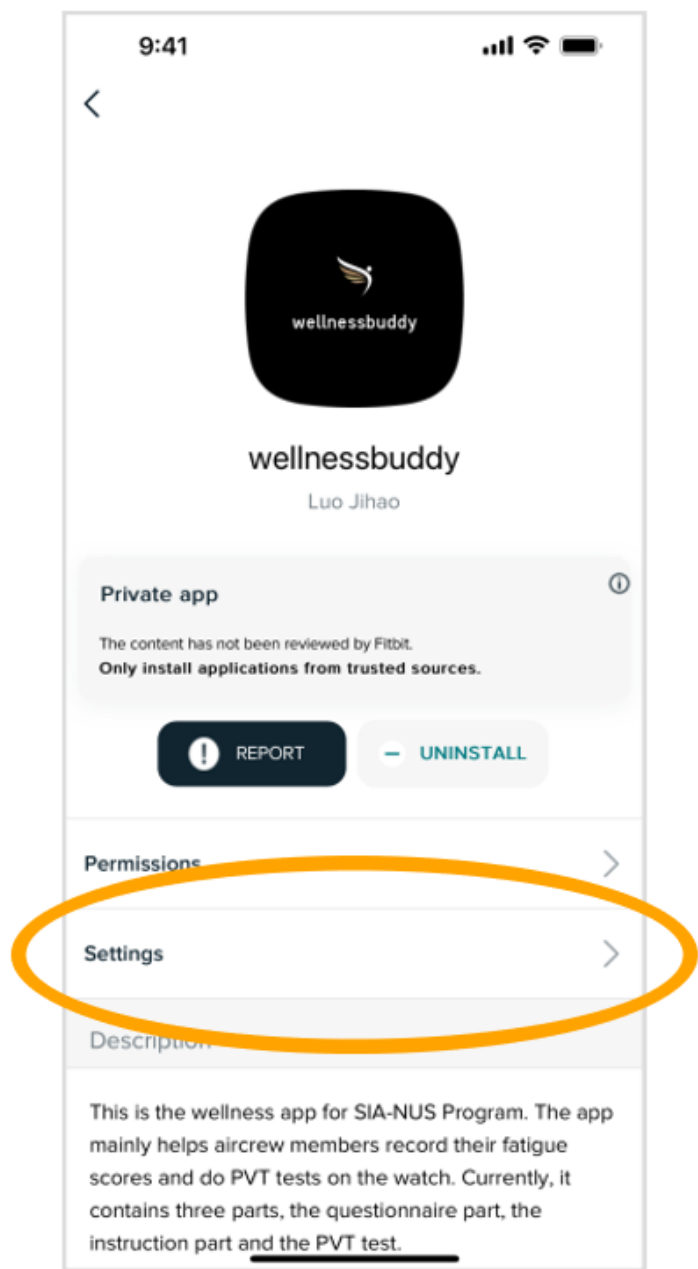


Fig 1.5

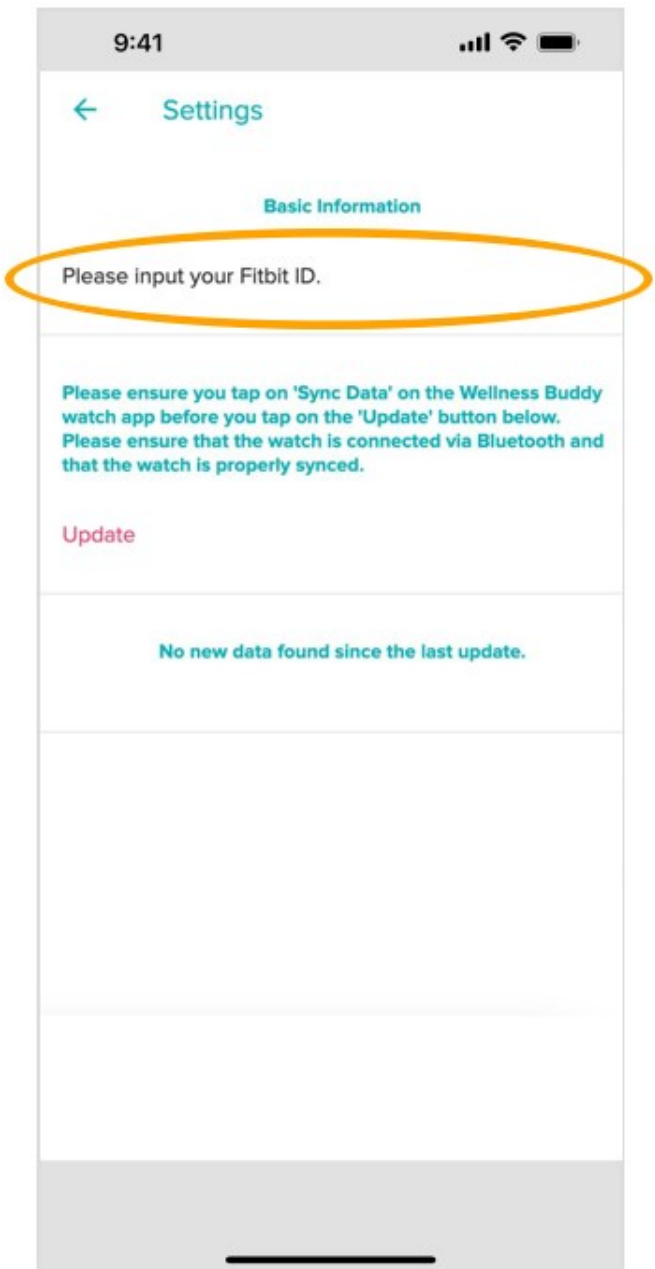


Fig 1.6

Next, launch the Wellness Buddy watch app on your Fitbit Sense 2.

- When you open the Wellness Buddy watch app, you will arrive at the ‘Home’ page (shown in Fig 1.7). Tap on the ‘Sych Data’ button to transfer your wearable usage data from the watch app to the Fitbit mobile app manually.

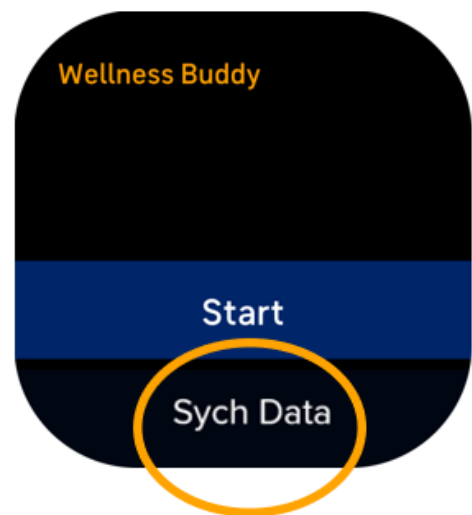


Fig 1.7



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Finally, return to the Fitbit mobile app.

- Tap on the 'Update' button in the 'Settings' (shown in Fig 1.8). The Fitbit mobile app will complete updating of your usage data.
- If you encounter issues with updating your usage data, please reach out to your designated coordinator.

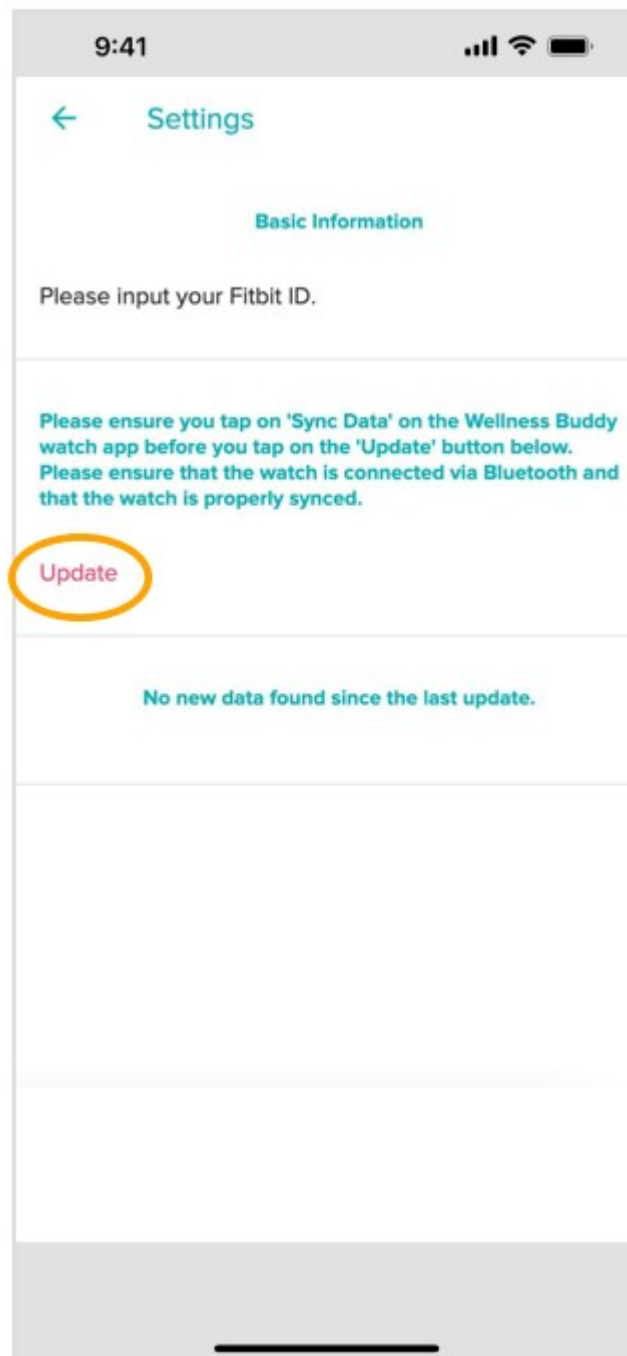


Fig 1.8

Home Page

When you open the Wellness Buddy watch app, you will arrive at the 'Home' page (shown in Fig 2.1), and no further action is required.

- Please note that you should have logged into the Wellness Buddy mobile app at least once before opening the Wellness Buddy watch app for the first time.



Fig 2.1

The sections of the 'Home' page are:

- Tap on 'Start' to start the 'Fatigue Questionnaire & PVT' task.
- Tap on 'Sync Data' to transfer your wearable usage data to the Fitbit mobile app manually.

Press the button on the left-side of the Fitbit Sense 2 tracker (shown on Fig 2.2) to close the watch app.



Fig 2.2

Task – Fatigue Questionnaire

Tap on the 'Start' button in the 'Home' page (shown in Fig 2.1) to start the 'Fatigue Questionnaire' task.

- Questionnaire will be presented (shown in Fig 3.1 & 3.2). Select the option that is most appropriate for you, then tap on the 'Next' button to continue.

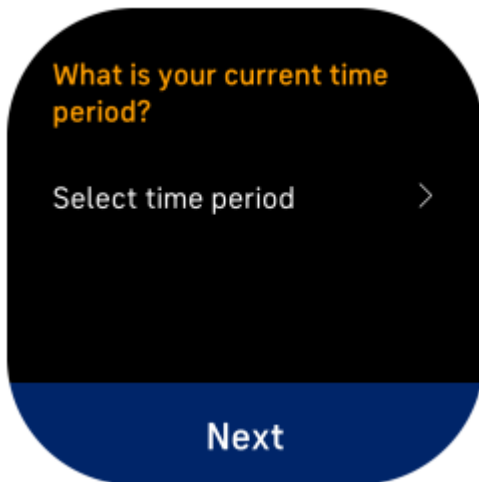


Fig 3.1

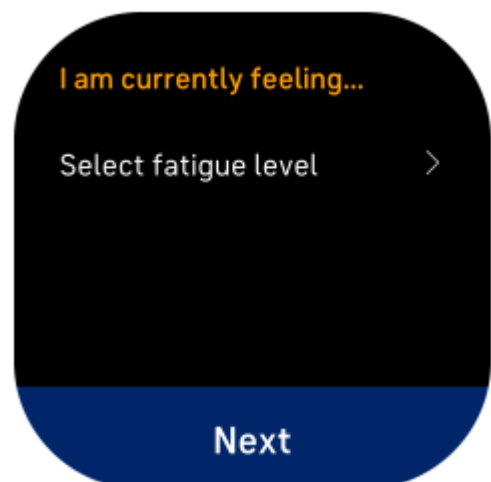


Fig 3.2

You may quit the 'Fatigue Questionnaire' task at any point in time by pressing the button on the left-side of the Fitbit Sense 2 tracker (shown on Fig 3.3) to close the watch app.

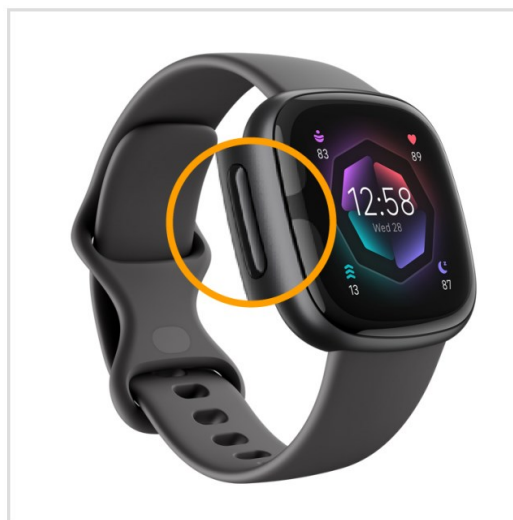


Fig 3.3

Task – PVT

After completing the ‘Fatigue Questionnaire’ task, you will next complete the ‘PVT’ task.

- Tap on the ‘Continue’ button (shown in Fig 4.1) to proceed with the ‘PVT’ task.
- Read the instruction and tap on the ‘Start’ button to continue (shown in Fig 4.2). Then, tap on the ‘Start’ button to begin the ‘PVT’ task.
- If you wish to skip the ‘PVT’ task, tap on the ‘Skip’ button (shown in Fig 4.1).

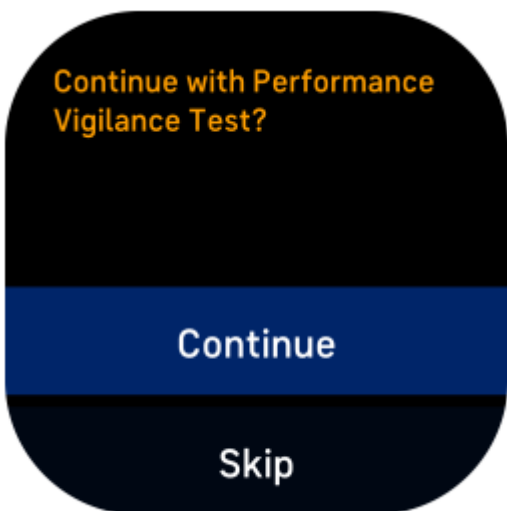


Fig 4.1

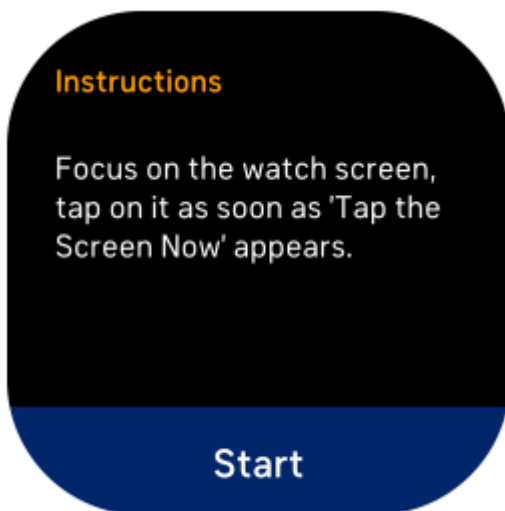


Fig 4.2

The ‘PVT’ task begins with a blank blue background.

- At random intervals, the “Tap the Screen Now” text will appear (shown in Fig 4.3). When this happens, tap anywhere on the watch screen as quickly as you can.
- Depending on your response, follow-up feedback text will appear on the screen (shown in Fig 4.4).
- This then repeats for three mins; note that this timer is hidden; the ‘PVT’ task will end when the timer is up.

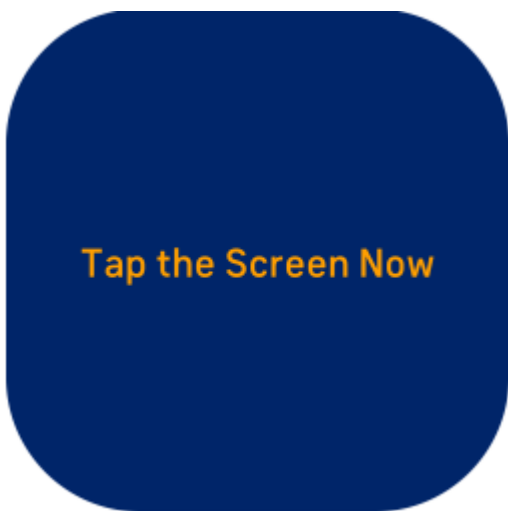


Fig 4.3



Fig 4.4

You may quit the ‘PVT’ task at any point in time by pressing the button on the left-side of the Fitbit Sense 2 tracker (shown on Fig 4.5) to close the watch app.

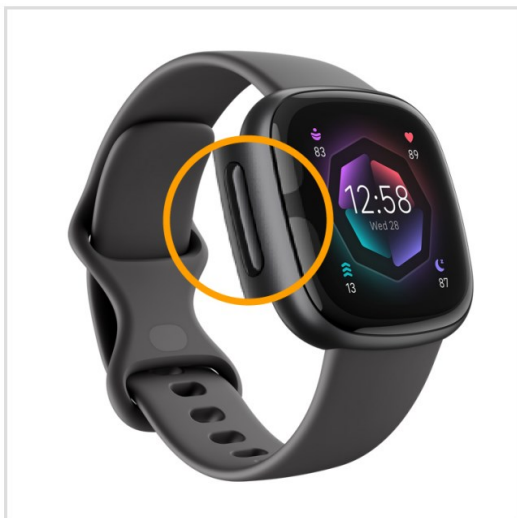


Fig 4.5

Completion Page

When you complete the 'Fatigue Questionnaire & PVT' task, you will be presented with a confirmation page (shown in Fig 5.1).

- If you choose to skip the 'PVT' task after completing the 'Fatigue Questionnaire' task, a confirmation page will also be presented.
- Tap on the 'Exit' button to return to close the watch app.

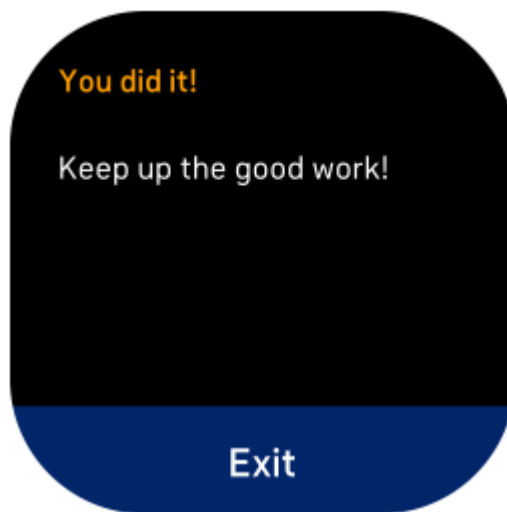


Fig 5.1