

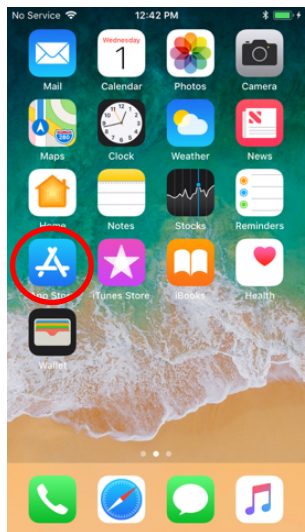


fitabase

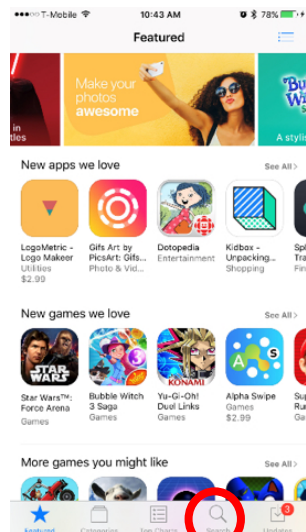
Device Blinding: Alta HR

Last Updated: 11/06/2017

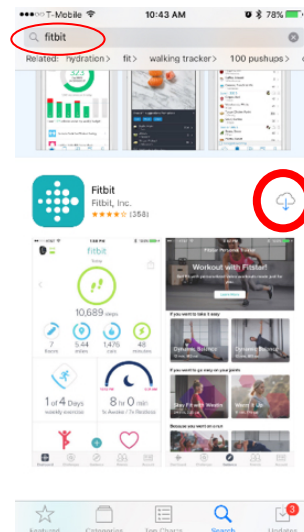




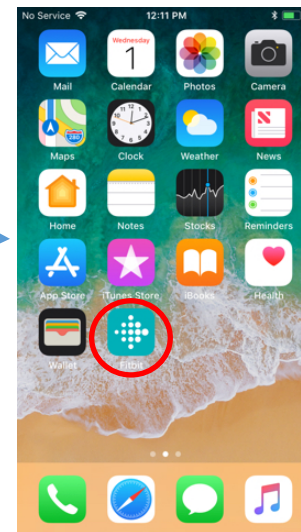
To download the app, first click on the app store icon on the patients phone.



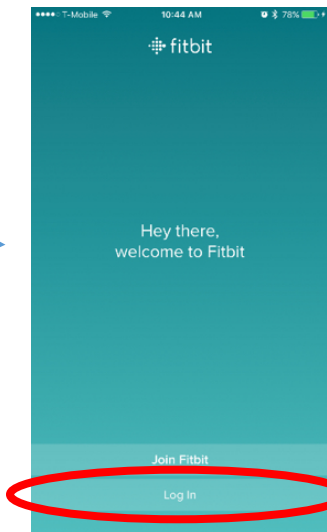
Then click the search icon at the bottom of the app store homepage.



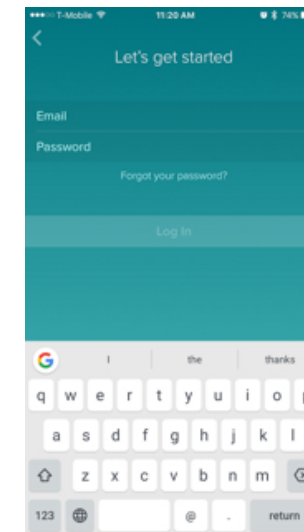
Then type Fitbit into the search box and download the Fitbit app.



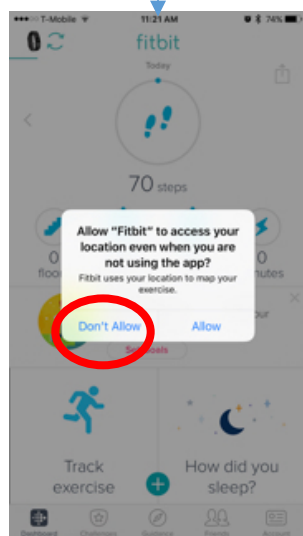
Then open the Fitbit app on the patients phone.



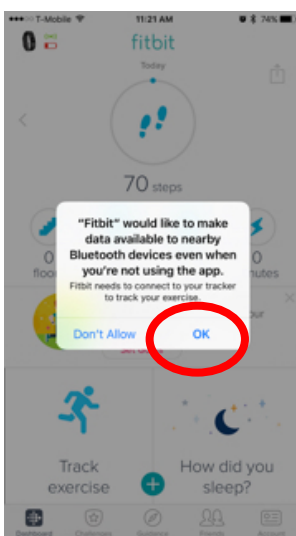
Once it is opened, click the log in button on the page



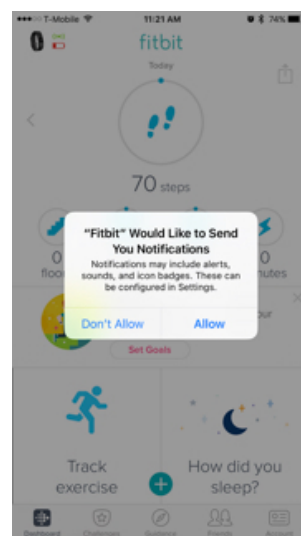
Type in the email and password of the Fitbit account associated with this device. Then click Log In.



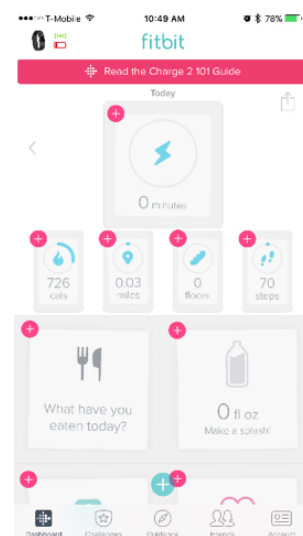
Now, click "Don't Allow" so the Fitbit will enable GPS data logging.



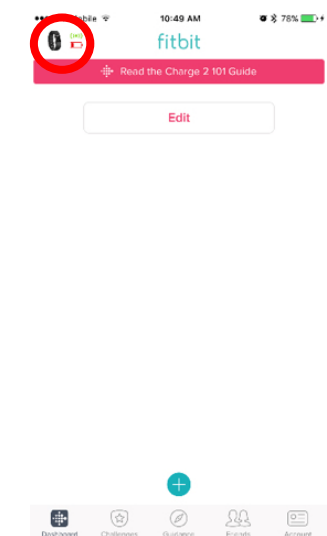
Click "OK" so the data is synced through Bluetooth.



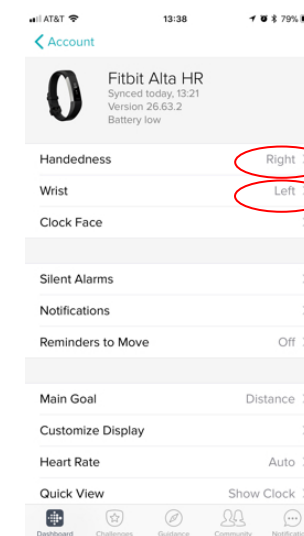
Click "Allow" if you want the app to push battery notifications.



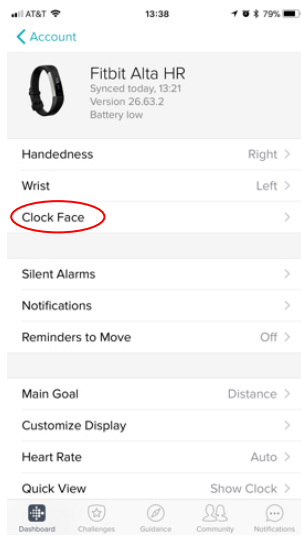
Push and hold on the steps icon until all boxes have "x" in the top left corner. Click all the "x" buttons until they look pink as shown above.



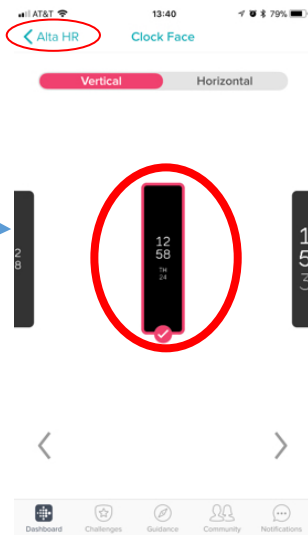
Next, click the Fitbit icon in the top left.



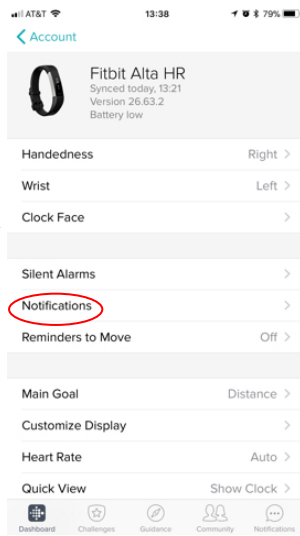
Check to make sure the handedness and wrist match the participant's preferences.



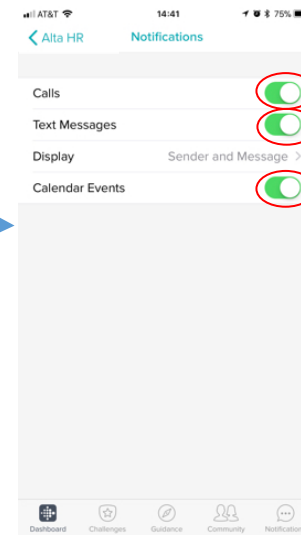
Next, click the “Clock Face” button.



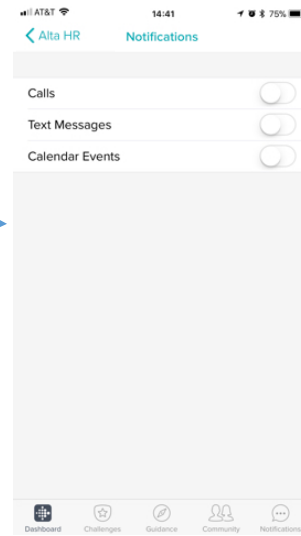
Select a clock that only shows time then go back by clicking the “Alta HR” button.



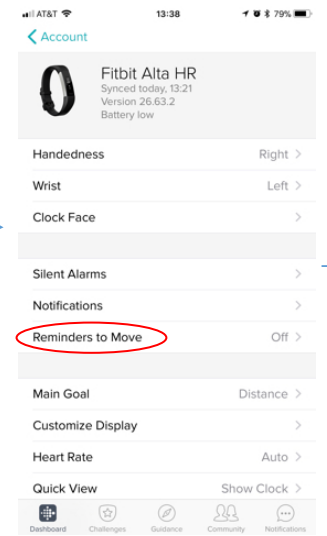
Now, click the “Notifications” button.



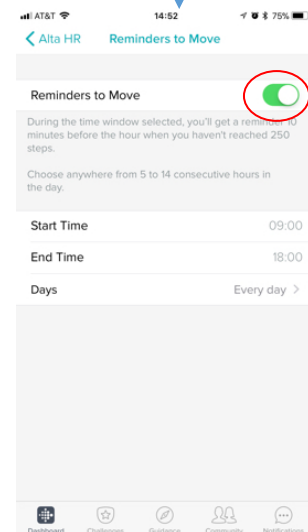
Unselect all three of the options shown above by swiping them from right to left.



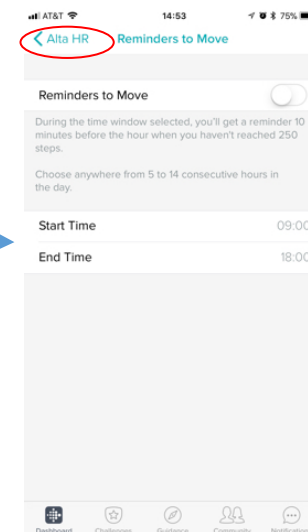
Once this is done it should look as above. Now, go back by clicking the “Alta HR” button.



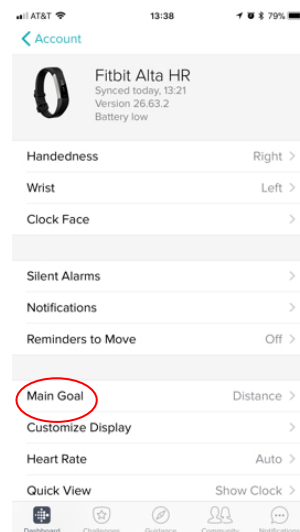
Next, click the “Reminders to Move” button.



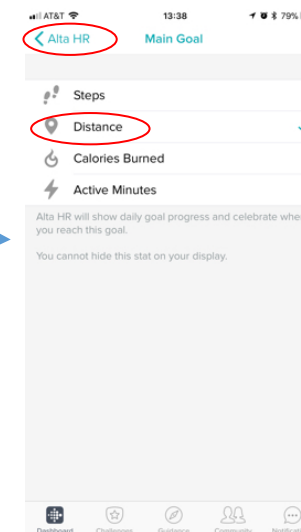
Swipe from right to left to deselect the reminders to move.



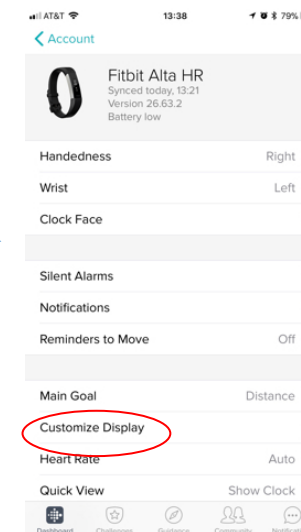
Once deselected it will lose the green color and look as shown above. Go back again using the “Alta HR” button.



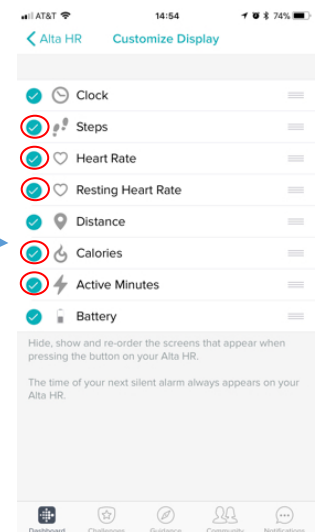
Now, click the “Main Goal” button.



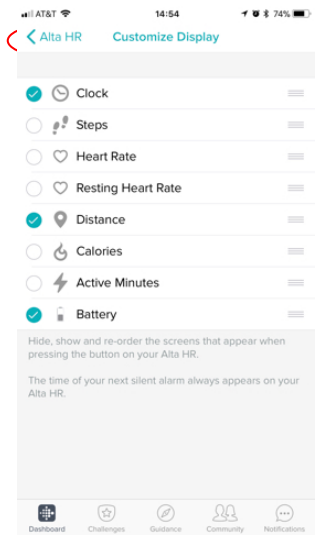
Click on distance to change the main goal and then go back by clicking the “Alta HR” button.



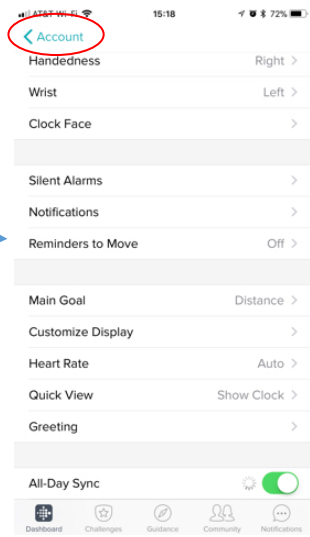
Now, click the “Customize Display” button.



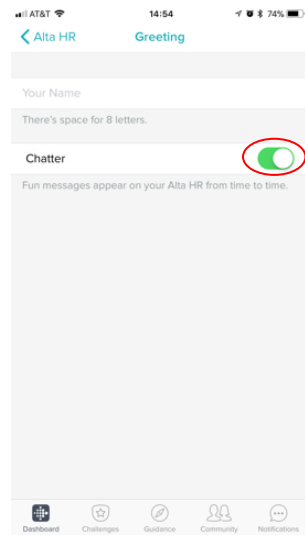
Deselect all the options, except clock, distance and battery by click on the checks.



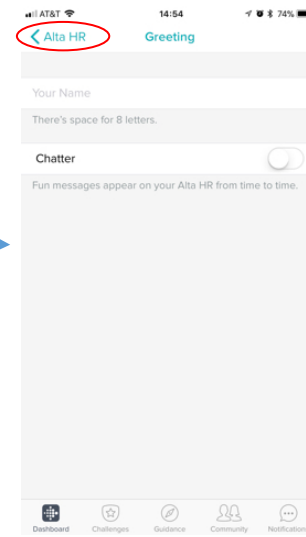
Once that is done it should look as above and go back by clicking the "Alta HR" button.



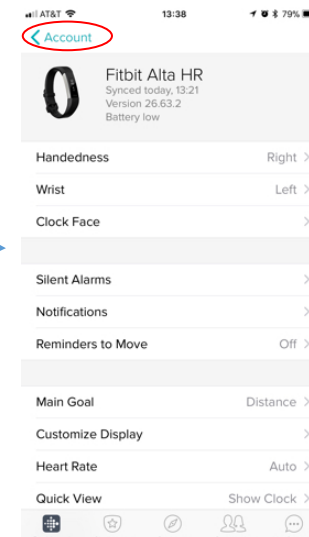
Click the "Greeting" button.



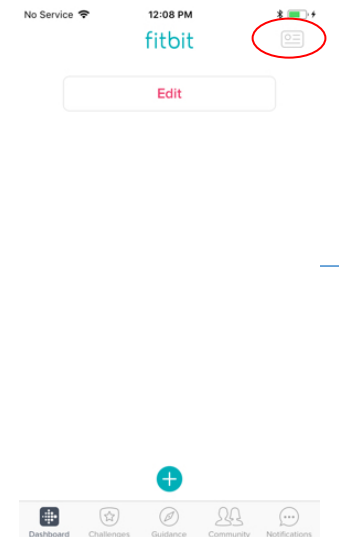
Swipe from right to left on the Chatter button to deselect it.



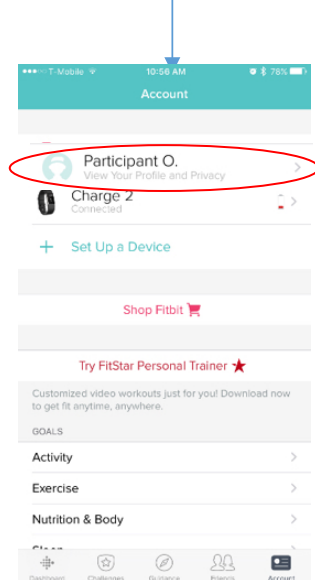
Once the page looks as above, click the "Alta HR" button.



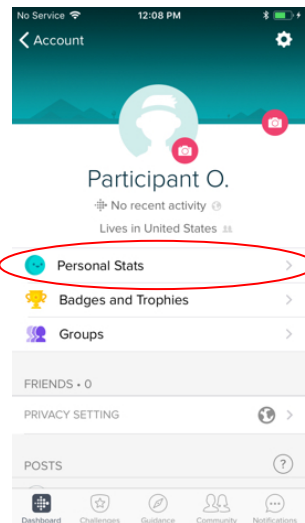
Click the "Account" button in the top left corner.



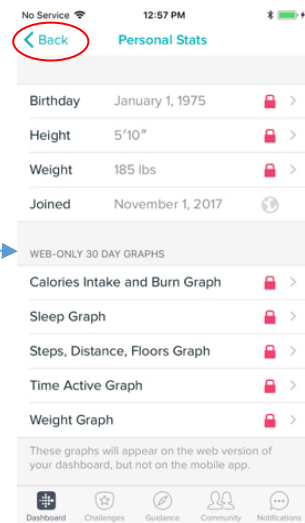
Click the "Account" icon in the top right of the screen.



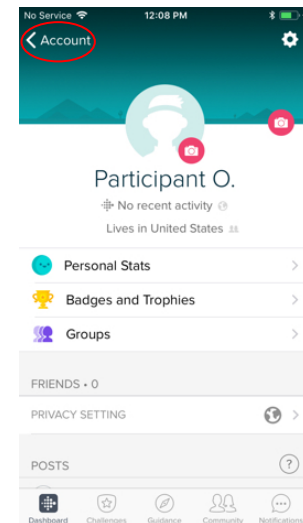
Click on the Current Name In the Top Account Box.



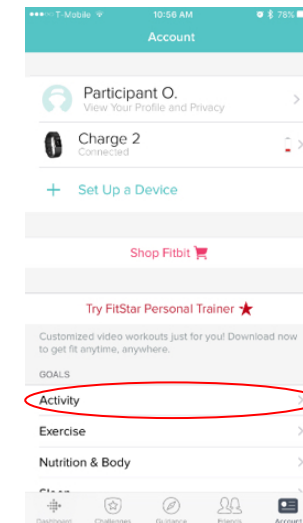
Click the "Personal Stats".



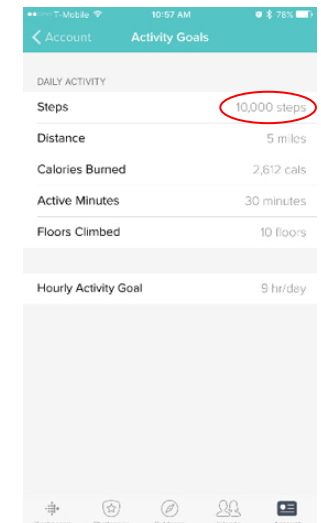
Change all the profile information to match the current patient. Also set all variables/graphs to private.



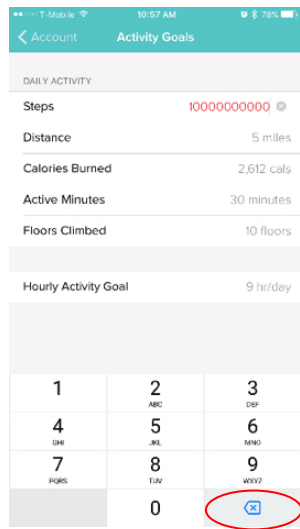
Double check the Name is changed in the top of the page. If it is, click the "Account" button in the top left corner.



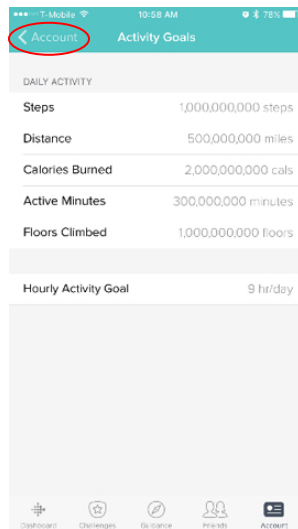
Click the "Activity" button.



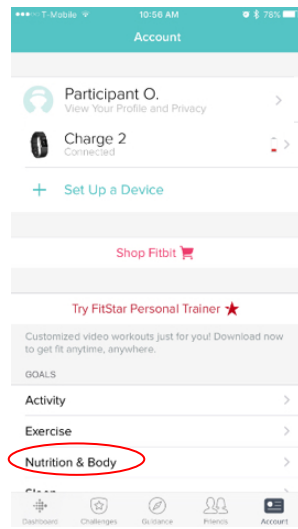
Select the Steps button and start typing O's.



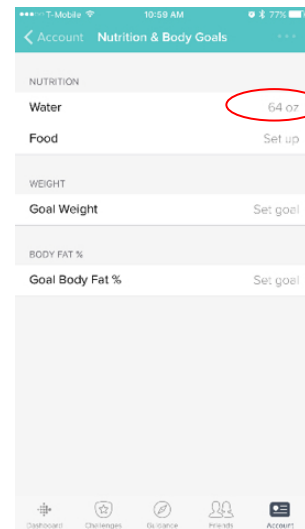
Once you see the number go red, click the delete button until it goes back to grey.



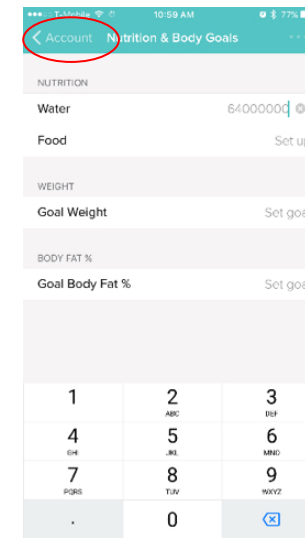
Repeat this for all other Daily Activity Measures until the Goals are set at unreachable numbers. Then click the "Account" button.



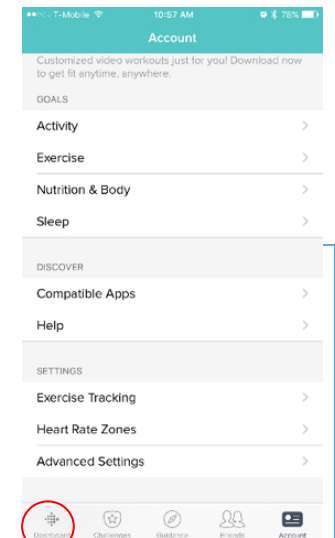
Click the "Nutrition & Body" button.



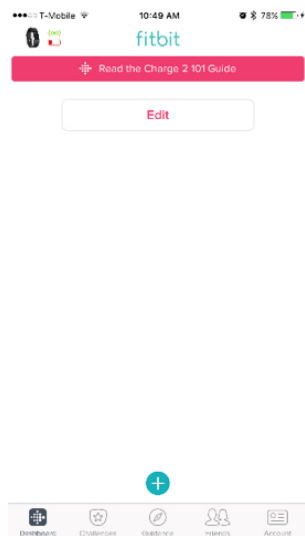
Set the water so that it is an unrealistic number using the same method as before.



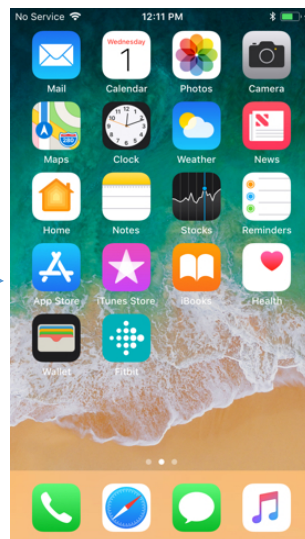
Once the water is a high number, click the "Account" button.



Now click dashboard in the bottom left corner.

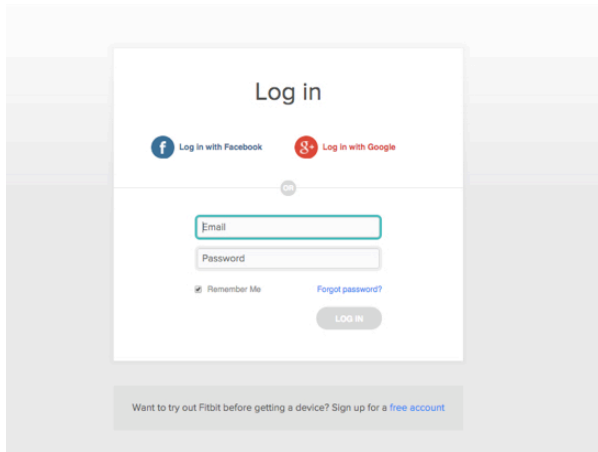


Now close the app so that the phone is at the home screen.

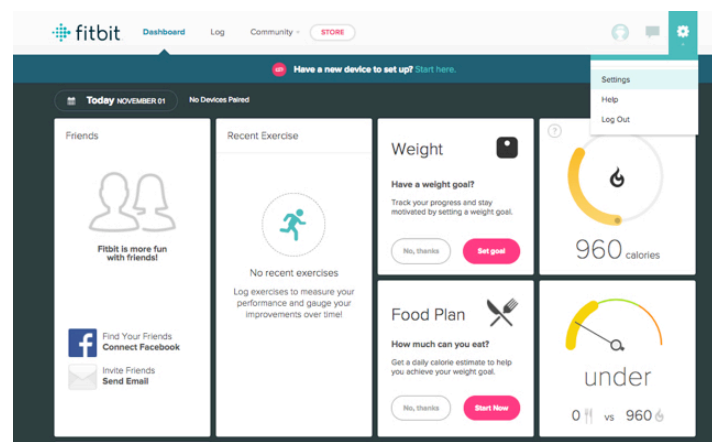


The Fitbit app is officially set up!

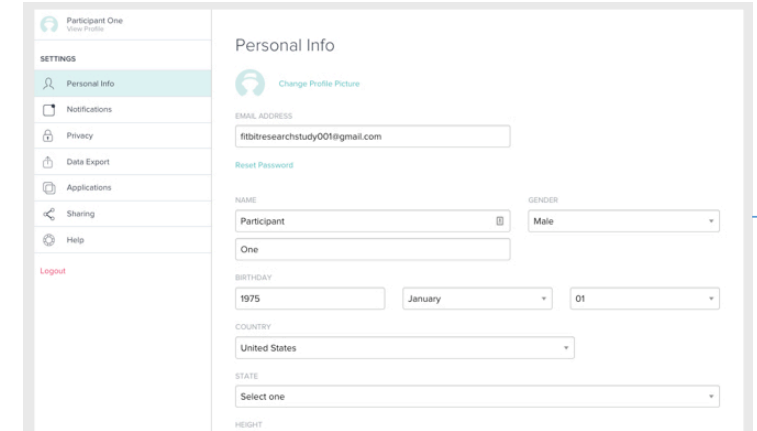
See next page for notification and privacy setup



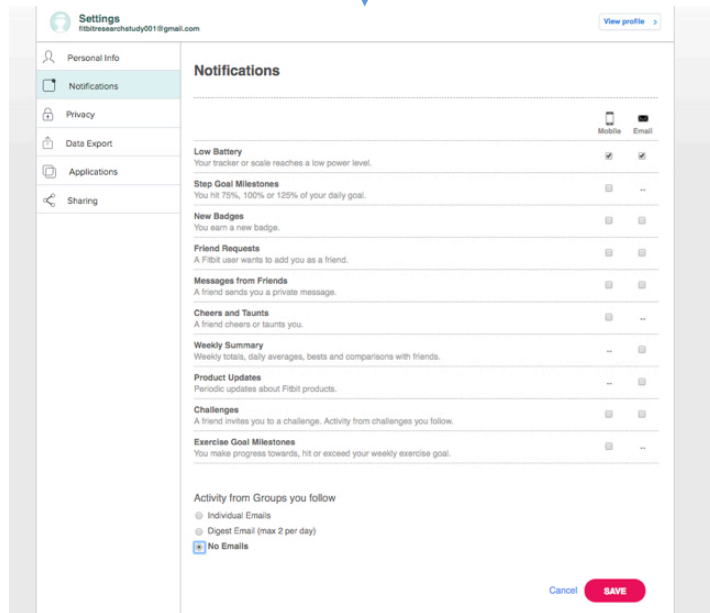
Login to Fitbit.com with the participant profile account



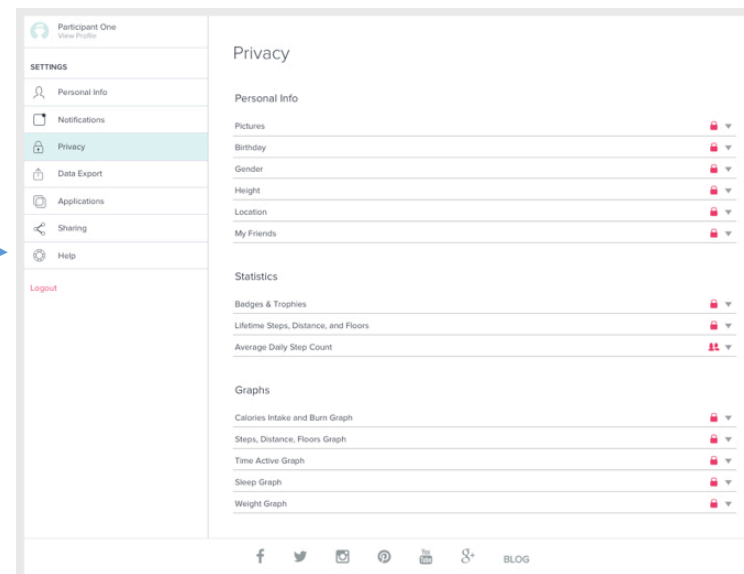
Click the gear icon in the upper left corner and choose "Settings"



Update participant information under the "Personal Info" section if needed.



Remove all notification options except for "Low Battery" and click "Save"



Enable the "Private" setting on all **Personal Info**, **Statistics**, and **Graphs**.



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