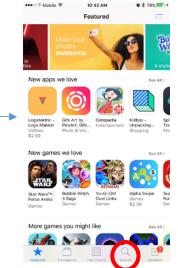
FIGED35 Device Blinding: Alta

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.



10:43 AM

•••• T-Mobile

Q

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

11/21 AM

🛡 🕸 74% 🛲



Then open the Fitbit app on the patients phone.

10:49 AM

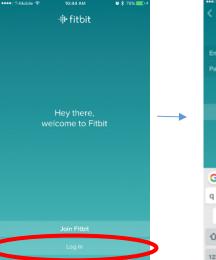
fitbit

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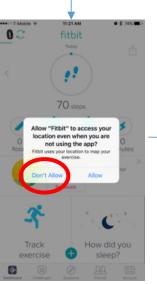
a 🖇 78% 🎫 +

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

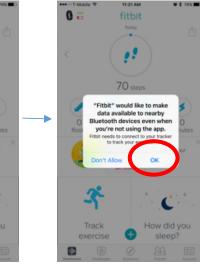
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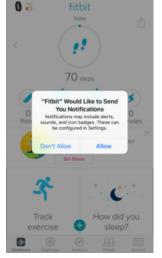
Type in the email and password of the Fitbit account associated with this device. Then click Log In.



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

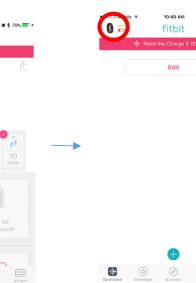


Click "OK" so the data is synced through Bluetooth.



Click "Allow" if you want the app to push battery notifications. Notifications can be edited in the Fitbit.com dashboard.

22 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.

uil AT&T 🗢 ✓ Account	13:39	√ ₩ \$ 79	
Synceo	t Alta d today, 13:15 n 21.40.2 y full		
Handedness		Right	
Wrist		Lef	
Clock Face			>
Silent Alarms			>
Notifications			>
Reminders to Mov	/e	Or	>
Main Goal		Distance	>
Customize Display	y		>
Quick View		Show Clock	< >
Greeting		TEST	>
Deshboard Challenges	Guidance Co	RA (mmunity Notific	ations

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

ccount	Clock Face	< Account	Alta Notifications	III AT&T III AT&T III AT&T IIII AT&T IIII AT&T IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII	ull AT&T ♥ 13:39 -7 ♥ \$ 79% ■) ✓ Account
Fitbit Alta		Fitbit Alta			Fitbit Alta
Synced today, 13:15 Version 21.40.2 Battery full	Vertical Horizontal	Synced today, 13:15 Version 21:40.2 Battery full	Calls Text Messages	Reminders to Move	Synced today, 13:15 Version 21:40.2 Battery full
edness Right >		Handedness Right >	Display Sender and Message >	minutes before the hour when you haven't reached 250 steps.	Handedness Right >
Left >		Wrist Left >	Calendar Events	Choose anywhere from 5 to 14 consecutive hours in the day.	Wrist Left >
Face >	→ <u>12</u> <u> </u>	Clock Face		Start Time 09:00	Clock Face
Marms	2 12 <u>1</u> 58 <u>5</u>			End Time 18:00	
Alarms > ations >	8 TH 3	Silent Alarms			Silent Alarms >
ders to Move On >		Notifications			Notifications >
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Challenges Guidance Community Notifications	🖶 🔄 🖉 🚨 💬			Image: Image	Greeting TEST >
	Select a clock that only	Dashboard Challenges Guidance Community Notifications	Dashboard Challenges Guidance Community Notifications	Dashboard Challenges Guidence Connectly Netficiences	Dashboard Challenges Guidance Community Notifications
ext, click the "Clock Face"	shows time then go back by	Now, click the	Unselect all three of the	look as above. Now, go	Next, click the "Reminders
tton.	clicking the "Alta" button in	"Notifications" button.	options shown above by	back by clicking the "Alta"	to Move" button.
			swiping them from right to		to move buttom
	the top left.		left.	button again.	
 ↑ ■ \$ 75% ■ ○	the top left.	adi AT&T ♥ 13:39		button again. III.atar ♥ 13:39 4 € 8 79% ■) ≮Account	uti AT&T ♥ 14:53 ✔ ♥ ¥ 74% ■) ✓ Alta Customize Display
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Reminders to Move	util ATAT 14:53 1 \$ \$ 75% \$ Alta Reminders to Move Reminders to Move During the time window selected, you'll get a reminder 10	Account	Ieft. Alta Main Goal	ul AT&T ♥ 13:39 √ ■ \$ 79% ■) <a>Account	
Reminders to Move	Alta Reminders to Move	Count Fitbit Alta Synced today, 1315 Version 2140.2 Battery full	left. • Il AT&T T 13:39 T T 79% (1) Alta Main Goal g Steps Distance V	Account Synced today, 13-15 Version 2140.2 Battery full	 < Alta Customize Display ♦ ○ Clock ♦ € Steps ■
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Reminders to Move Inders to Move the time window selected, you'll get a remove to the before the hour when you haven't reached 250 anywhere from 5 to 14 consecutive hours in Time 09:00 time 18:00	III ATAT IIII ATAT IIIII ATAT IIIII ATAT IIIII ATAT IIIIIII ATAT IIIII ATAT III	Account Fitbit Alta Synced today: 1315 Version 21:40.2 Battery full Mandedness Right > Wrist Left >	left.	III.1781 13:39 III.1791 III.1791 Cocount Fitbit Alta Synceat today, 13:15 Version 21:40.2 Battery full Synceat today, 13:15 Version 21:40.2 Battery full Handedness Right > Wrist Left >	 ✓ Alta Customize Display ② ○ Clock ③ ♀ Steps ③ ♀ Distance ③ ♀ Calories ④ ∳ Active Minutes ◎ ∳ Active Minutes ◎ ♀ Battery
Reminders to Move	IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII	Account D Fitbit Alta Synced today, 1315 Version 21:402 Handedness Right > Wrist Left > Clock Face >	left.	IIIATAT 13:39 IIIATAT Account IIIATAT D Fibit Alta Synced today, 13:45 Version 21:40:2 Battery full Handedness Right > Wrist Left > Clock Face >	✓ Ata Customize Display ② ③ ③ ③ ③ ⑦ ⑦ ⑦ Ø ③ Ø ④ Ø ④ Ø ④ Ø ✓ Ø ✓ Ø ✓ Ø ✓ Ø ✓ Ø ✓ Ø ✓ Active Minutes Ø ✓ Battery Hide, show and re-order the screens that appear when pressing the button on your Ata.
Reminders to Move Inders to Move the time window selected, you'll get a remove to the before the hour when you haven't reached 250 anywhere from 5 to 14 consecutive hours in Time 09:00 time 18:00	IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII	Account Priticit Alta Synced today, D35 Battery full Handedness Right > Wrist Left > Clock Face > Silent Alarms >	left.	III ATAT III.39 III.79% IIII.79% IIII.79% IIII.79% IIII.79% IIII.79% IIII.79% IIII.79% IIIIIIIIII.79% IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII	 ✓ Alta Customize Display ② ○ Clock ③ ♀ Steps ③ ♀ Distance ③ ♀ Calories ④ ∳ Active Minutes ◎ ∳ Active Minutes ◎ ♀ Battery
Reminders to Move Inders to Move the time window selected, you'll get a receive to to s before the hour when you haven't reached 250° anywhere from 5 to 14 consecutive hours in c Time 09:00 Time 18:00	IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII	Account D Fitbit Alta Synced today(1315 Version 21:402 Battery full Handedness Right > Vrist Left > Clock Face > Silent Alarms > Notifications > Reminders to Move On >	left.	III ATAT 13:39 7 • • • 7 9% • • • • • • • • • • • • • • • • • •	 ✓ Ata Customize Display ✓ Clock ✓ Clock ✓ P Steps ✓ Distance ✓ Calories ✓ Active Minutes ✓ Eatery ✓ Battery ✓ Hide, show and re-order the screens that appear when pressing the button on your Ata. The time of your next silent atam always appears on
Reminders to Move Inders to Move the time window selected, you'll get a receive to to s before the hour when you haven't reached 250° anywhere from 5 to 14 consecutive hours in c Time 09:00 Time 18:00	IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII	Account D Fitbit Alta Synced today, 1315 Version 21:402 Battery full Handedness Right > Vrist Left > Clock Face > Silent Alarms > Notifications >	left.	IATAT 13:39 7 • • • 7 9% • • • • • • • • • • • • • • • • • •	 ✓ Ata Customize Display ✓ Clock ✓ Clock ✓ P Steps ✓ Distance ✓ Calories ✓ Active Minutes ✓ Eatery ✓ Battery ✓ Hide, show and re-order the screens that appear when pressing the button on your Ata. The time of your next silent atam always appears on
Reminders to Move Inders to Move the time window selected, you'll get a receive to to s before the hour when you haven't reached 250° anywhere from 5 to 14 consecutive hours in c Time 09:00 Time 18:00	IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII	Account D Fitbit Alta Synced today(1315 Version 21:402 Battery full Handedness Right > Vrist Left > Clock Face > Silent Alarms > Notifications > Reminders to Move On >	left.	IIATAT I3:38 IIATAT Image: Constraint of the state of	 ✓ Ata Customize Display ✓ Clock ✓ Clock ✓ Steps ✓ Distance ✓ Calories ✓ Active Minutes ✓ Eatery Fide, show and re-order the screens that appear when pressing the button on your Ata. The time of your next silent alarm always appears on
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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" button.

Now, click the "Main Goal" button.

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

Now, click the "Customize Display" button.

	Dashboard	Challenges	Guidance	Community	Notifications
De	eselec	t all t	he op	tions,	except
clo	ock, d	istand	ce, an	d batt	ery by
cli	ck on	the c	hecks	5.	

Alta Customize Display	Account	Alta Greeting	C Alta Greeting	Account	fitbit 🤇 🕮
	Handedness Right >		\bigcirc	Fitbit Alta	
🛇 Clock 🔤	Wrist Left >	Your Name	Your Name	Synced today, 13:15 Version 21.40.2	Edit
• Steps	Clock Face >	There's space for 8 letters.	There's space for 8 letters.	Battery full	
Distance		Chatter	Chatter	Handedness Right >	
🖞 Calories 👘	Silent Alarms >	Fun messages appear on your Alta from time to time.	Fun messages appear on your Alta from time to time.	Wrist Left >	
4 Active Minutes	Notifications			Clock Face >	
Battery ==	Reminders to Move Off >		-	→ →	•
show and re-order the screens that appear when ing the button on your Alta.				Silent Alarms >	
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Alta.	Customize Display >			Reminders to Move On >	
	Heart Rate Auto >				
	Quick View Show Clock >			Main Goal Distance >	
	Greeting			Customize Display	
				Quick View Show Clock >	•
	All-Day Sync 🔅 🌑			Greeting TEST >	
ard Challenges Guidance Community Notifications	Image: Construction Image: Construction	Image: Construction	Image: Construction Image: Construction	Dashboard Challenges Guidance Community Notifications	Dashboard Challenges Guidance Community Notification
	Click the "Greeting" button.	Swipe from right to left on the Chatter button to	Once the page looks as above, click the "Alta"	Click the "Account" button	
ve and go back by clicking	Click the "Greeting" button.			Click the "Account" button in the top left corner.	Click the "Account" icon in top right of the screen.
ve and go back by clicking	Click the "Greeting" button.	the Chatter button to	above, click the "Alta"		
ve and go back by clicking Ita" button.	No Service 🌩 12:08 PM 🕴 🔳) +	No Service T12:57 PM T2:57 PM	above, click the "Alta" button.	in the top left corner.	top right of the screen.
ve and go back by clicking Ita" button.	No Service 🌩 12:08 PM 🕴 🔳) +	the Chatter button to deselect it.	above, click the "Alta" button.	in the top left corner.	top right of the screen.
ve and go back by clicking Ita" button.	No Service 12:08 PM C Account C C C C C C C C C C C C C C C C C C C	the Chatter button to deselect it.	above, click the "Alta" button.	in the top left corner.	top right of the screen.
ve and go back by clicking Ita" button.	No Service ♥ 12:08 PM * ■ .+ < Account Participant O.	No Service	above, click the "Alta" button.	in the top left corner.	top right of the screen.
Account Participant O. View Your Profile and Privacy	No Service 12:08 PM Account C Participant O. No recent activity (3)	the Chatter button to deselect it.	above, click the "Alta" button.	in the top left corner.	top right of the screen.
ve and go back by clicking Ita" button.	No Service ♥ 12:08 PM 8 ■ → Account Participant O.	No Service	above, click the "Alta" button.	in the top left corner.	top right of the screen.
ve and go back by clicking Ita" button.	No Service * 12.08 PM Account Account Participant O. No recent activity @ Lives in United States 14 Personal Stats	the Chatter button to deselect it.	above, click the "Alta" button.	in the top left corner.	top right of the screen.
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ve and go back by clicking Ita" button.	No Service	the Chatter button to deselect it.	above, click the "Alta" button.	in the top left corner.	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 participant Also set all variables/graphs to private.

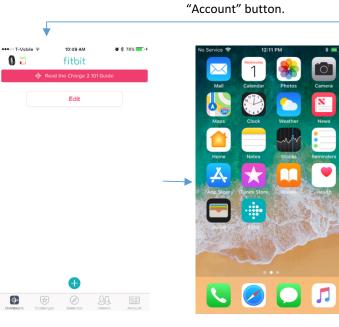
Double check the Name is changed in the top of the page. If it is, click the "Account" button in the top left corner.

Click the "Activity" button.

Select the Steps button and start typing 0's.

		© \$ 78% — }
CAccount	Activity Goa	ls
DAILY ACTIVITY		
Steps		1000000000 ©
Distance		5 miles
Calories Burne	d	2,612 cals
Active Minutes		30 minutes
Floors Climbed		10 floors
Hourly Activity	Soal	9 hr/day
1	2	3
	ABC	DEF
4 0HI	5	6 MNO
7	8	9
PQRS	TUV	W2072
	0	$\langle \Box \rangle$

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



DAILY ACTIVIT

Distance

Calories Burned

Active Minutes Floors Climbed

Hourly Activity Goal

·‡•

Repeat this for all other Daily Activity

unreachable numbers. Then click the

Measures until the Goals are set at

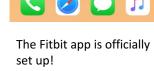
500,000,000 miles

2,000,000,000 cals

9 hr/day

Steps

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



		• \$ 78%
Partici View You	pant O. Ir Profile and Privacy	>
Charge Connecte	e 2	<u>□</u> >
+ Set Up	a Device	
	Shop Fitbit 📜	
Try Fits	Star Personal Traine	*
Customized video to get fit anytime,	workouts just for you! I anywhere.	Jownload now
GOALS		
Activity		>
Exercise		>
Nutrition & Boo	y)	>
		· ·
······································	es Guidance Frie	ndis Account

Click the "Nutrition & Body" button.

		on & Body (
NUTRITION				
Water			0	64 oz
Food				Set up
				a a t up
WEIGHT				
Goal Weigh	nt			Set goal
BODY FAT %				
Goal Body	Fat %			Set goal
-=====================================		Ø	22	
Dashooard C	halenges	Guidance	Friends	Account

Set the water so that it is an

unrealistic number using the

same method as before.

	WEIGHT			
	Goal Weight		Set goal	
	BODY FAT %			
	Goal Body Fat	%	Set goal	
	1	2	3	
		ABC	DEF	
	4	5	6 MND	
	7	8	9	
	PQRS	TUV	WXYZ	
		0	×	
		0	0	
Jnc	a tha wat	or is a his	th numbo	r

64000000 🕲

Set up

NUTRITI

Water

Food

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

		0 🖇 78% 💻 🕅
Customized video v to get fit anytime, an		! Download now
GOALS		
Activity		>
Exercise		>
Nutrition & Body		>
Sleep		>
DISCOVER		
Compatible App	s	>
Help		>
SETTINGS		
Exercise Trackin	g	>
Heart Rate Zone	5	>
Advanced Settin	gs	>
Desitionard Challenger	Guidance F	RA E
ow click	dashhoa	rd in the
ottom let		

See next page for notification and privacy setup

Log in

Image: Comparison of the second of th

≁

View profile >

Login to Fitbit.com with the participant profile account

Settings fitbitresearchstudy001@gmail.com

	Have a new device	to set up? Start here.	Settings
Today NOVEMBER 01 No Der	vices Paired		Help Log Out
Friends	Recent Exercise	Weight Have a weight goal Have a weight goal Knowned by stering a weight goal to the stering a stering	960 calories
Find Your Friends Connect Facebook Invite Friends Send Email	Log exercises to measure your performance and gauge your improvements over time!	Food Plan How much can you eat? Ges a daily calore estimates to help you achieve your weeding goal. Ms. thanks	under 0∦ vs 960 é

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

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Privacy Personal Info Pictures

Birthday

Gender

Height Location

My Friends

Statistics Badges & Trophies

Graphs Calories Intake and Burn Graph

Lifetime Steps, Distance, and Floor Average Daily Step Count

Steps, Distance, Floors Graph

Time Active Graph

Sleep Graph

Weight Graph

SETTINGS	Personal Info		
Q Personal Info	Change Profile Picture		
Notifications	EMAIL ADDRESS		
Privacy	fitbitresearchstudy001@gmail.com		
1 Data Export	Reset Password		
Applications			
≪ Sharing	Participant	GENDER	
Help	One		
ogout	BIRTHDAY		
	1975 January	* 01	*
	COUNTRY		
	United States	*	
	STATE		
	Select one		
	HEIGHT		

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

्र Personal Info	Notifications			Participant One
Notifications	Nouncations			View Profile
Privacy		D		SETTINGS
Data Export	Low Battery	Mobile	Email	Q Personal Info
Applications	Your tracker or scale reaches a low power level.	×	8	Notifications
≪ Sharing	Step Goal Milestones You hit 75%, 100% or 125% of your daily goal.	0	-	Privacy
	New Badges You earn a new badge.			Data Export
	Friend Requests A Fitbit user wants to add you as a friend.			Applications Applications
	Messages from Friends A friend sends you a private message.	8		 Sharing
	Cheers and Taunts A friend cheers or taunts you.			Logout
	Weekly Summary Weekly totals, daily averages, bests and comparisons with friends.	-		
	Product Updates Periodic updates about Fitbit products.	-		
	Challenges A friend invites you to a challenge. Activity from challenges you follow.	0		
	Exercise Goal Milestones You make progress towards, hit or exceed your weekly exercise goal.	0	-	
	Activity from Groups you follow Individual Emails Depet Email (max 2 per day) No Emails			
		Cancel SAVE		
Remove all notification options except for "Low Battery" and click "Save"			w	Enable the Statistics

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

f 🎔 🖸 🔊 🛗 🖇 BLOG

FIGED35E Want to learn more?

hello@fitabase.com

Last Updated: 11/01/2017