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| Dear Study Participant, In this package is your Withings watch, which you should wear at all times (including when you sleep) throughout the course of the study. Additionally, please be sure to not modify your physical activity level upon first wearing the watch. We are looking for your usual daily activity level.Here are instructions for setting up your Withings and connecting it to our study platform:1. First, make sure that Bluetooth is turned on for your smart device.
2. Open the box and remove your Withings watch and accessories.
3. Download the Withings Health Mate App on your smartphone or tablet by visiting the App store or Google Play store. Search “Withings Health Mate”—the logo appears like this:
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1. Open the app on your smartphone or tablet. Tap Devices at the bottom of the screen, then select Install a Device. Select Watches followed by [Insert watch model]. Lastly, tap Install.
2. Push the reset button located at the back of your Nokia Steel using the tool it came with. Your watch should vibrate once. If it doesn’t vibrate, try changing the angle of the tool when you push the reset button.
3. Make sure your watch is near your phone or tablet. Tap Next. You may need to press the reset button again if your device cannot detect your Nokia Steel on its own.
4. You will be prompted to provide some information about yourself to create your Health Mate account. Follow the prompts to provide your email address and create a password for your account. Next, provide your height, gender, weight, and date of birth. **You will need to enter this password again later on, so you may want to write it down or make sure it is something you will remember.** Tap Create.
5. When prompted to, slide your finger on the wheel displayed in the app until the minute hand reaches the 0 mark. Tap Next.



1. Slide your finger on the wheel displayed in the app until the hour hand reaches the 0 mark. Tap Next.
2. Slide your finger on the wheel displayed in the app until the activity hand reaches the 0 mark. Tap Next.
3. Tap and slide the daily step goal up or down to select the goal you want. The range for your goal is between 3,000 and 15,000 steps a day.
4. Tap OK.
5. Once you have set up your watch, log into our study website at [insert website address]
6. Login with your username or email address and password (email or call the study team if you need a password reset).
7. Click on the step entitled “Device Authorization”.
8. Click “Continue” and type in your **Withings credentials** (that you just created) into the Withings sign on page. This will bring you to the Device Authorization page, please click “I agree” if you agree.

Please let us know if you have any questions while setting up your device or if you need any assistance. Once you successfully complete these steps, you will receive a message from our study team. Please wear the device at all times, including while you sleep.

Don’t forget to sync your device every night before you go to bed. To sync, simply ensure your Bluetooth is enabled on your phone, and then open the Health Mate app with your device nearby, and pull down on the screen.

We look forward to working with you and help you to stay active throughout the study!

All the best,