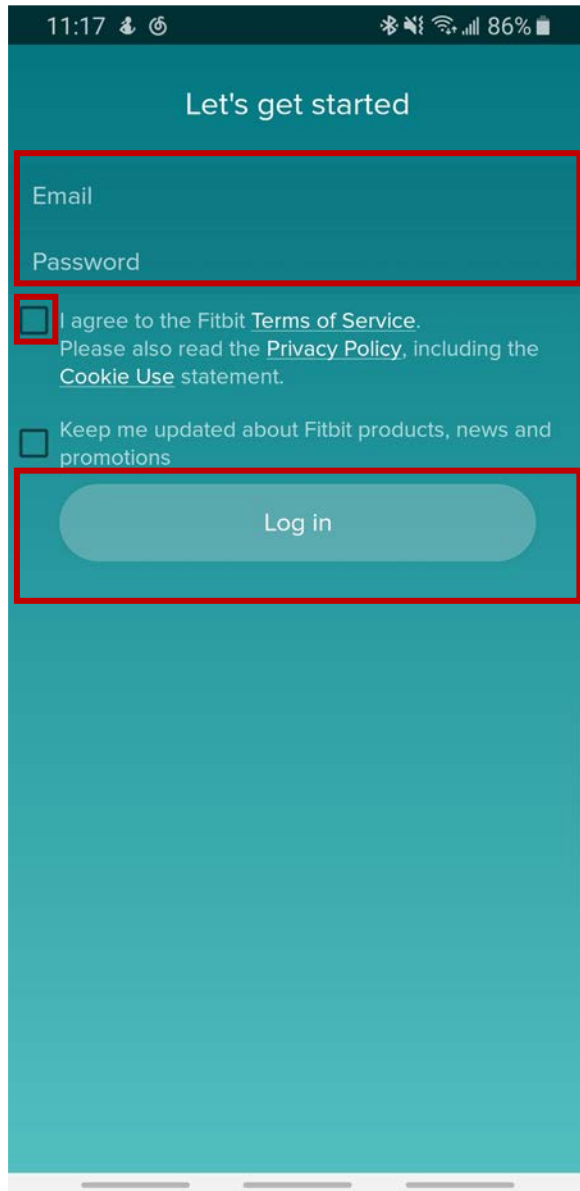
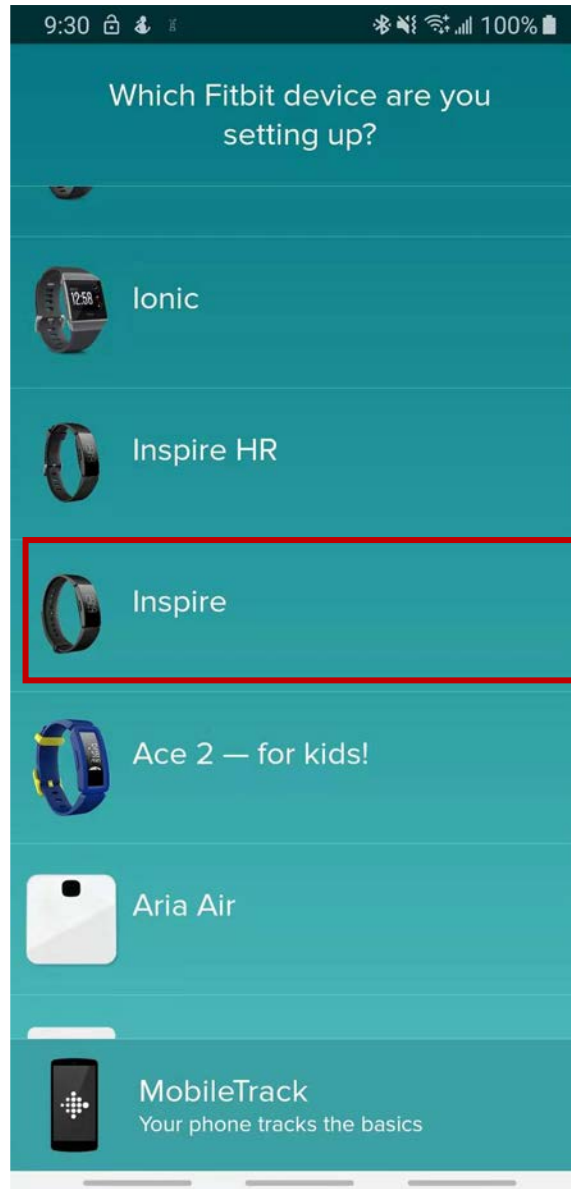
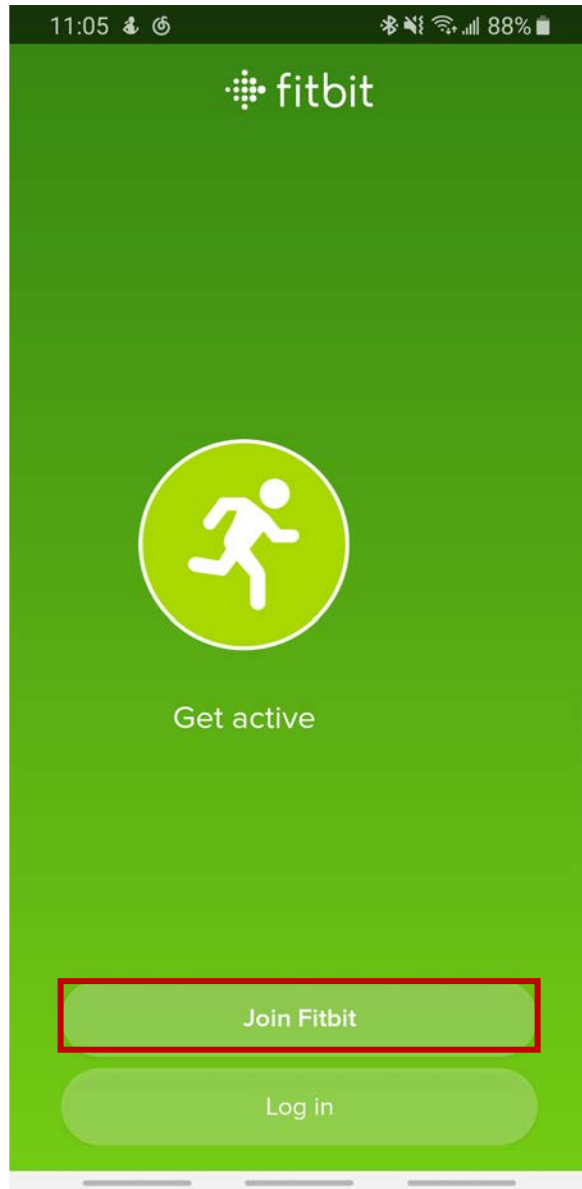
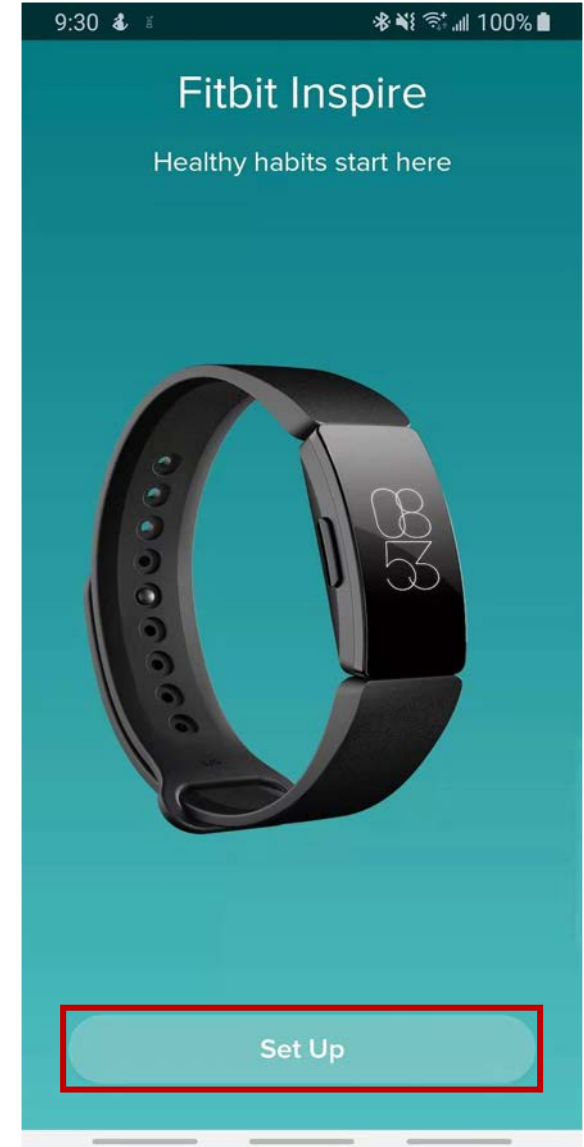
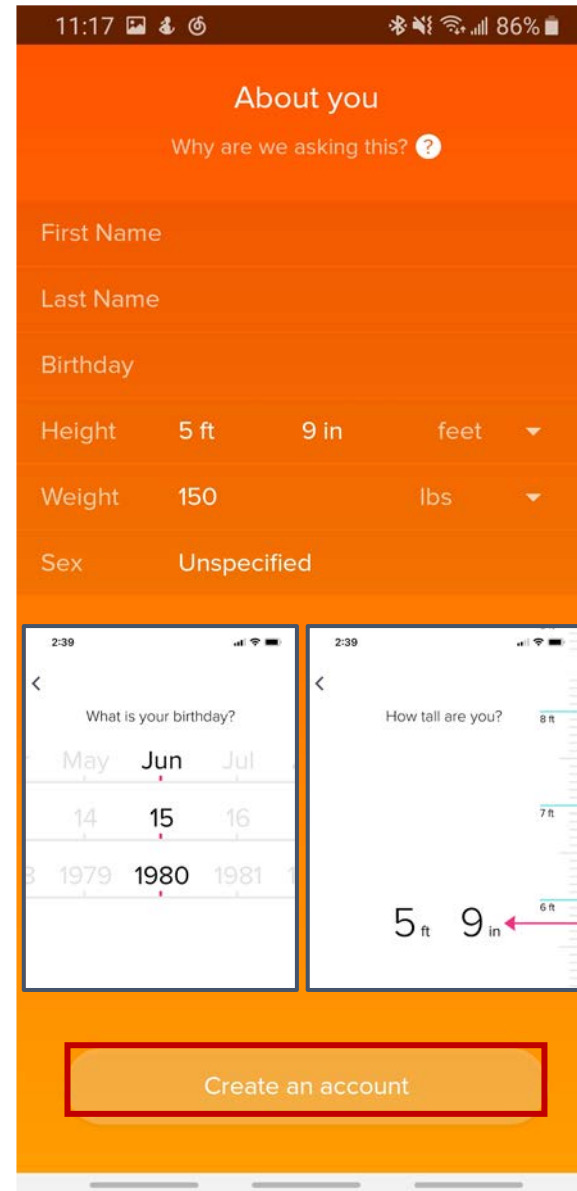
UWEXP Installation Instruction

iOS

UWEXP Installation Instruction

Fitbit

Join Fitbit

Select the provided device. (Here using Inspire as an example) If using Flex2, choose it from the list. The remaining steps are similar.

Join Fitbit

Enter the provided email address and the password. Read Fitbit Terms of Service and check the box

Then press Log in to Join Fitbit

Enter your data then press Create an account

Connect the Fitbit Device

16:08 ⸜ LTE

< **Read our terms & policies.**

- we use the information we receive to deliver our services, improve them, and research and develop new ones. In particular, we use the information to personalize our services, make inferences, and show you more relevant content. For example, with some devices, we use the information obtained from your device, along with other information, to provide you with insights into your sleep cycles and fitness level.
- You can unpair your device through your account settings and use tools provided to delete personal information associated with your account. You can always delete your account at any time.

I agree to Fitbit using my information, including the information collected from my device, in the ways described in the Privacy Policy and summarized above. I understand that I can later withdraw this consent using my account settings or other tools for deleting my data or my account.

You must read this before you can confirm.

I Agree

Scroll to the end after reading

9:30 ⸜ 100%

Charge your Inspire

Let your device charge throughout the setup process. Connect the device to the charging cable and make sure the gold pins are aligned. The charger should magnetically snap into place.

Next

Connect the Fitbit Device

9:30 AT&T 🖼 ⚗ 🗄   ∦ ⁑ 🛜 ⁂ 📶 100% 🔋

Power up

Plug the charging cable into a USB port. Connect it to your tracker and make sure the gold pins are aligned.

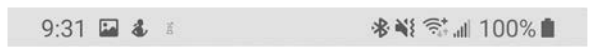
Searching

Troubleshooting when connecting the Fitbit to the phone

- **Cannot find the device**
    - Quit the pairing and restart the pairing
    - If it did not work, go to somewhere **away from other active Fitbit devices** and restart pairing
    - If it did not work, **kill the Fitbit App at the background** and open it again, then restart pairing.
    - If not work, **turn off and turn on phone Bluetooth**. Next, restart the pairing

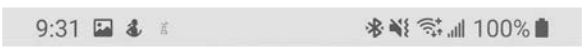
- Once found, it should be alright. But note that connecting the device may take several minutes

Connect the Fitbit Device

9:31 📷 🔋 ⚡   🔵 📶 🛜 📶 100% 🔋

Enter the 4 digits on your device's display

Not working?

9:31 📷 🔋 ⚡   🔵 📶 🛜 📶 100% 🔋

fitbit
PROTECTION PLAN

Protect Your New Device

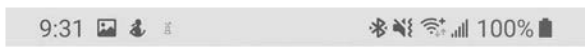
Covers damage from accidents like drop, spills, and cracked screens from day 1 and mechanical and electrical breakdowns after the Fitbit manufacturer warranty.

Powered by **Square Trade**

PURCHASE

NOT NOW

12

9:31 📷 🔋 ⚡   🔵 📶 🛜 📶 100% 🔋

Try it on.

It's the moment your wrist has been waiting for!.

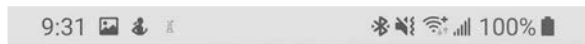
Wear your device loosely enough to slide up and down your wrist.

During workouts, secure the band so that it lays flat, 2-3 finger-widths above your wrist bone.

Put on the Fitbit sensor

Next

Connect the Fitbit Device

9:31 🖼 🐌 ⚡   ⚙ ❌ 📶 📶 100% 🔋

Change out your band

Swap your band for larger sizes or a variety of stylish accessory options. Fitbit accessories are designed to work best with our products.

Insert the pin in the left hole first.

Keep the band at an upwards angle. Then slide the ball pin inwards while pushing the band into the slot.

Next

Several Next

9:31 🖼 🐌 ⚡   ⚙ ❌ 📶 📶 100% 🔋

Swipe up and down

Swipe up to reveal health stats and swipe down to show menu options

12,407

Next

9:31 🖼 🐌 ⚡   ⚙ ❌ 📶 📶 100% 🔋

Tap icon

Opens a feature

Timer

Next

Connect the Fitbit Device

Product care tips

Clean your band and wrist regularly with a soap-free cleanser.

If your device gets wet, re-move and dry it completely after your workout.

Take your band off from time to time. If your skin gets irritated, be sure to remove your tracker.

When charging the tracker, make sure there aren't any metal objects such as jewelry near the charger. Once you're done charging, unplug the charger.

Click here for more product care information.

Next

Several Next

All set!

Now, get moving and make every moment count.

Learn About Inspire

Done

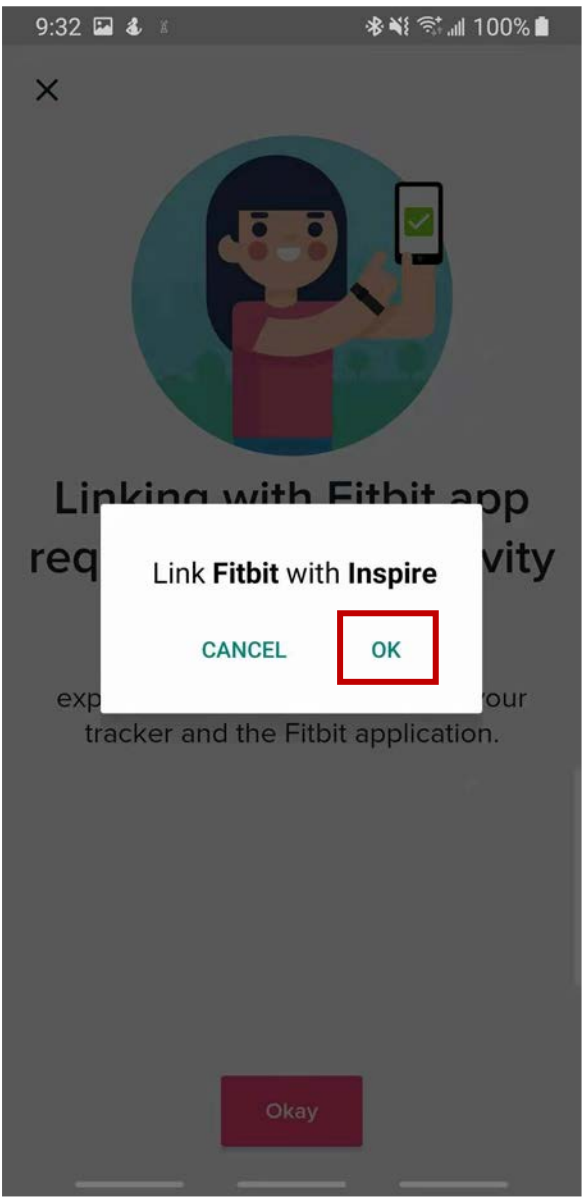
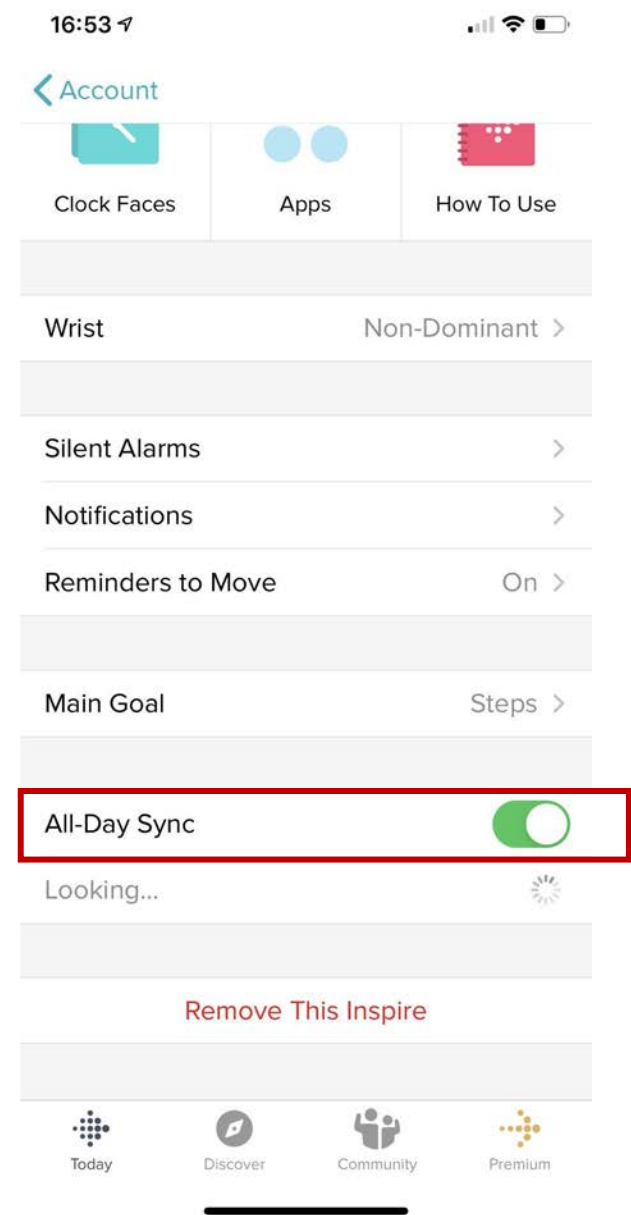
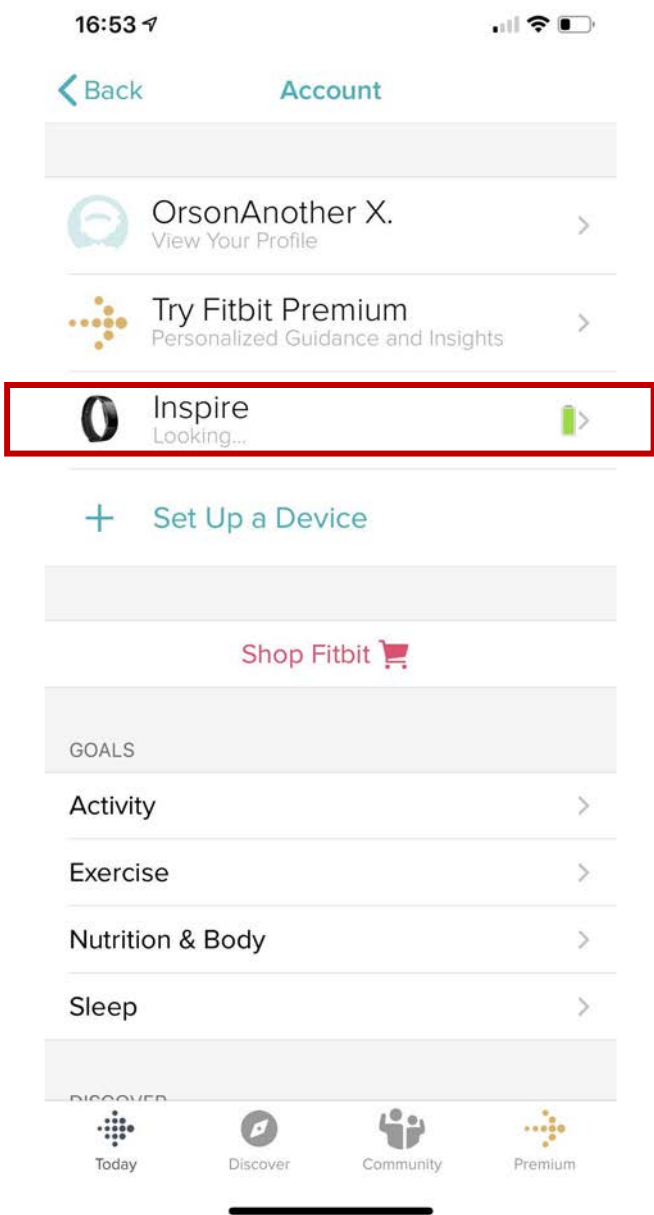
All set!

Linking with Fitbit app req... ...vity

Link **Fitbit** with **Inspire**

CANCEL   OK

exp... ...our tracker and the Fitbit application.

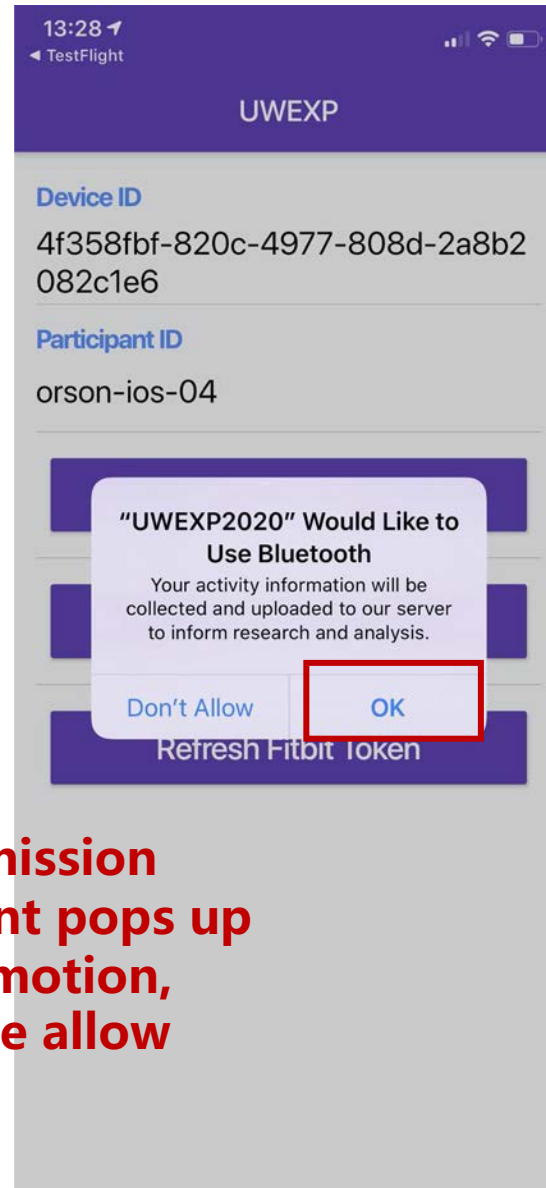
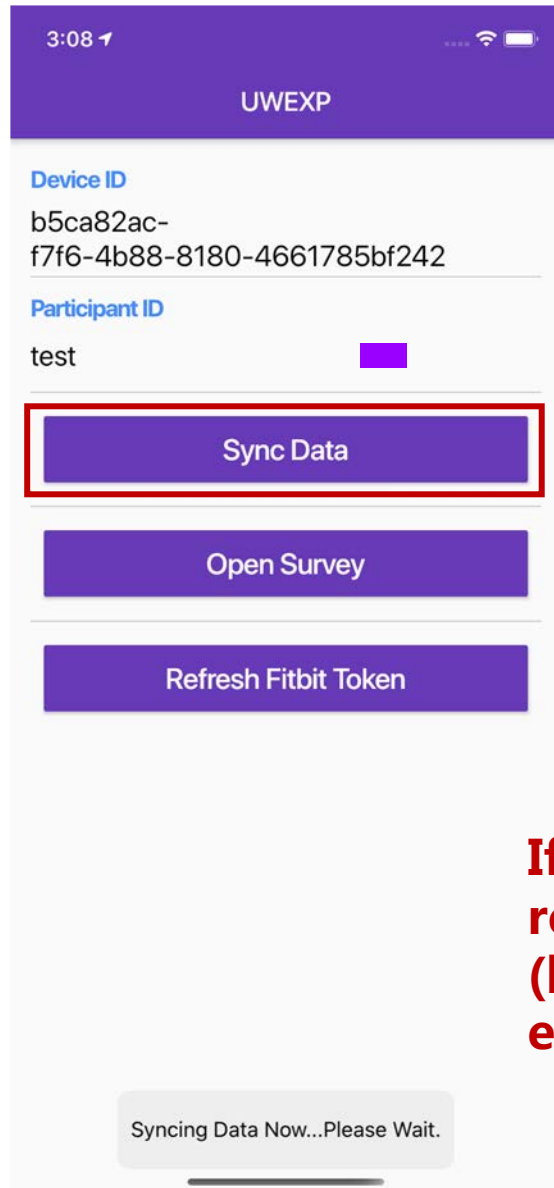
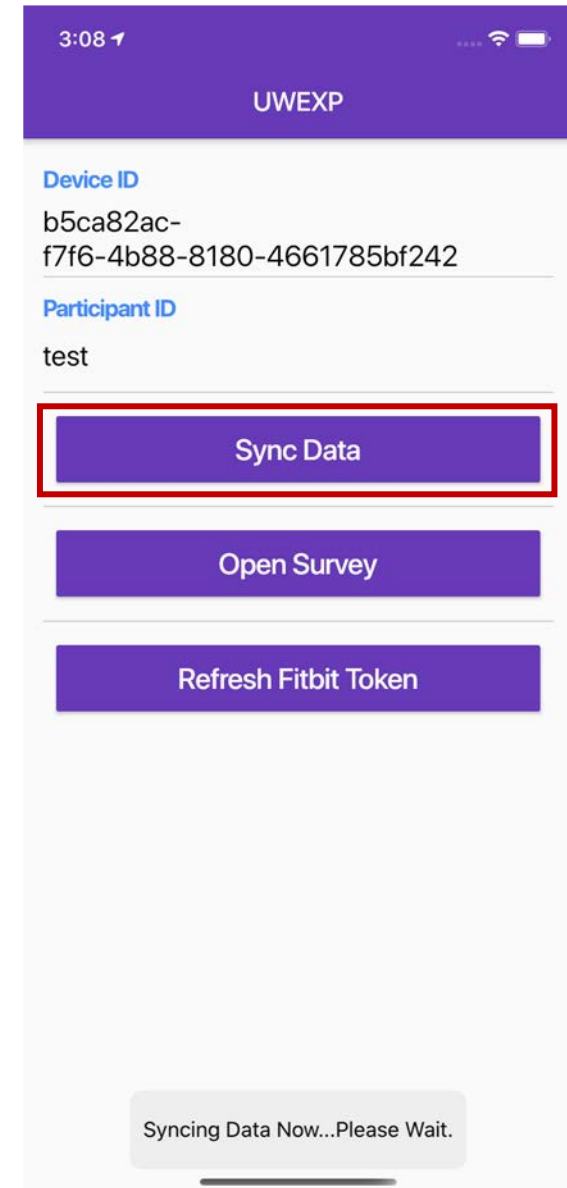
Okay

Turn on the All-Day Sync

UWEXP Installation Instruction

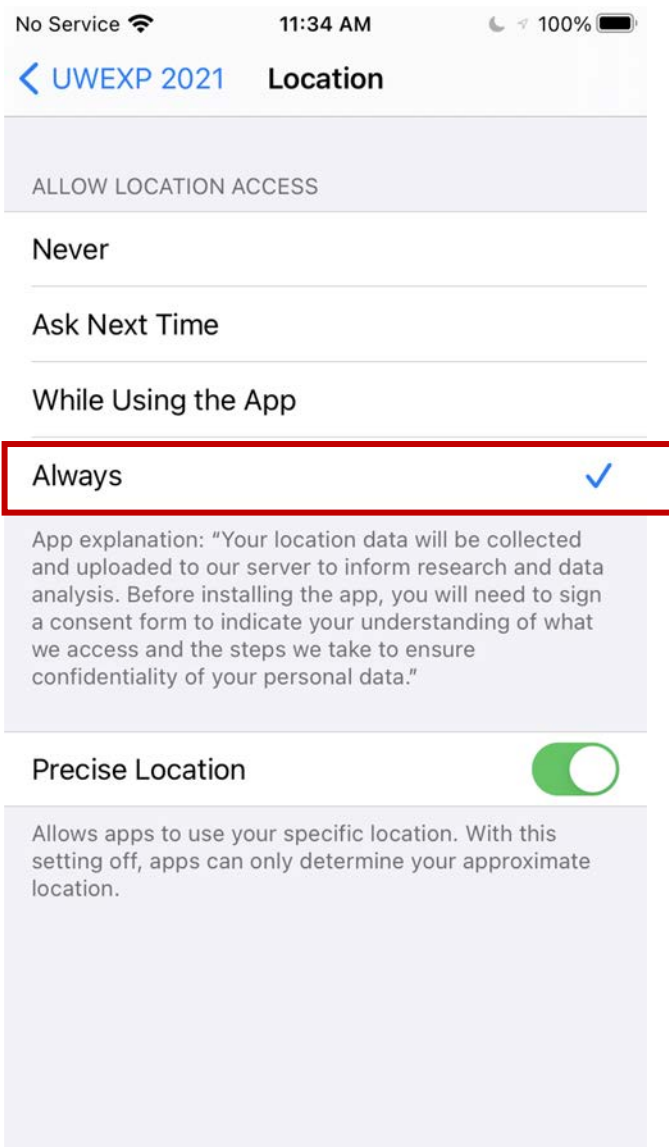
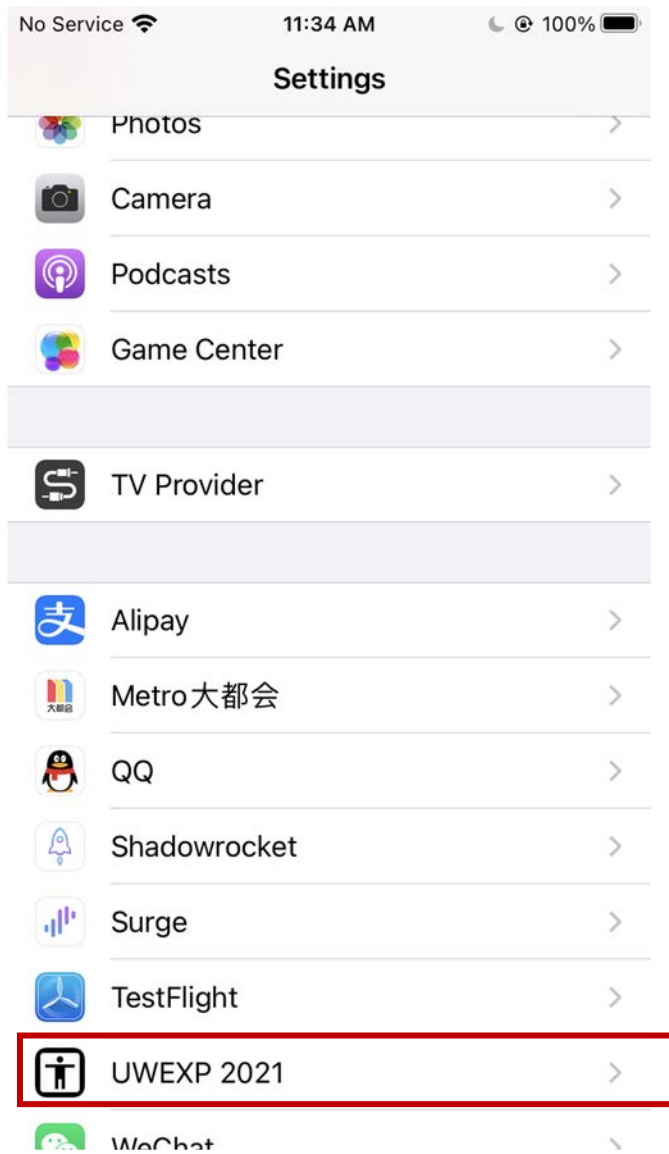
iOS

Find and install UWEXP in App Store

Open the app and join the study – part 1

Enter 4-digits Participant ID then Press Save

Open the app and join the study – part 2

If any permission requirement pops up (location, motion, etc.), please allow

All set!

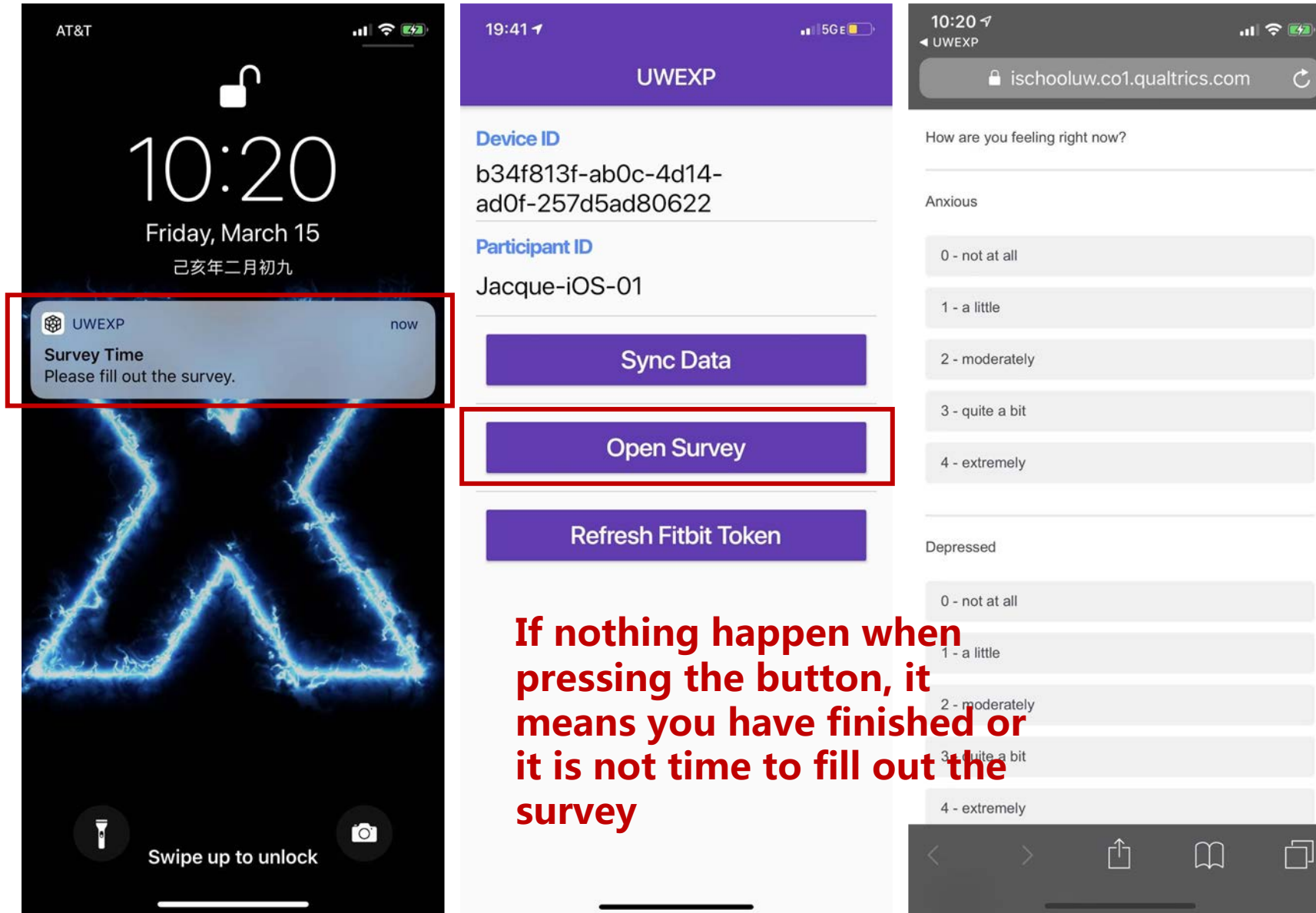
Always allow location access

Please make sure that both Fitbit and UWEXP are active in the background!

Please avoid low-power mode as much as possible!

If you accidentally kill them, that's fine. Just go ahead and relaunch it.

UWEXP – Answer a survey

iOS

Answer a survey through a notification

AT&T
10:20
Friday, March 15
己亥年二月初九

UWEXP now
Survey Time
Please fill out the survey.

Swipe up to unlock

19:41
UWEXP

Device ID
b34f813f-ab0c-4d14-ad0f-257d5ad80622

Participant ID
Jacque-iOS-01

Sync Data

Open Survey

Refresh Fitbit Token

If nothing happen when pressing the button, it means you have finished or it is not time to fill out the survey

10:20
◄ UWEXP
🔒 ischooluw.co1.qualtrics.com

How are you feeling right now?

Anxious

0 - not at all

1 - a little

2 - moderately

3 - quite a bit

4 - extremely

Depressed

0 - not at all

1 - a little

2 - moderately

3 - quite a bit

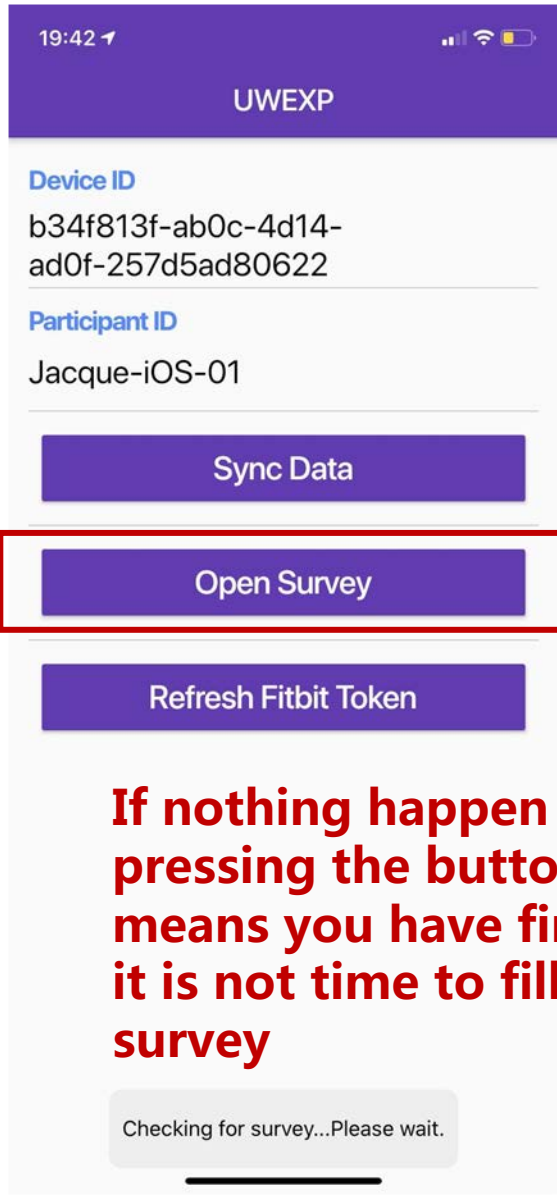
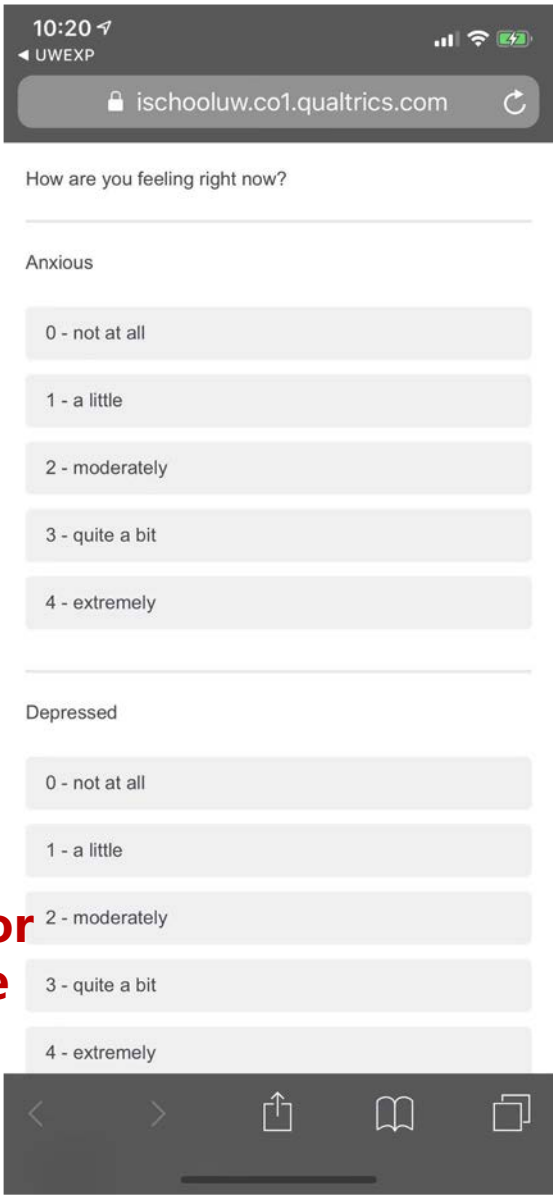
4 - extremely

Open the survey in the app

Scroll down and answer the survey

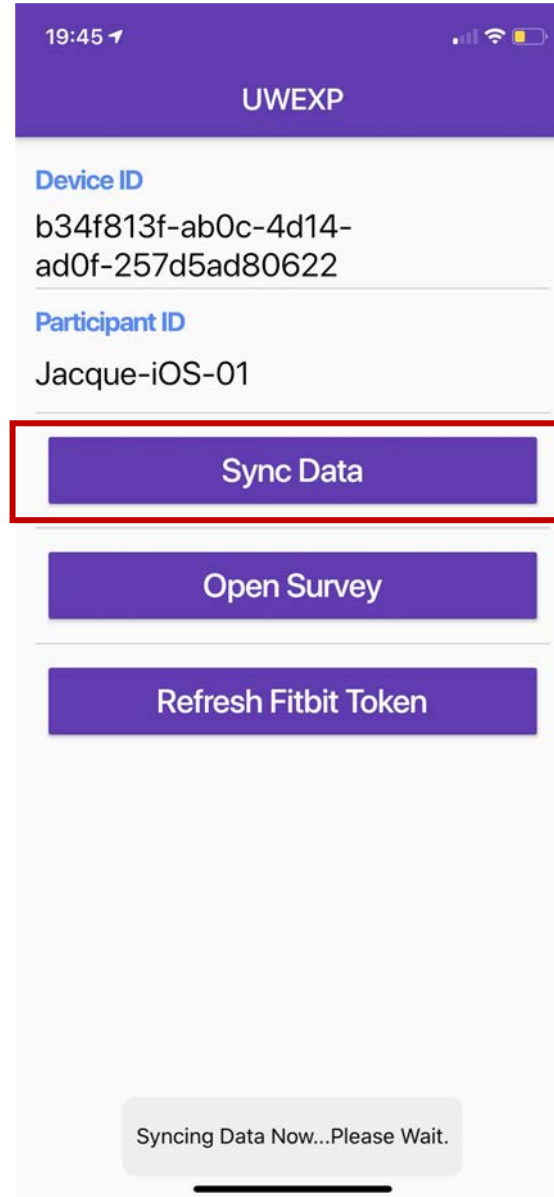
If you do not answer the survey, it will keep sending notification **every 1 hours**.

If you do not fill out it **in 12 hours (bi-weekly survey)/ 2 hours (quad-daily survey)**, the survey will **expire**.

Answer a survey through a button

If nothing happen when pressing the button, it means you have finished or it is not time to fill out the survey

UWEXP – Manual Data Upload (ideally not needed)

iOS

Manually upload data

There are chances that UWEXP staffs will reach out to you to ask you to "manually upload data". And this is all what you need to do:

Before you pressed the button, please make sure that your phone is connected to WiFi and being charged.