

## A quick reminder guide and FAQ about the wearables and remote testing

- The watch is waterproof and can be worn both during the day and at night if you are happy to.
- We advise removing it to bath or shower, to allow the skin underneath the watch to be cleaned and properly dried before putting the watch back on.

### The two apps on your phone:

- **Garmin Connect app (Page 20 in user guide)**– Syncs with and collects the data from the watch. You can look at your heart rate data, step count and other metrics on this app, in graphs that you can change from Day to week to month.
- **Mass Sci App (Page 21 in user guide)** – This app is used to host the questionnaires and information about doing the walk and chair rises from home.

### The Questionnaires on the Mass Sci App (Full details on pages: 15, 16 and 17 in your user guide):

Questionnaires are to be done within the first couple of days after your visit and 2 weeks after that (it should remind you):

- Wellbeing – Questions on satisfaction etc. You can slide the scale to select the number you would like to give as a score
- Quality of life – Questions around mobility, self-care, and activities
- Mental health – Questions about how you feel mentally

### Remote exercise testing (Full details on pages 18 and 19 in your user guide):

Performed to be done within the first couple of days after your visit and 2 weeks after that:

**Chair rises test-** 10 chair rises as quickly as you can and record it on the watch and Mass Sci App

**6 Minute walk test-** Walk as far as you can for 6 minutes and record it on the watch and Mass Sci App

## FAQ (Further details starting on page 20 of the user guide)

### Notifications

By default, the Garmin watch may show you notifications and alerts from your phone, which you may prefer not to see. These can be controlled in the watch itself or through the Garmin Connect App in your phone.

### Frequency of activities

Most of the participants have reported to be happy with performing activities every 2 weeks. If you find it difficult, please consider conducting activities less frequently (e.g. every 4 weeks), rather than not performing them at all.

### Alerts

You should receive notifications from the MassScience App to remind you to complete the tests (e.g. chair rises and six minute walk) and questionnaires. Please get in touch if you do not receive them.

### Charging

Charging the battery before it is empty should not damage the watch. Please consider charging the device fully prior to starting an activity.

### One of the apps is frozen:

You may need to “quit” the app and close it fully before trying again. Full details can be found on page 23 of the user guide.

### Problems with logging into either of the apps (Full info on pages 21 and 22 of the user guide) :

If you accidentally get logged out of either of the apps, information on how to log back in can be found on page 21 of the user guide. Please ensure you log in, and do not “enrol” as you will already have an account.

### Skin irritation and cleaning:

If you experience any skin irritation, consider the following:

- Take off the watch for showering, ensure your wrist is completely dry before putting it back on
- Consider giving the watch strap a wipe with a cloth every now and then
- Take off the watch until the irritation goes ( do not worry about the loss of data)
- Further information on cleaning can be found on the Garmin website:  
<https://www.garmin.com/en-GB/watch-fit-and-care/>

### Can I change my email address or my watch’s nickname in the app?

Unfortunately, not. We require the data to be non-identifiable to meet data protection regulations.