Participant Guide: Instructions for the duration of study

The purpose of this document is to provide instructions to participants on actions they must take throughout the course of the study.

Connecting to your study

Be sure to follow this [step-by-step onboarding guide](#) before the study and data collection process begins.

Instructions for the duration of study

Wear your Garmin smartwatch regularly and charge it every few days.

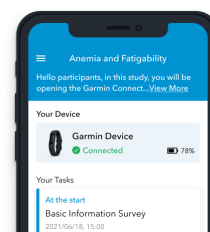**1** **Open the Garmin Connect app every 3-4 days and let it sync.**

*Once Garmin app is open, it autosyncs in the background meaning you can make calls, text, scroll etc. while it syncs.

2 **Open the PhysioQ Connect daily to let it sync.**

* The PhysioQ sync time is longer than the Garmin because the data collected is much larger.

*If you forget to sync one day, the syncing time the next time you open the app will be doubled

PhysioQ Connect App Best Practice

iOS

With IOS, best practice is to keep the PhysioQ Connect app open at the foreground during sync to ensure best quality of data collection. Once app hits 100% sync, you can close it, otherwise it is recommended to keep it running in the background.

Android

PhysioQ app autosyncs in background with Android, meaning you can do other things while sync occurs. Once app hits 100% sync, you can close it in the background.

For additional questions, please email your researcher directly. For technical support, you can reach out to support@labfront.com