

# 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.



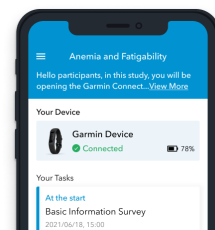
### 1 Open the Garmin Connect app every 3-4 days and let it sync.

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




### 2 Open the Labfront Companion daily to let it sync.

\* The Labfront sync time is longer than the Garmin because the data collected is much more granular and the files much larger.



### Syncing Labfront Companion App

- If you forget to sync one day, the syncing time the next time you open the app will be doubled.
- You must have internet connection and bluetooth enabled in order for sync to be successful (for both Garmin and Labfront Companion).

 For additional questions, please email your researcher directly. For technical support, you can reach out to [support@labfront.com](mailto:support@labfront.com)