

# 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

1

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



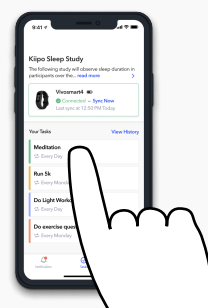
2

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



3

Open the PhysioQ Connect and complete the tasks.



### Notes

- While the Garmin app is syncing, you can still use your phone (i.e. can still send messages, answer calls, browse the web, etc.)
- You must have internet connection and bluetooth enabled in order for sync to be successful (for both Garmin and Labrонт Companion).



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