

Participant Guide: Setup your Garmin device

This document walks participants through the steps necessary to onboard and to get started collecting physiological data.

Part 1: Set Up Garmin Connect App

1 Download the Garmin Connect app

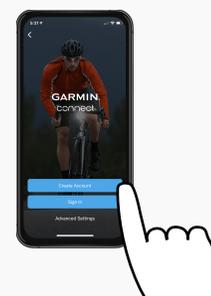
Head to App Store or Google Play store and download the Garmin Connect App.



2 Create Garmin Account

Once the download is complete, open the app and click Create Account. You will need to register your Garmin account to an active email address, as well as provide a unique Garmin account password.

You will need to re-enter your Garmin account password once when setting up your PhysioQ app in a few minutes, so please keep your Garmin password handy.



3 Pair your Garmin Smartwatch to your Garmin Connect app

Follow the step-by-step instructions clearly laid out in the Garmin Connect app to pair your device.

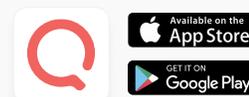
- For pairing success, make sure your smartwatch has:
- 1- Battery life
- 2- Bluetooth enabled
- 3- Is physically near your phone



Part 2: Set Up PhysioQ Connect App

1 Download the PhysioQ Connect App

Head to your App Store or Google Play store and download the PhysioQ Connect App.



2 Join Study on PhysioQ Connect App

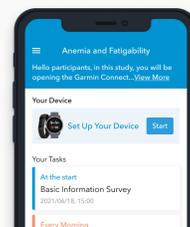
Open your PhysioQ Connect App and follow the steps to join study:



1. Enter the 4-digit anonymized invite code given to you by the researcher, then click enter.



2. You will be given a confirmation screen ensuring you have entered into the correct study, as well as a consent form.

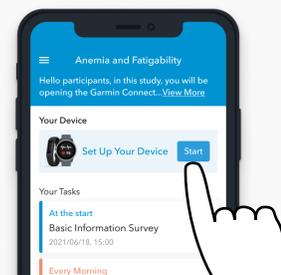


3. Once you have signed your consent form, you will be brought to the official project home screen.

3 Link your Garmin App with your PhysioQ App

In order for the PhysioQ app to pull all the data from the smartwatch, it must be connected to the Garmin App.

Click the "Set up your device" button and follow the steps provided on the PhysioQ app.



Part 3: Sync your app(s) regularly!



Now that the setup process is complete, open either the Garmin Connect app or BOTH the Garmin Connect and PhysioQ Connect apps (depending on the instructions from your researcher) daily.

***When syncing Garmin Connect, you can let the Garmin app sync in the background** while you use your phone for other things.

****When syncing PhysioQ Connect, keep the PhysioQ app in the foreground during sync**, meaning do not open any other app or use your phone during the sync process. The data is more granular, and so sync time will take longer. Using your phone may interrupt the sync.

There is no need to keep the phone "awake" during sync; as long as the app is in the foreground, the screen can go dark (sleep more) and still sync.

Important Note

To ensure success, **open the PhysioQ Connect app before going to sleep** and let it sync in the foreground overnight.