



Fitbit set-up guide

This guide is intended for study personnel in the Neo-ACT trial and assumes that the Fitbit set-up is done together with the participant in connection with the baseline testing.

Before the participant arrives make sure that you have...

- 1) ...put the Fitbit on charge.
- 2) ...created a new study-specific Google account (Gmail address) for the participant according to the study-specific guidelines below.

Log in google account (Gmail): NeoACTxxxxxx@gmail.com

Password: NeoACT%xxxxxx%

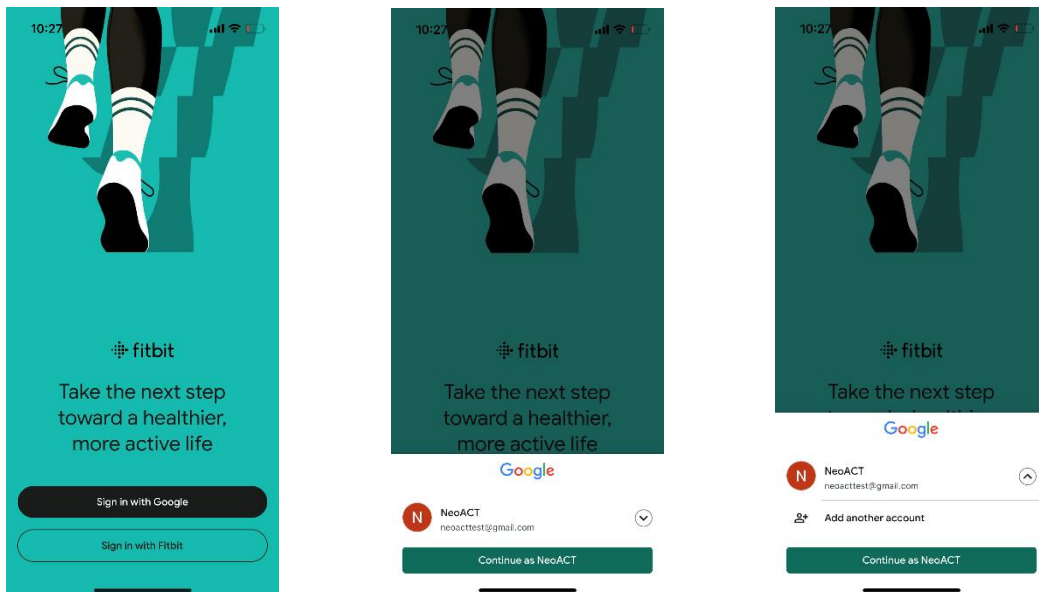
xxxxxx = study ID

Please note! If the study-specific log in or password is not accepted by Google, try an alternative password and make sure that you register the alternative password in the participant file for your site.

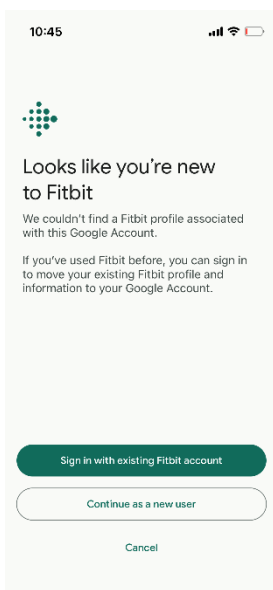
Fitbit set-up steps

This guide is made based on Fitbit set-up on an iPhone. The set-up steps might look a bit different on other phones.

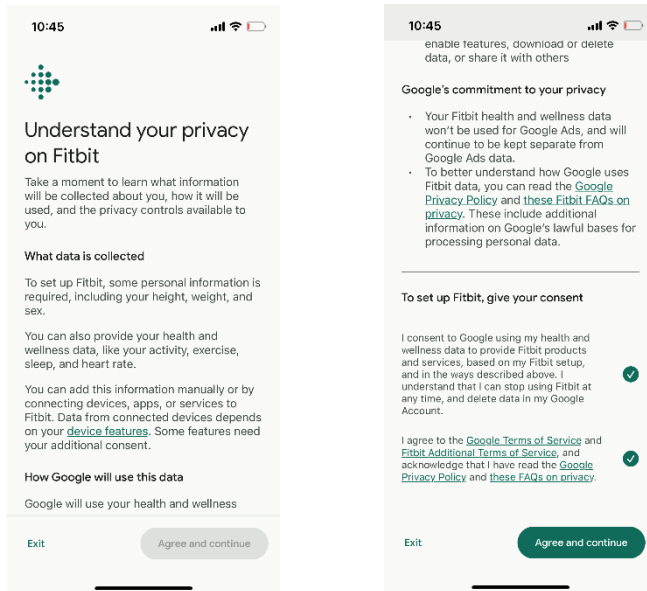
1. Ask the participant to download the Fitbit app. Open the app and click “Sign in with Google”. If the patient already has a private Gmail account (as in the picture in the middle below), click on the circle with the arrow to the right and “Add another account”. **It is important that the participants do not use their private Gmail accounts!** Once you have added the study-specific account, click “Continue as xxxx” to continue the set-up process.



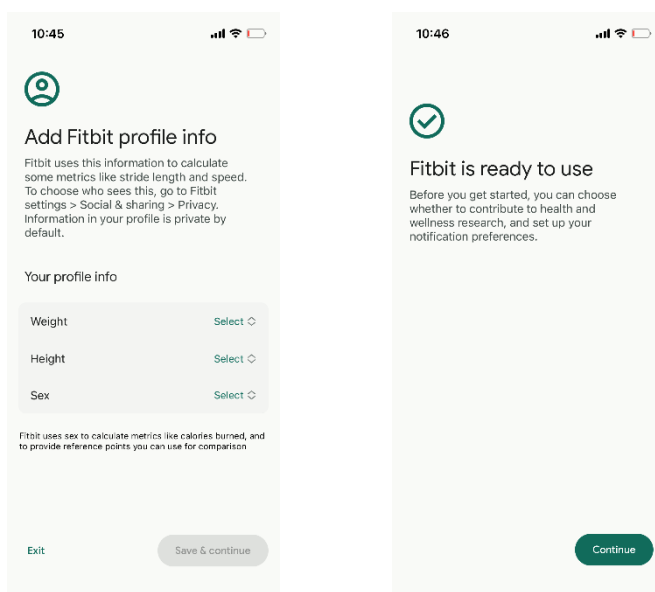
2. Choose “Continue as a new user”.



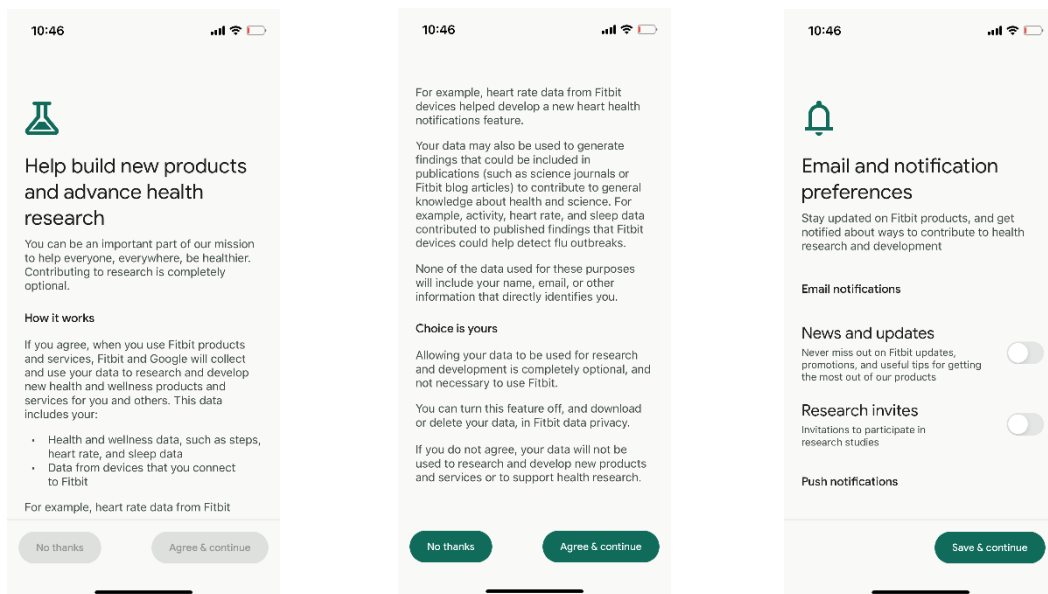
3. In this step, the participant must give consent to Fitbit's data collection policy. Let the participant read the text and give them a brief overview of the context if desired. Ask the participant to check the "boxes" (circles) at the bottom of the page to give their consent to Fitbit's data collection policy. This must be done, otherwise it is not possible to continue. A participant who does not wish to agree to these conditions cannot continue participation in the trial. Click "Agree and continue".



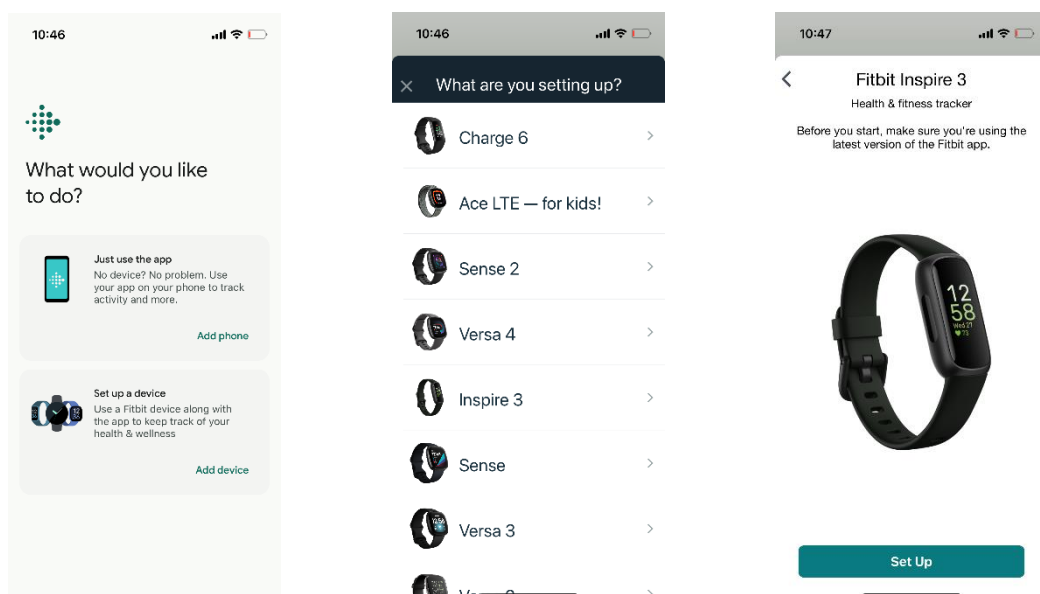
4. Add the participant's personal information and click "Save & continue". On the next page, just click "Continue".



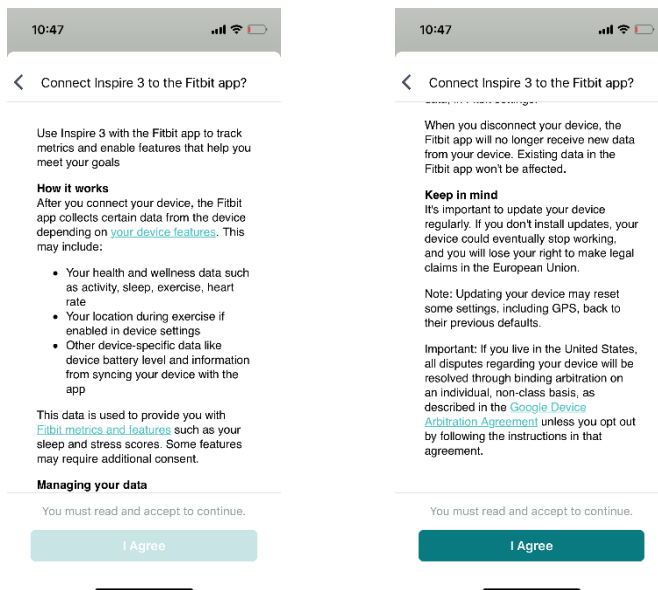
5. The participant is then able to choose if she allows her collected Fitbit data to be used for research and development of new products. It's optional for the participant to choose either “No thanks” or “Agree & Continue” (Please note! This has nothing to do with the Neo-ACT trial which has its own informed consent). Thereafter, the participant is asked to choose if she wants to receive news and updates and/ or research invites, which also is optional (these news/ invite Emails has nothing to do with the Neo-ACT trial). Remember that the news/ invite Emails will be sent to the study-specific Gmail address, not to the participant’s private Email.



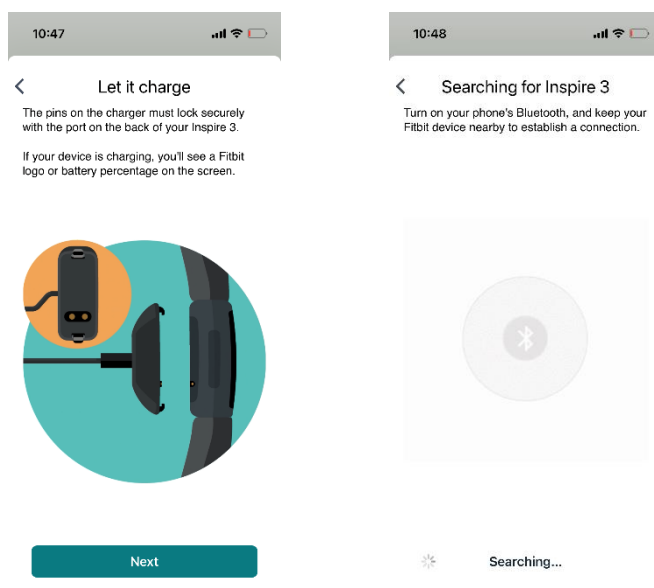
6. Next step is to “Set up a device”. Choose Inspire 3 in the list (which is the Fitbit device used in the Neo-ACT trial). Click “Set up” to move on.



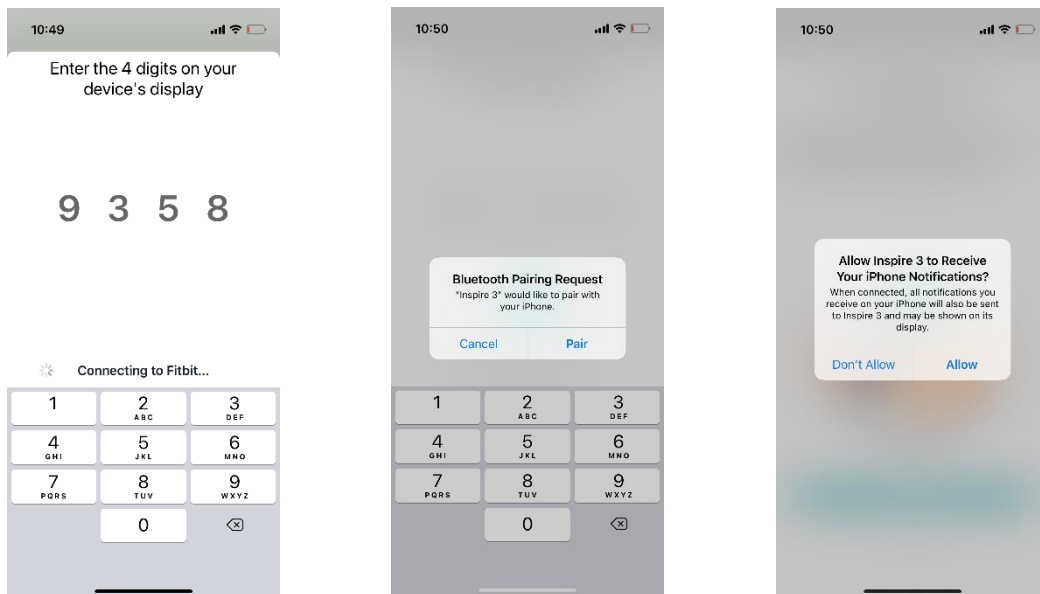
7. To connect the Inspire 3 to the Fitbit app, the participant must read and accept more information regarding Fitbit data collection. This is done by clicking “I Agree” at the bottom of the page.



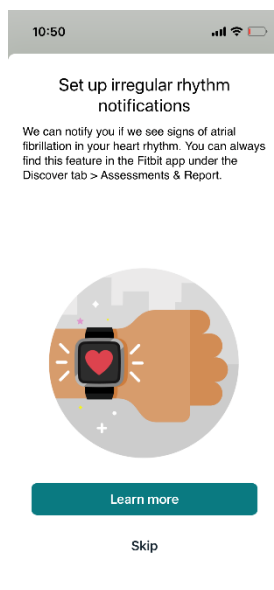
8. Fitbit now asks you to charge the Inspire 3, which you (hopefully) have already done. Otherwise, let the Inspire 3 charge while continuing the installation by clicking “Next”. At this point, the Fitbit app will start to search for the Inspire 3. Make sure the participant’s phone has Bluetooth turned on and that the phone and Inspire 3 are kept at a close distance to each other.



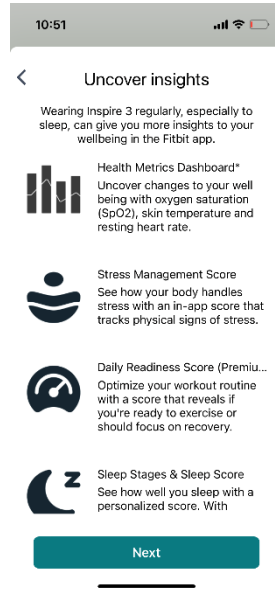
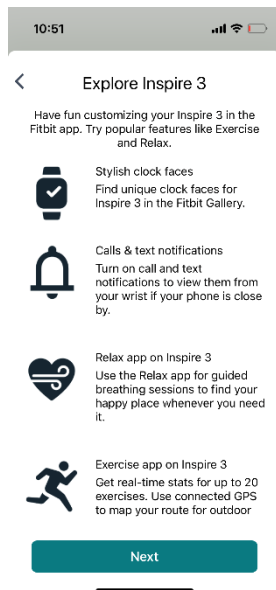
9. When the participant's phone finds the Inspire 3, you will see four digits on the Inspire 3 display. Enter these four digits on the phone (as in the picture below). When this is done, the phone (Fitbit app) and Inspire 3 will start to connect to each other and the participant must accept the "Bluetooth Pairing Request" by clicking "Pair". The participant can then choose if she wants to allow the Inspire 3 to receive phone notifications or not. This means that phone calls and text messages will be announced on the display of the Inspire 3. It is optional to allow this or not.



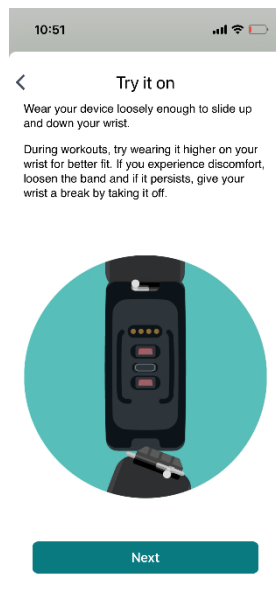
10. Choose to "Skip" setting up irregular rhythm notifications.



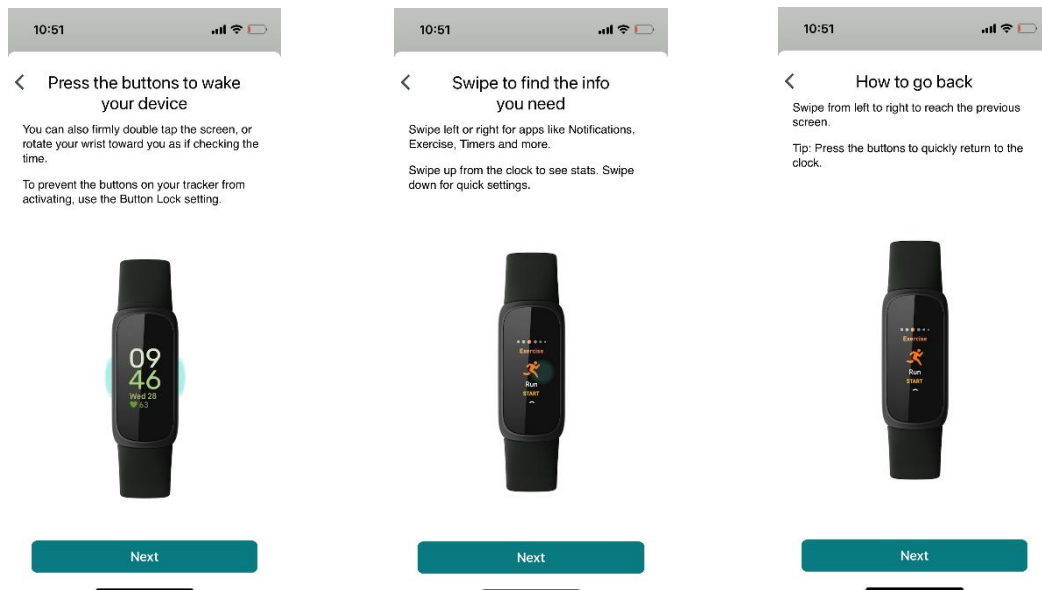
11. The following pages contain information about Inspire 3 functions. Let the participant read the information if they want before clicking “Next”.



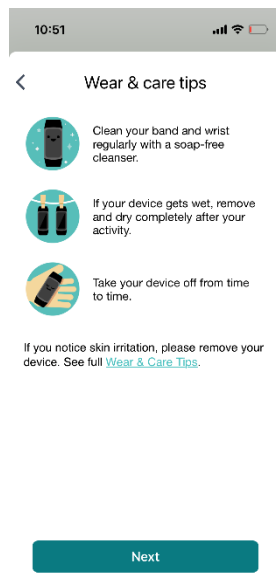
12. In the following steps the participant is asked to try the Inspire 3 on, and then it's showed how to change the band if needed (there are longer bands included in the package).



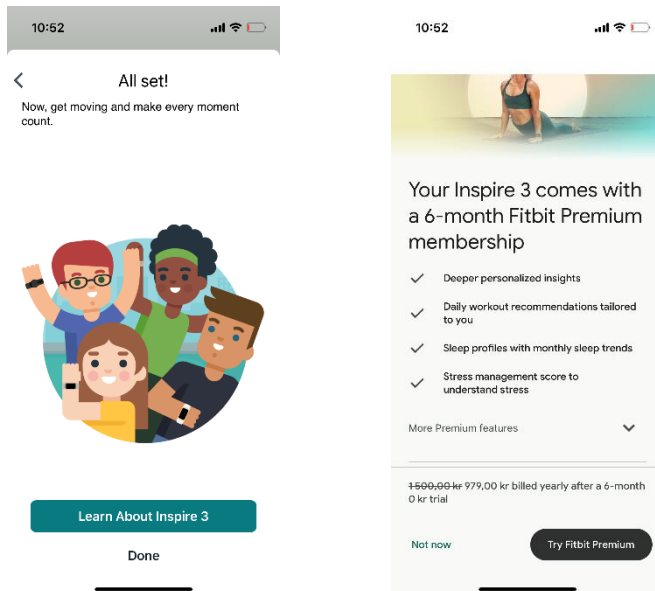
13. The following steps show how to operate the Inspire 3, for example to wake the device and swipe between different functions. Explain this to the participant and try it together.



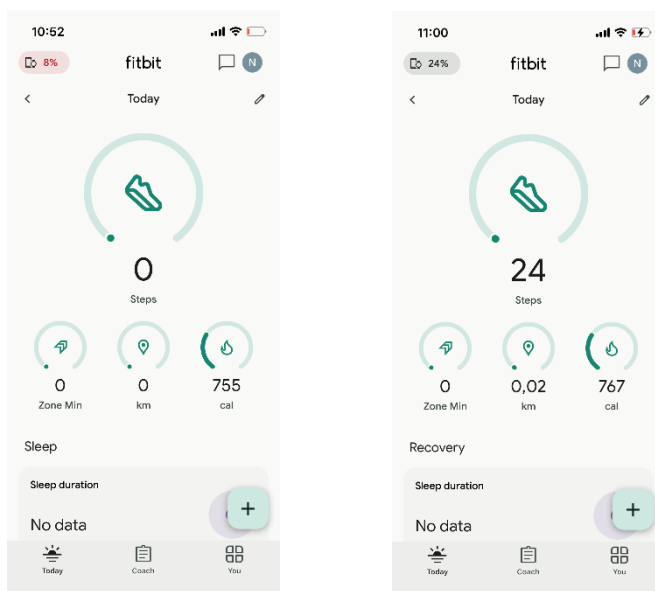
14. The next page shows wear and care tips. Let the participant read it if she wants to. Also explain to the participant that the Inspire 3 is waterproof and can be worn while showering or swimming.



15. The set up is almost done, Press “Done” to move on. In the next step you will get information about Fitbit Premium membership, skip that by clicking “Not now”. In the Neo-ACT trial, we do not use Fitbit Premium, and we want to avoid that the participants end up in a situation where they need to pay money.



16. You will now see the start page of the Fitbit app. Let the patient walk a little in the room to see if the steps are registered on the Inspire 3 (look at the display) and in the Fitbit app. You might have to refresh the page to be able to see the steps in the app.



Good job, the set-up is done!