



WELLNESS MONITORING ON CAMPUS

PROJECT DOCUMENTATION

STUDY PROTOCOL DESCRIPTION

This brief manual describes the study protocol that the participant should follow

PROTOCOL

Your commitment to this study consists of two main aspects: the wellness tests and the activity tracker. In this study, you will be required to perform short “wellness tests” three times per week. **The tests should be performed in the morning** before you eat breakfast. The full test consist of an “orthostatic test,” in which you measure your heart rate with a heart rate monitoring belt while sitting for 5 minutes and then standing for 5 minutes, and a short questionnaire about the fatigue you experienced during the past 24 hours. The wellness tests last between 2 and 12 minutes, depending on the day, since different tests are performed on different days. Please **ensure that the smartwatch is connected to the phone/tablet before you start a test, and that your phone/tablet is not on silent mode**. Here are the tests you will perform on each day:

- **Tuesday:** Full orthostatic test (5 minutes lying down, 5 minutes standing) + Questionnaire → ~12 minute time commitment
- **Thursday:** Short orthostatic test (5 minutes lying down) → ~6 minute time commitment
- **Friday:** Questionnaire → ~2 minute time commitment

There is an exception to this test regimen: The first 3 to 5 tests that you complete will be the 12-minute full orthostatic test.

You do not need to worry about remembering which test to perform on which day; when you click the “Start Orthostatic Test” button on the **Welcome** page of the app (see [web page](#) for instructions on app navigation), the app will automatically perform the appropriate test. You do, however, need to give yourself adequate time in the morning to complete the test, even if it means waking up 15 minutes earlier. The app will send you reminders to complete the tests every Tuesday, Thursday, and Friday morning. You are welcome to complete additional tests on other days, especially if you miss a test. The default reminder time is 9:00 a.m., but you can change this time on the Welcome page of the app, as described below.



Finally, every time you exercise, you need to wear the smartwatch that you have been provided and track your activity using our Wellness Monitor activity tracking app on the watch. Please wear the watch during all of your workouts (including running, long walks, cycling, dancing, group fitness classes, etc.) but **NOT water sports**, since the watch cannot be submerged in water. Avoid any activity that can damage the watch.