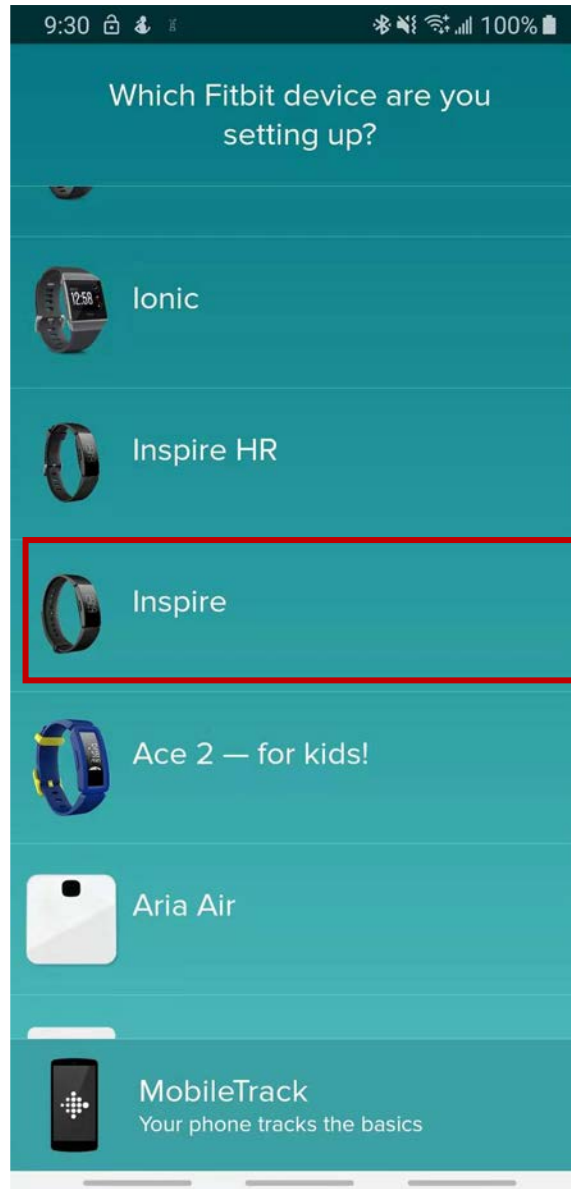
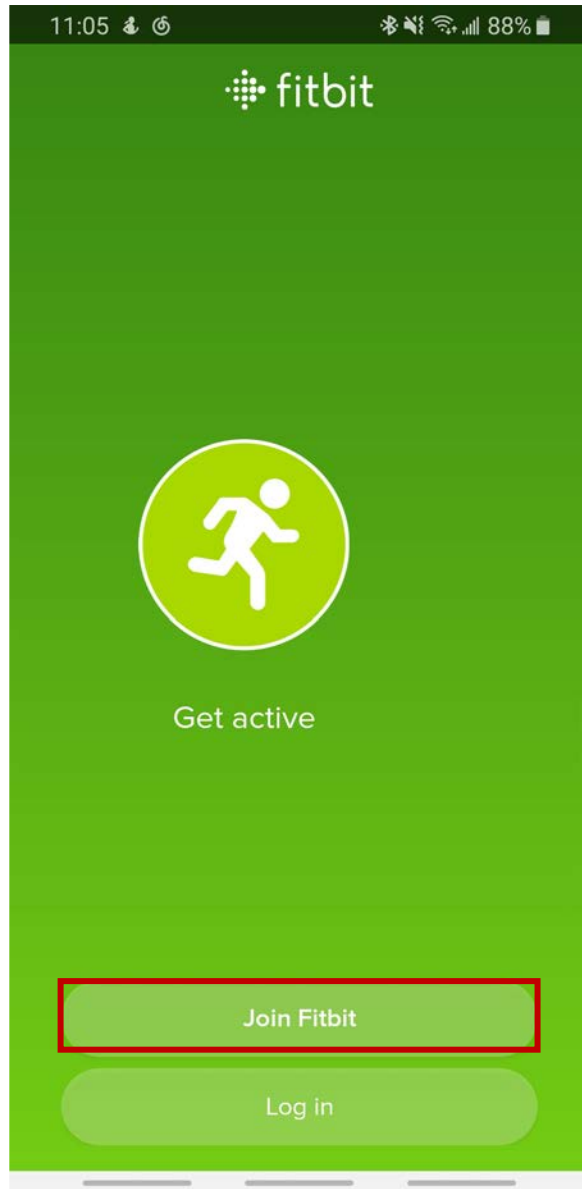
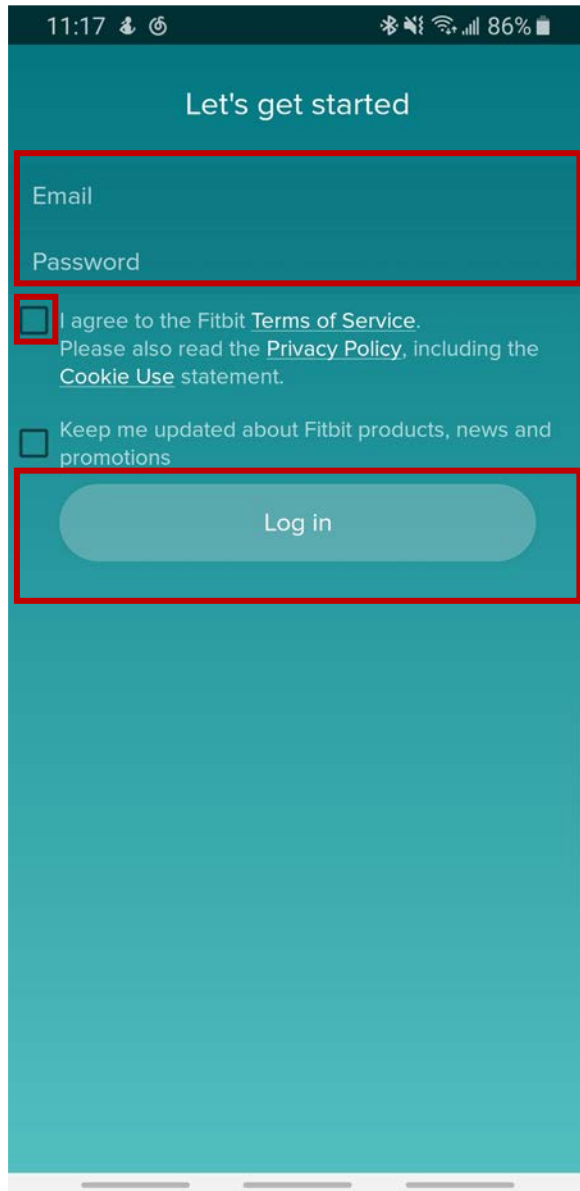
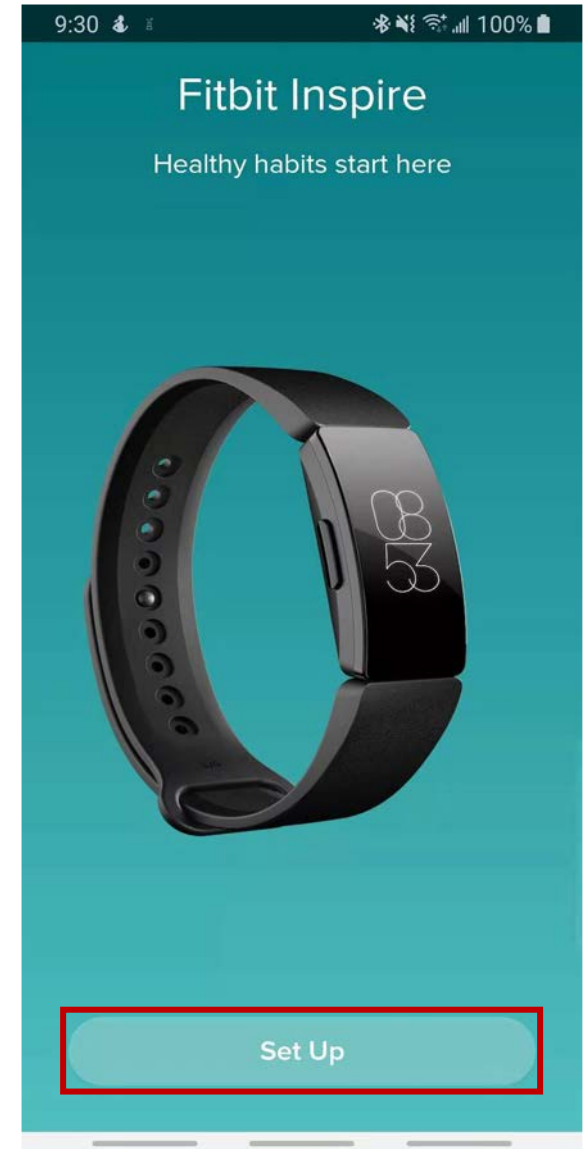
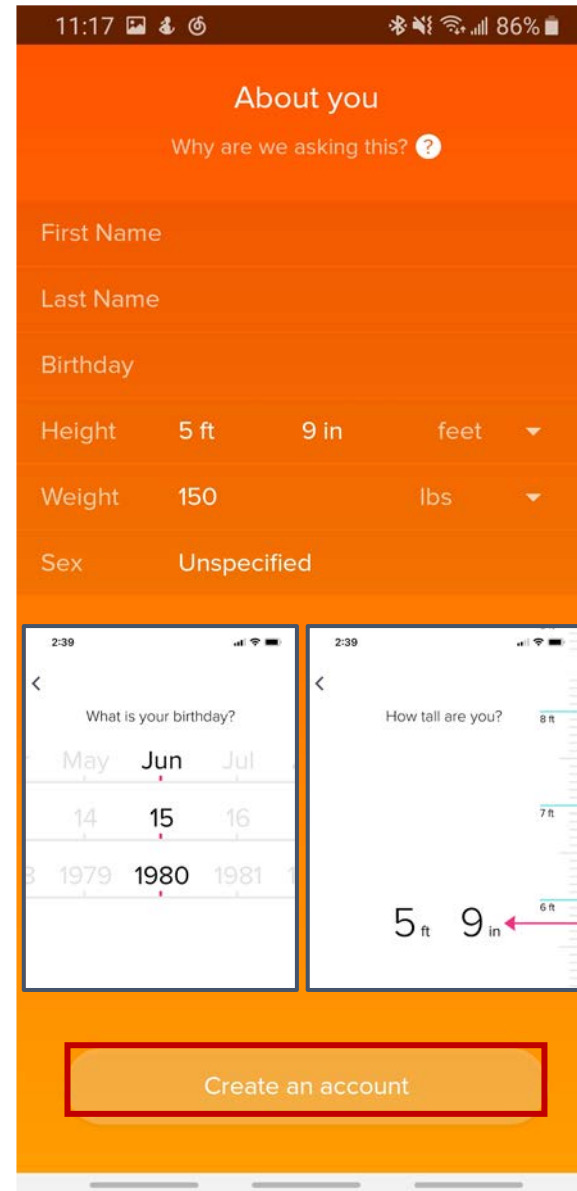
UWEXP Installation Instruction

Android

UWEXP Installation Instruction

Fitbit (Android)

Join Fitbit

Select the provided device. (Here using Inspire as an example). If using Flex2, choose it from the list. The remaining steps are similar.

Join Fitbit

Enter the provided email address and the password. Read Fitbit Terms of Service and check the box

Then press Log in to Join Fitbit

Enter your information then press Create an account

Connect the Fitbit Device

16:08

Read our terms & policies.

- we use the information we receive to deliver our services, improve them, and research and develop new ones. In particular, we use the information to personalize our services, make inferences, and show you more relevant content. For example, with some devices, we use the information obtained from your device, along with other information, to provide you with insights into your sleep cycles and fitness level.
- You can unpair your device through your account settings and use tools provided to delete personal information associated with your account. You can always delete your account at any time.

I agree to Fitbit using my information, including the information collected from my device, in the ways described in the Privacy Policy and summarized above. I understand that I can later withdraw this consent using my account settings or other tools for deleting my data or my account.

You must read this before you can confirm.

I Agree

Scroll to the end after reading

9:30 · 100%

Charge your Inspire

Let your device charge throughout the setup process. Connect the device to the charging cable and make sure the gold pins are aligned. The charger should magnetically snap into place.

Next

Connect the Fitbit Device

9:30 AT&T 🖼 ♨ ⚡   ⁑ ▧ 🛜 .ıll 100% 🔋

Power up

Plug the charging cable into a USB port. Connect it to your tracker and make sure the gold pins are aligned.

◟   Searching

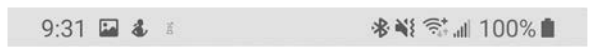
Troubleshooting when connecting the Fitbit to the phone

- **Cannot find the device**
    - Quit the pairing and restart the pairing
    - If it did not work, go to somewhere **away from other active Fitbit devices** and restart pairing
    - If it did not work, **kill the Fitbit App at the background** and open it again, then restart pairing.
    - If not work, **turn off and turn on phone Bluetooth**. Next, restart the pairing

- Once found, it should be alright. But note that connecting the device may take several minutes

Connect the Fitbit Device

Screen 1

9:31 · 100% ·

Enter the 4 digits on your device's display

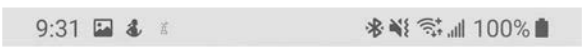
[ ] [ ] [ ] [ ]

Not working?

12

Screen 2

9:31 · 100% ·

fitbit
PROTECTION
PLAN

Protect Your New Device

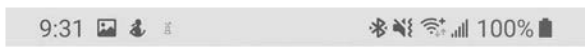
Covers damage from accidents like drop, spills, and cracked screens from day 1 and mechanical and electrical breakdowns after the Fitbit manufacturer warranty.

Powered by **Square Trade**

PURCHASE

NOT NOW

Screen 3

9:31 · 100% ·

Try it on.

It's the moment your wrist has been waiting for!.

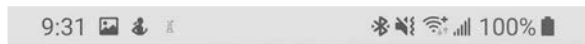
Wear your device loosely enough to slide up and down your wrist.

During workouts, secure the band so that it lays flat, 2-3 finger-widths above your wrist bone.

Put on the Fitbit sensor

Next

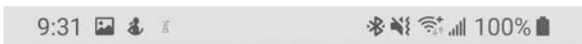
Connect the Fitbit Device

9:31 🖼 👤 ⌖   ⁂ ▪ 🛜 📶 100% 🔋

Change out your band

Swap your band for larger sizes or a variety of stylish accessory options. Fitbit accessories are designed to work best with our products.

Insert the pin in the left hole first.

Keep the band at an upwards angle. Then slide the ball pin inwards while pushing the band into the slot.

Next

9:31 🖼 👤 ⌖   ⁂ ▪ 🛜 📶 100% 🔋

Swipe up and down

Swipe up to reveal health stats and swipe down to show menu options

Several Next

12,407

Next

9:31 🖼 👤 ⌖   ⁂ ▪ 🛜 📶 100% 🔋

Tap icon

Opens a feature

Timer

Next

Connect the Fitbit Device

Product care tips

Clean your band and wrist regularly with a soap-free cleanser.

If your device gets wet, remove and dry it completely after your workout.

Take your band off from time to time. If your skin gets irritated, be sure to remove your tracker.

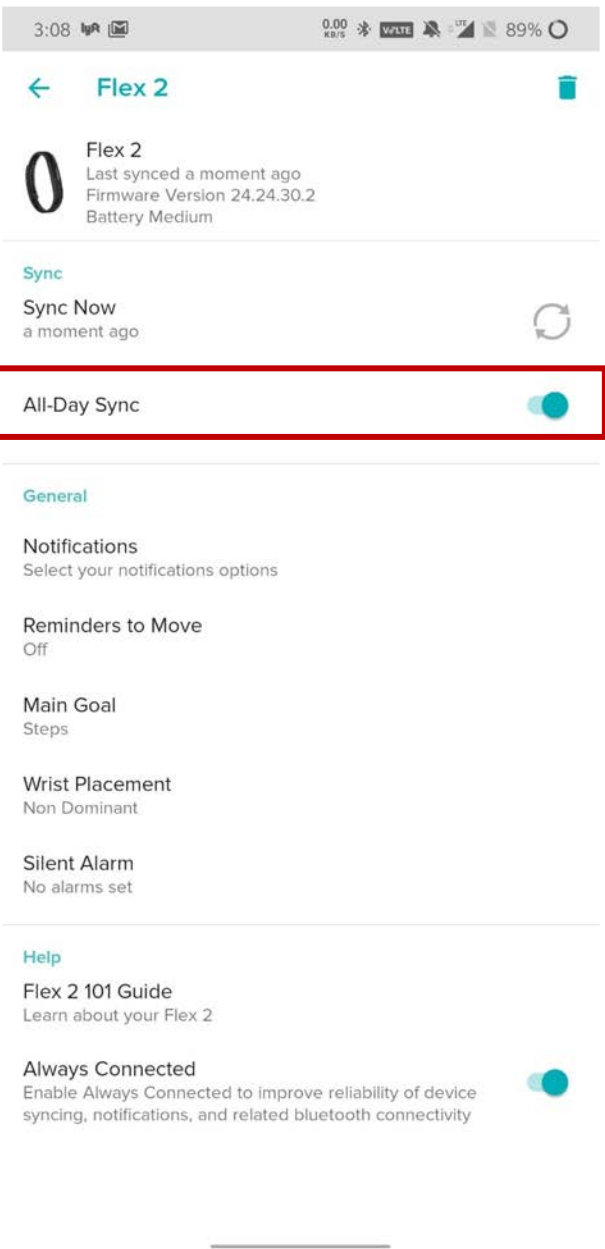
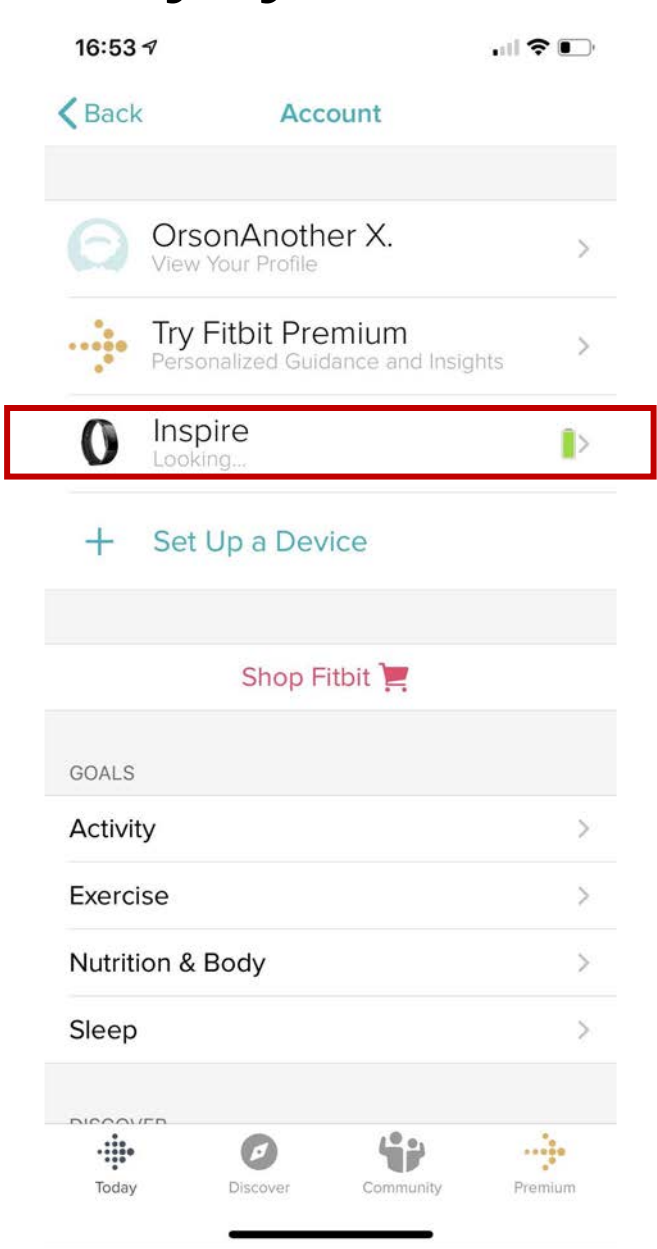
When charging the tracker, make sure there aren't any metal objects such as jewelry near the charger. Once you're done charging, unplug the charger.

Click here for more product care information.

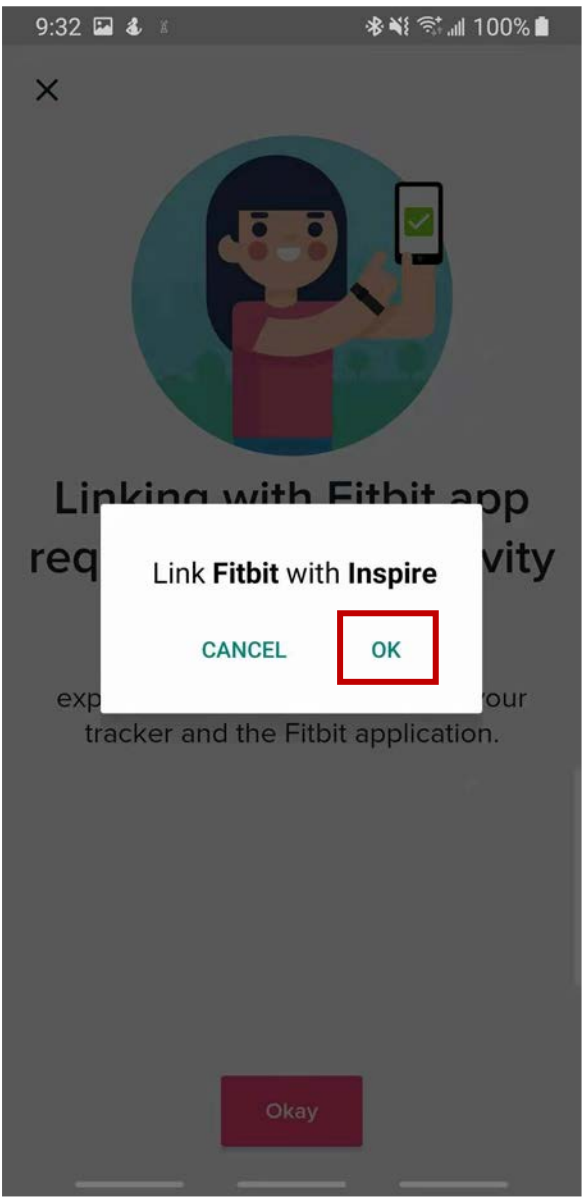
Next

Several Next

All set!

Now, get moving and make every moment count.

Learn About Inspire

Done

All set!

Linking with Fitbit app req... vity

Link **Fitbit** with **Inspire**

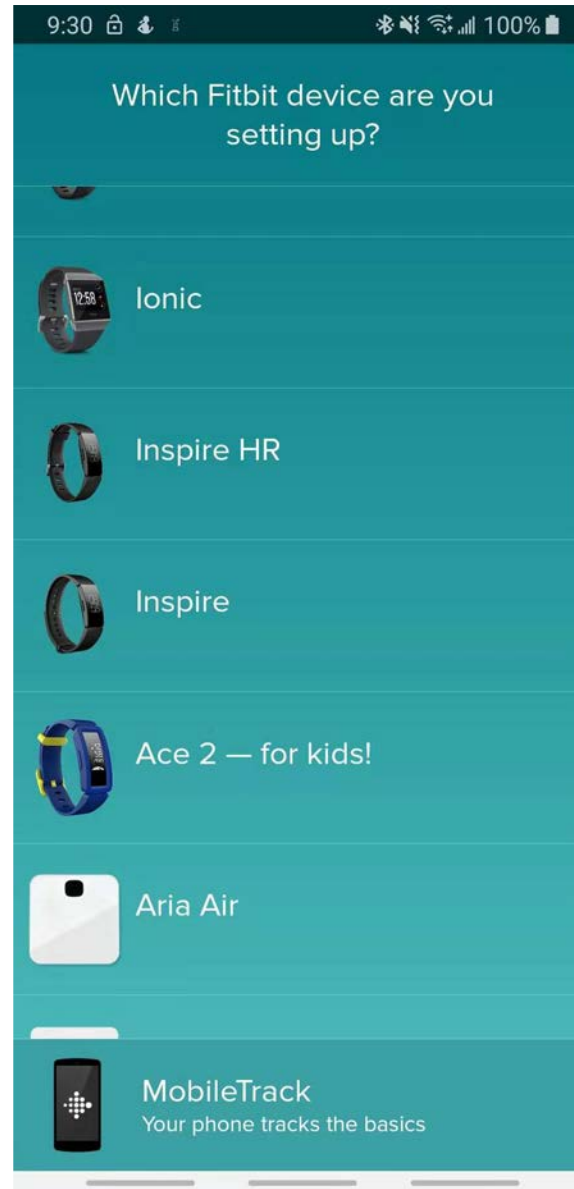
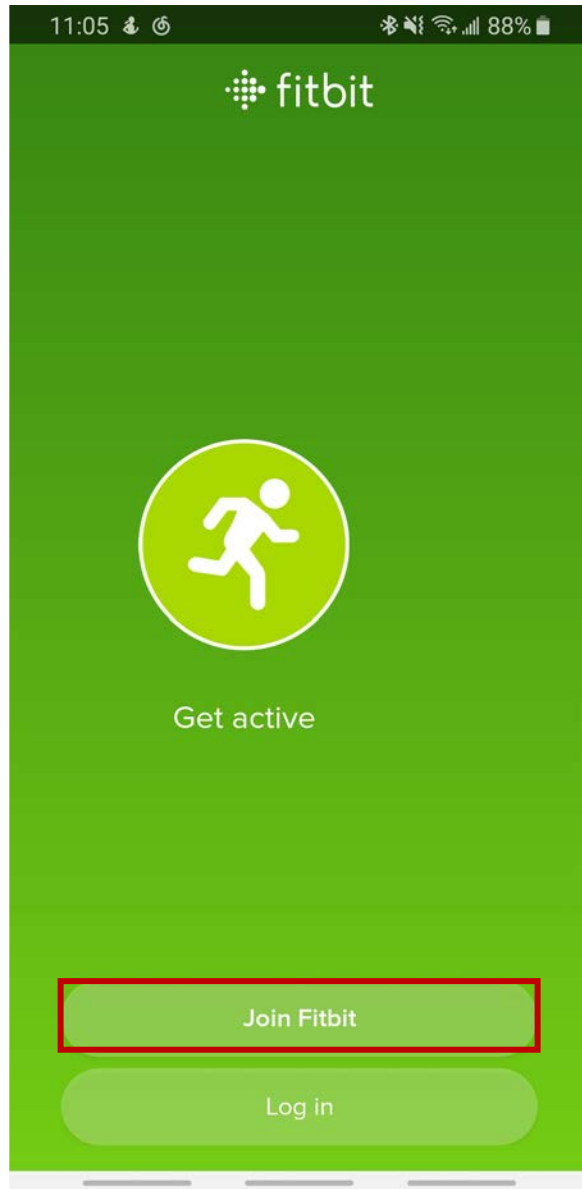
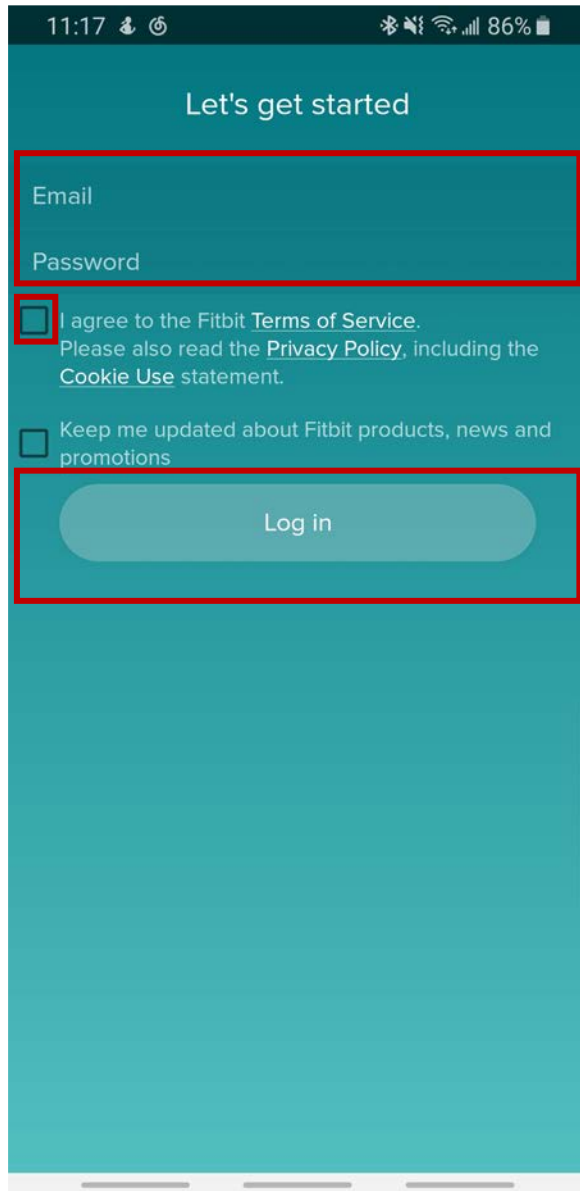
CANCEL   **OK**

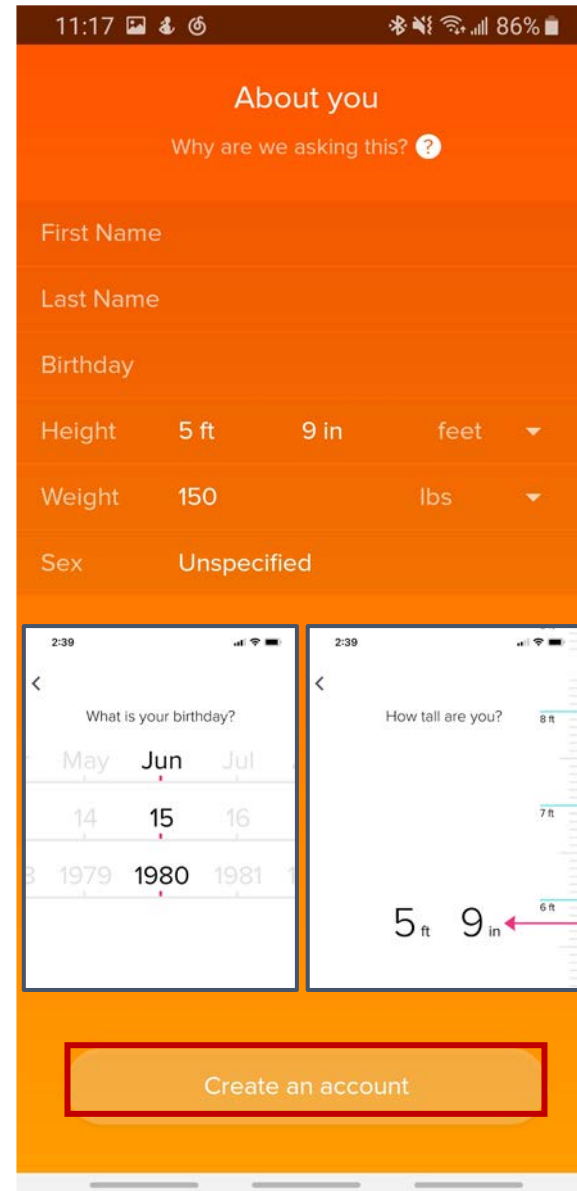
exp... our tracker and the Fitbit application.

Okay

Turn on the All-Day Sync

UWEXP Installation Instruction

Fitbit (Android)

Join Fitbit

Select the provided device. (Here using Flex2 as an example). The remaining steps are similar.

Join Fitbit

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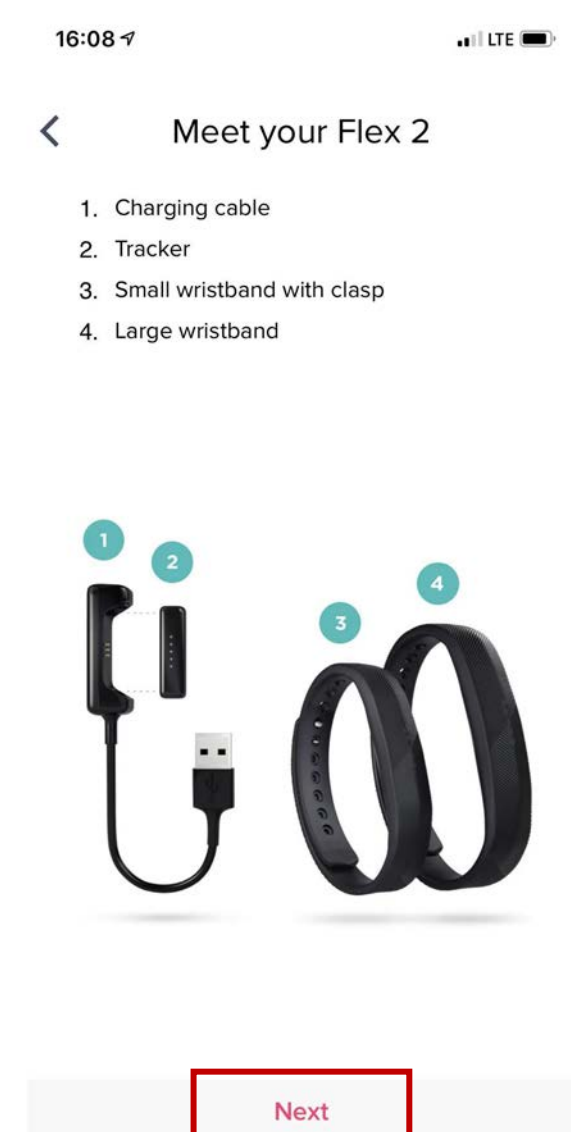
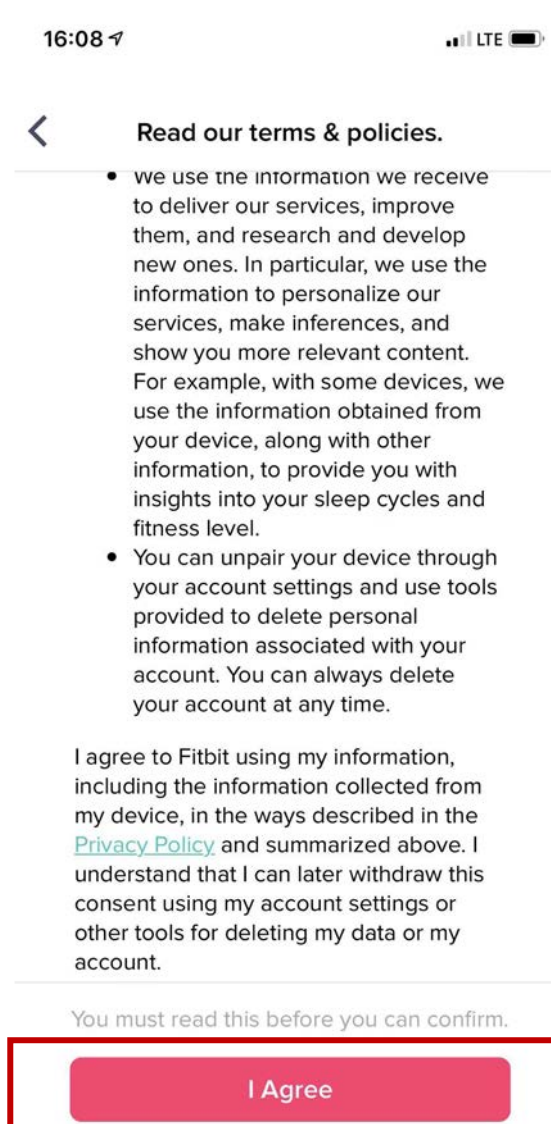
Then pressed Log in to Join Fitbit

Enter your information then pressed Create an account

Connect the Fitbit Device

Connect the Fitbit Device

16:08 LTE
< **Power up**
Put the tracker in the charger to power it up. The lights show the charge level.

Next

16:08 LTE
< **Insert tracker**
Choose the right sized wristband and slide the tracker in.

Several Next

Next

16:08 LTE
< **Put your Flex 2 on**
Make sure the clasp and band are lined up and squeeze between your thumb and forefinger until you feel it click.

Put on the Fitbit sensor

Next

Connect the Fitbit Device

Trouble shooting when connecting the Fitbit to the phone

- **Cannot find the device**
  - Quit the pairing and restart the pairing
  - If not work, go to somewhere **away from other active Fitbit devices** and restart pairing
  - If not work, **kill the Fitbit App at the background** and open it again, then restart pairing.
  - If not work, **turn off and turn on the Bluetooth** of the phone. And restart the pairing
  - If not work, **reset** the Fitbit sensor
    - Connect the sensor to the charging case (connected to power)
    - Press **the small button** at the back of the charging case, hold for 3 seconds
    - Release the button. Put on the Fitbit again and restart the pairing
- Once find, it should be alright. But note that connecting the device may take several minutes

Connect the Fitbit Device

All set!

16:11 📶 LTE

Now, for the fun!

Walk through the basics to learn how to make the most of your Fitbit Flex 2.

Next

17:54 📶 🔋

Exercise tracking

Your tracker automatically recognizes common exercises. Use the Fitbit app to enable additional exercises such as swimming.

Several Next. Make sure exercise tracking is there

Next

16:12 📶 LTE

All Set!

Now, get moving and make every moment count.

Learn About Flex 2

Done

3:04 📶 🔋

Feed   Friends   Groups   ➕👤

What are you up to?   🏃 🏆 📷

Welcome to Community

Your home for fitness related news, local events, connecting with friends, and discovering groups.

Get Started

GROUPS

Bluetooth Pairing Request
"Flex 2" would like to pair with your iPhone.

Cancel   Pair

Join   Swimm
788k me

Get your wheels spinning on ways to pedal toward your fitness goals.

Just add water—goals—with these

Find your Friends

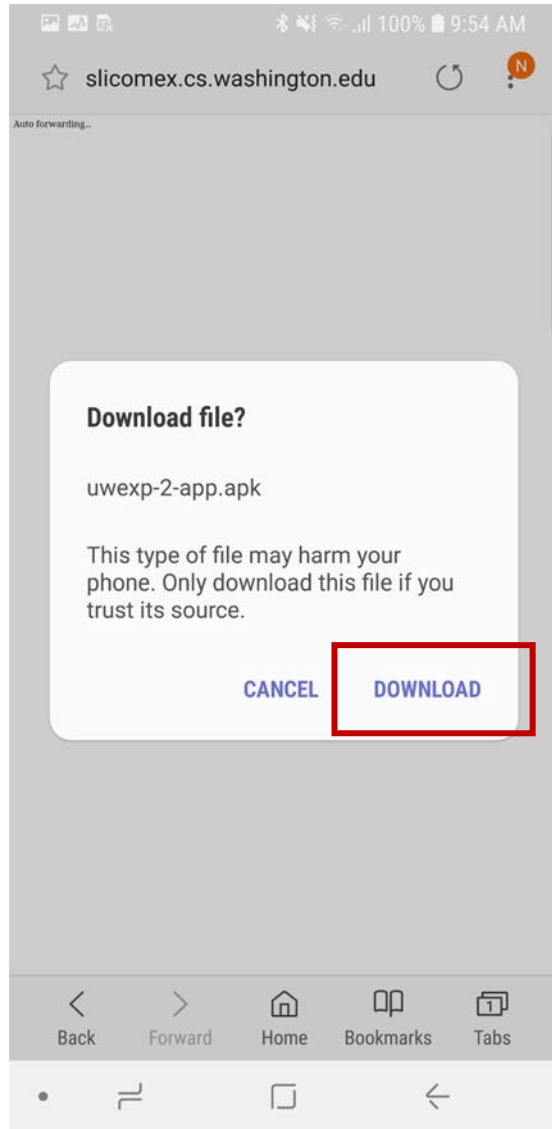
Discover   Today   Community   Premium

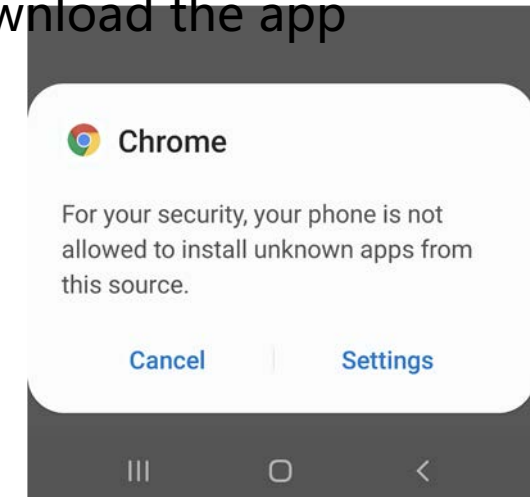
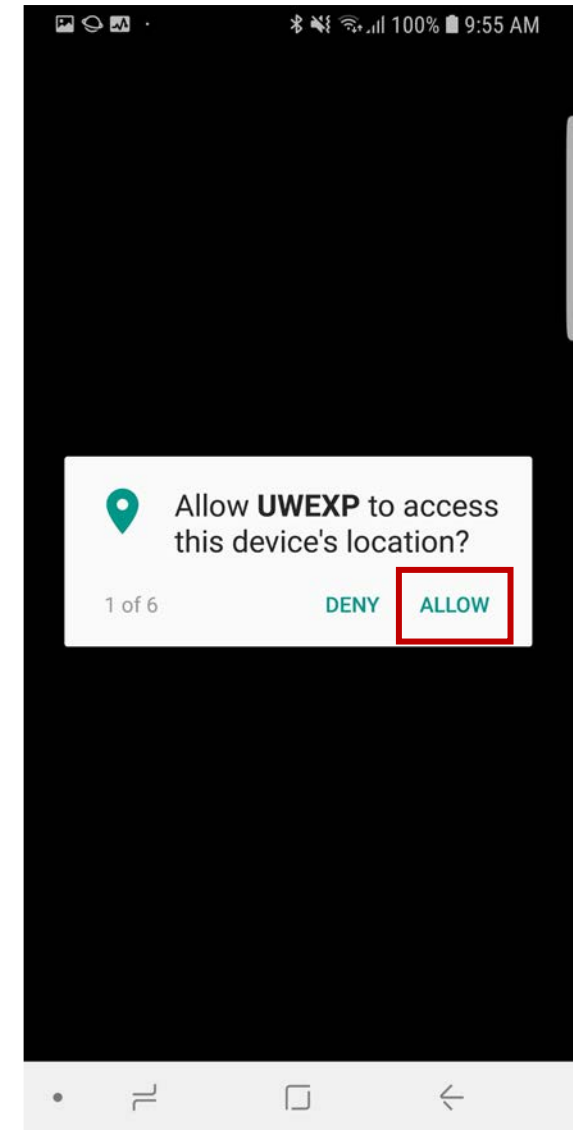
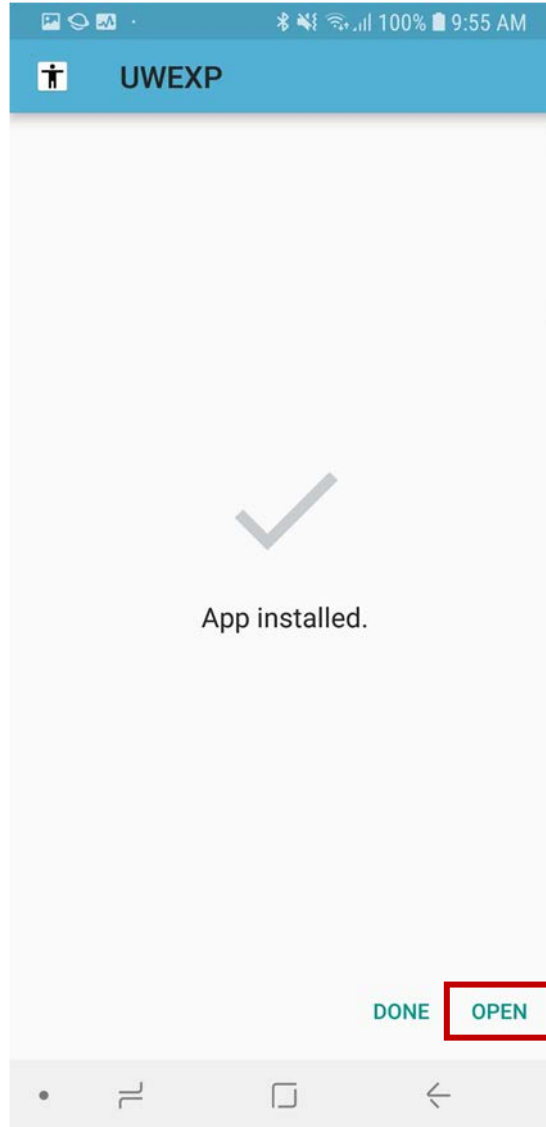
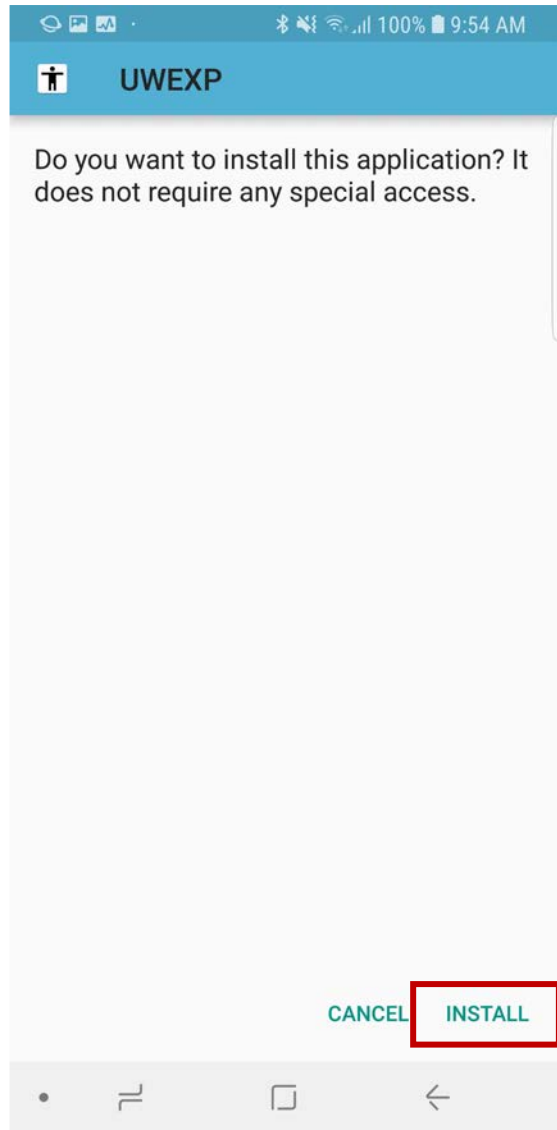
Turn on the All-Day Sync

UWEXP Installation Instruction

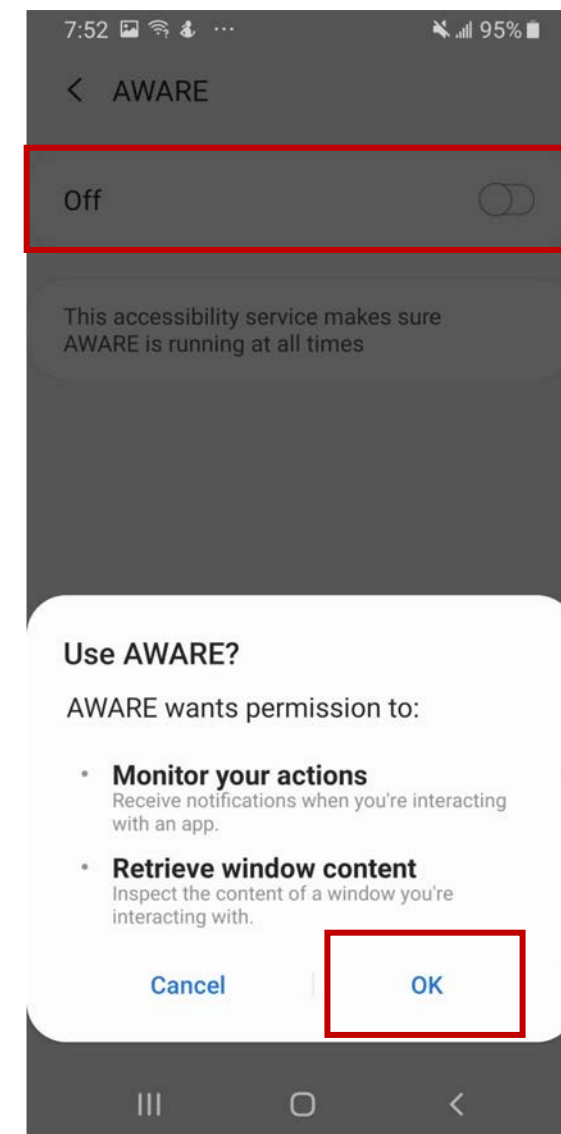
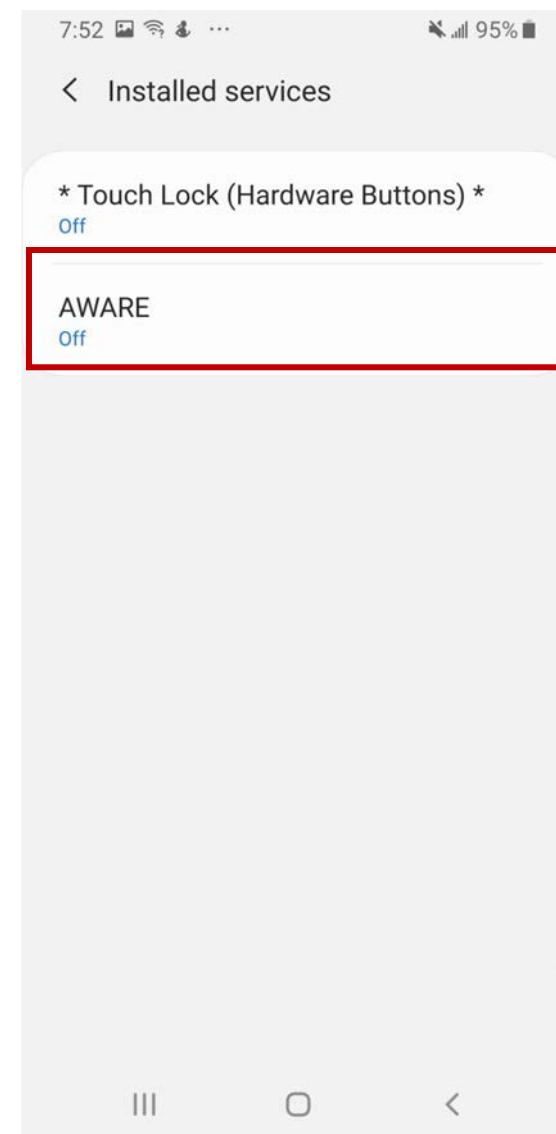
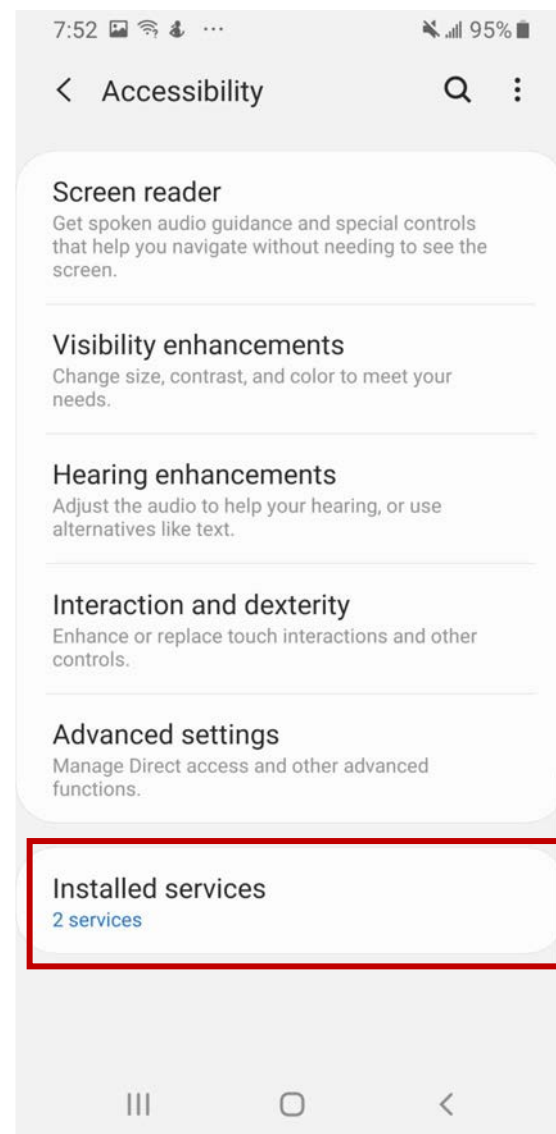
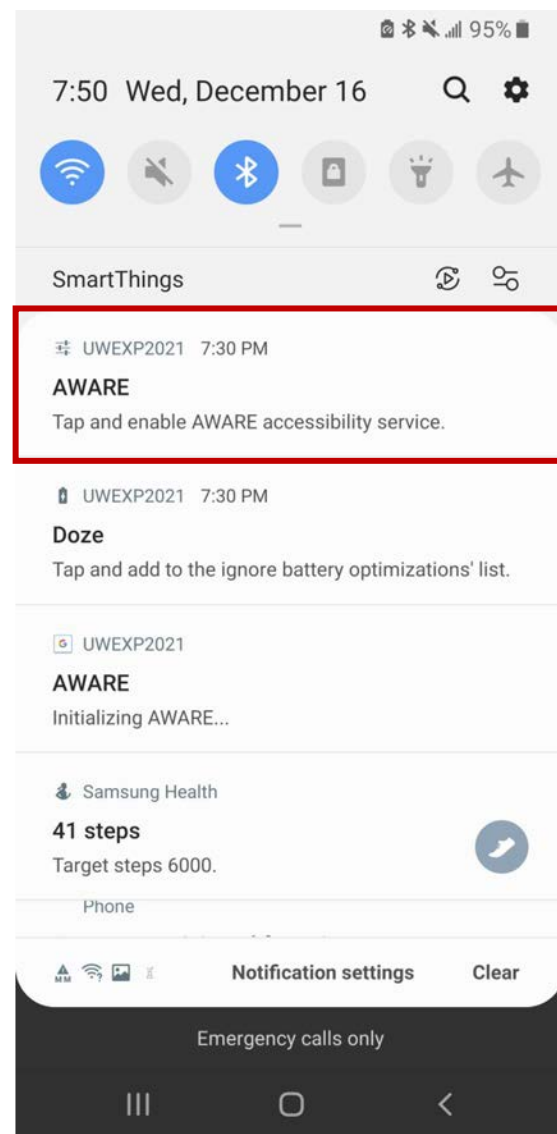
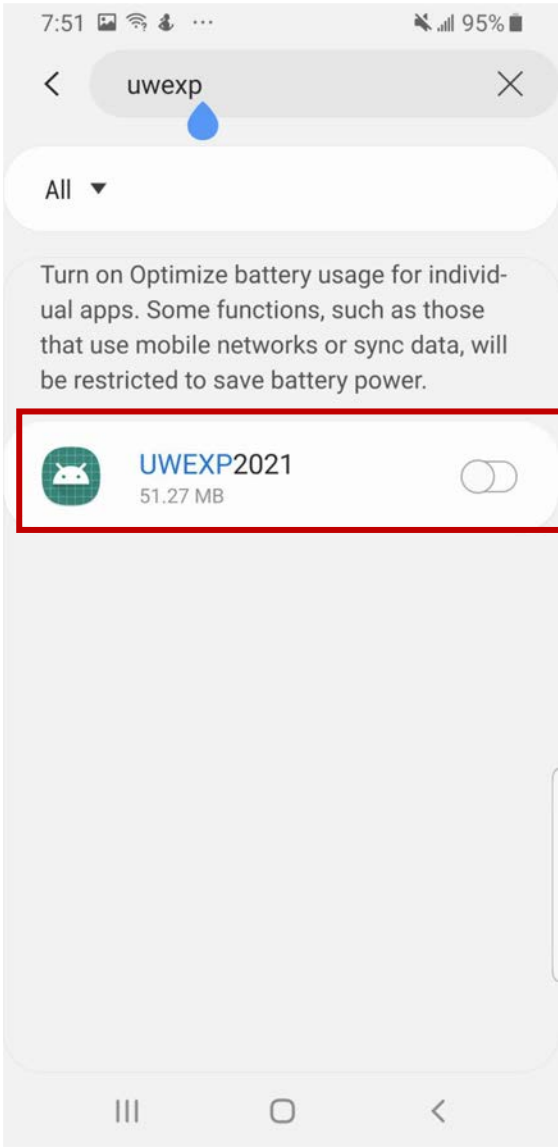
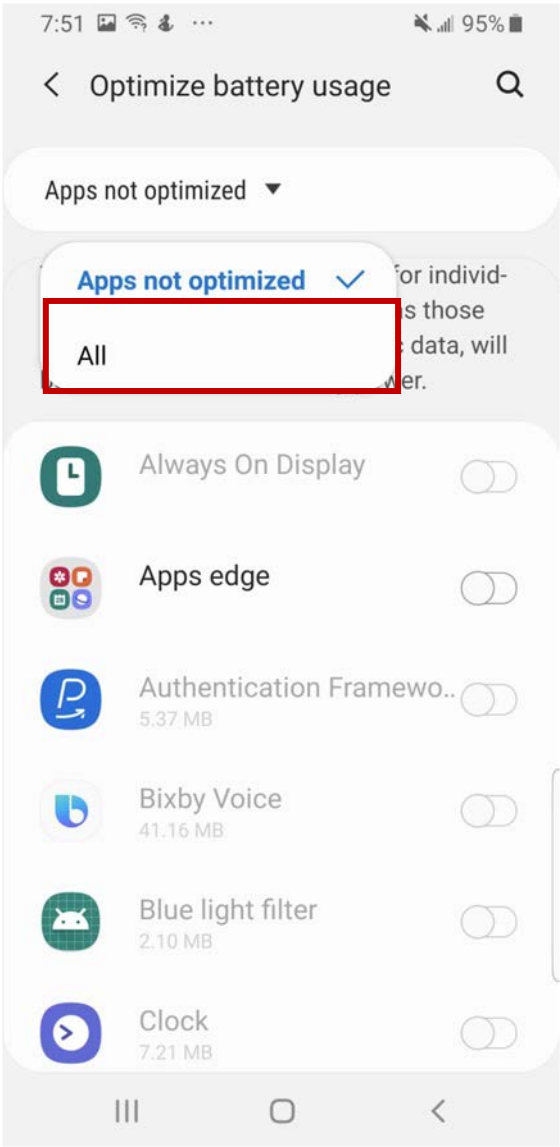
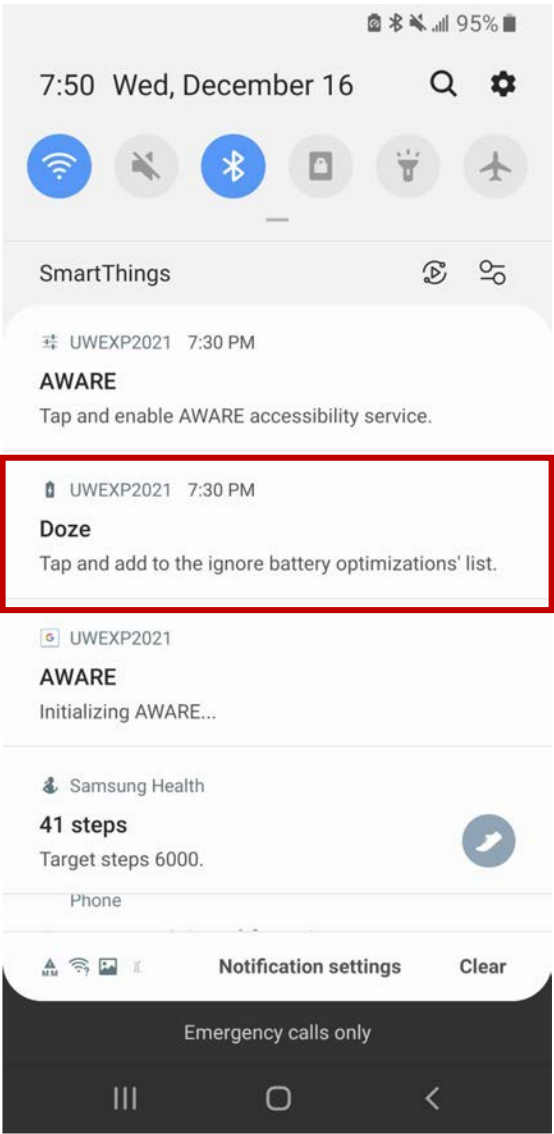
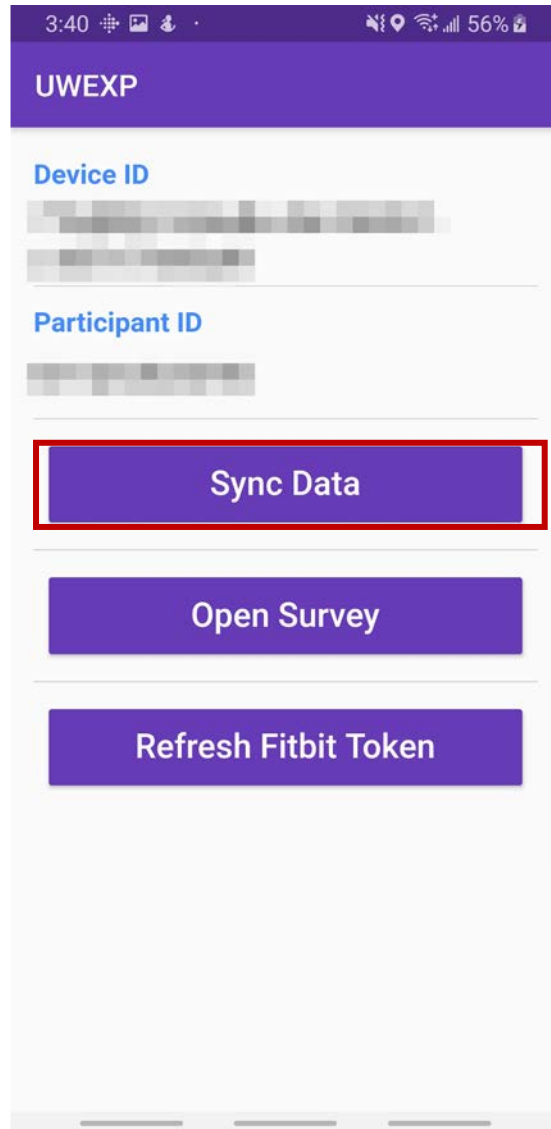
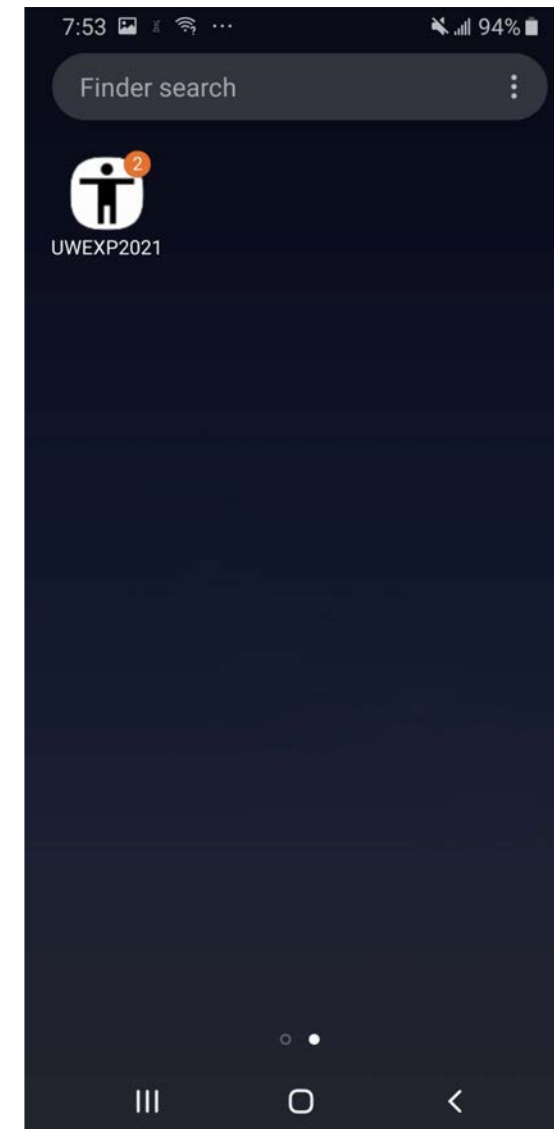
Android

Download and Install the app

Download Link

https://carcharias.cs.washington.edu/awaredashboard/public/APP/uwexp2021c.apk

NOTE: If you run into this, please check the settings of the browser, and make sure the phone can download the app

Install and give permission to the App

Join the study

Enter 4-digits Participant ID then Press Save

Activate accessibility service

Ignore battery optimization

Done!

Press Sync Data button to make sure your device is registered

All set!

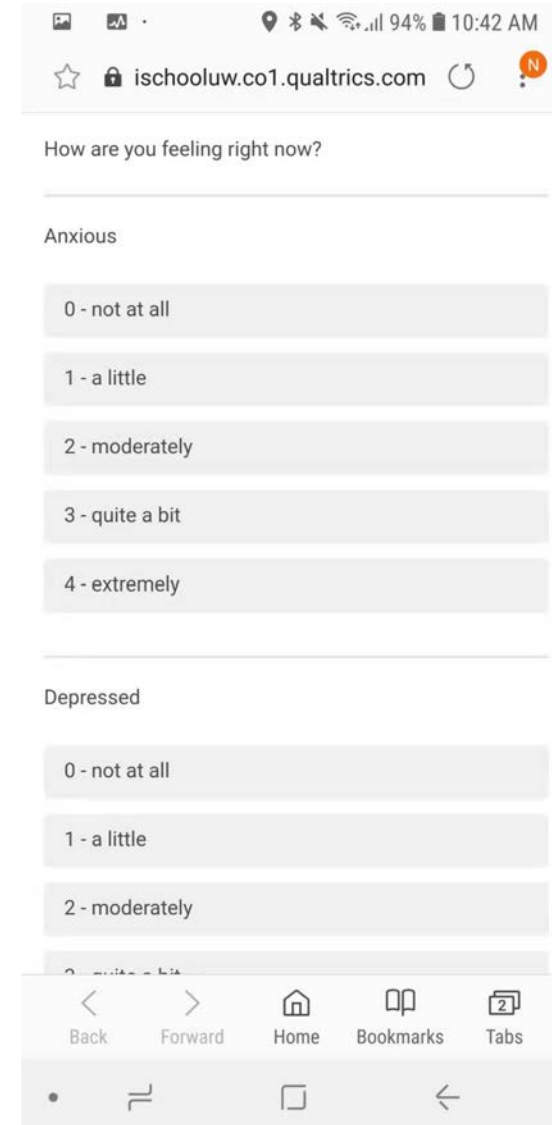
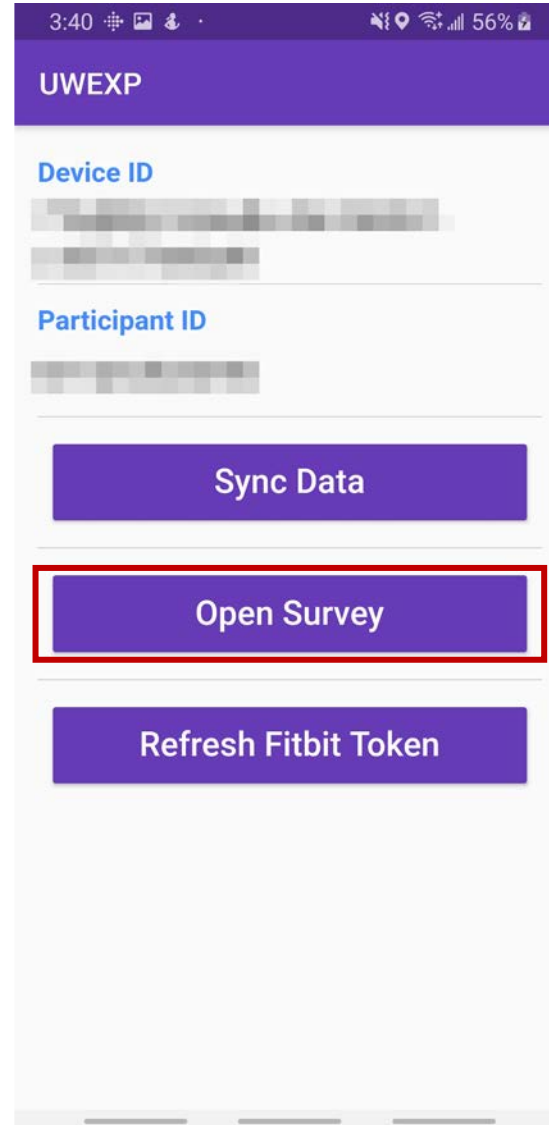
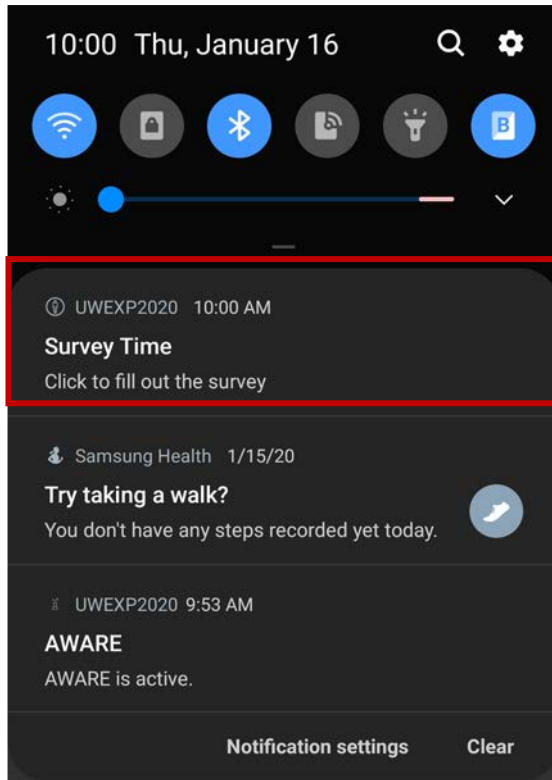
Please make sure that both Fitbit and UWEXP are active in the background!

Please avoid low-power mode as much as possible!

If you accidentally kill them, that's fine. Just go ahead and relaunch it.

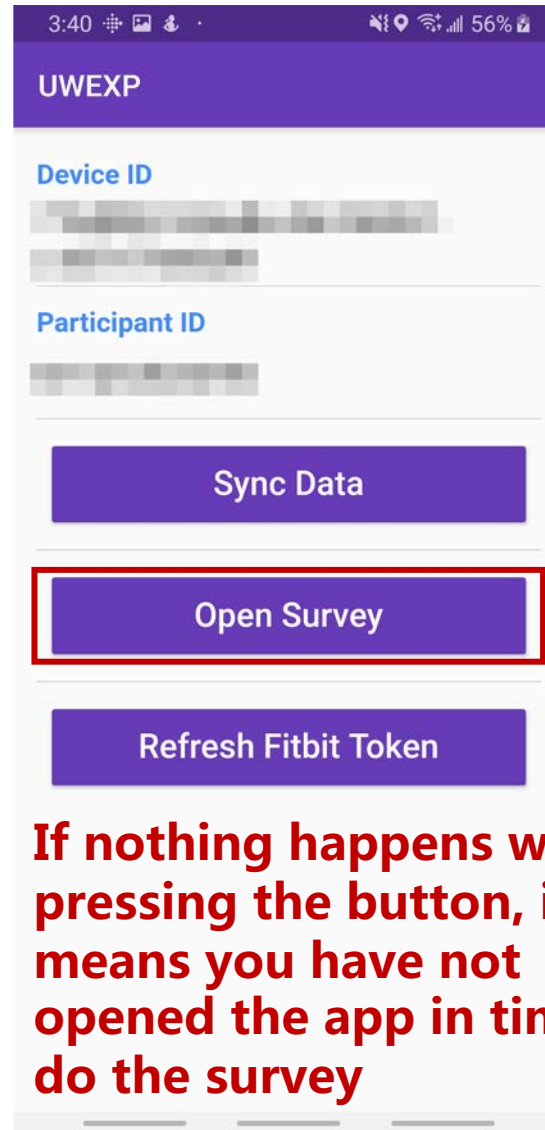
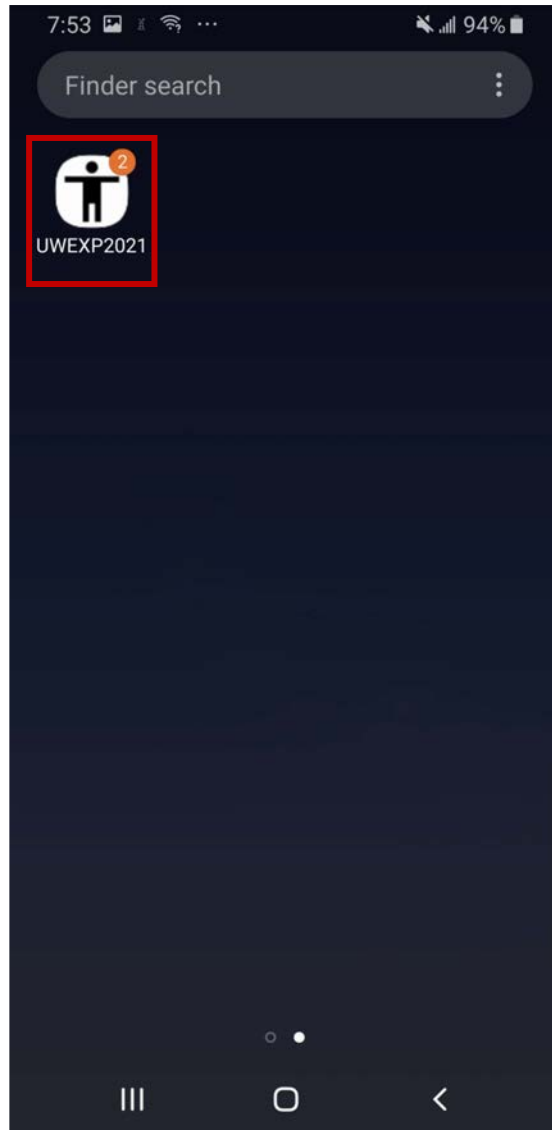
UWEXP – Answer a survey

Android

Answer a survey through a notification

Scroll down and answer the survey

If you do not answer the survey, it will keep sending notification **every 60 mins**.

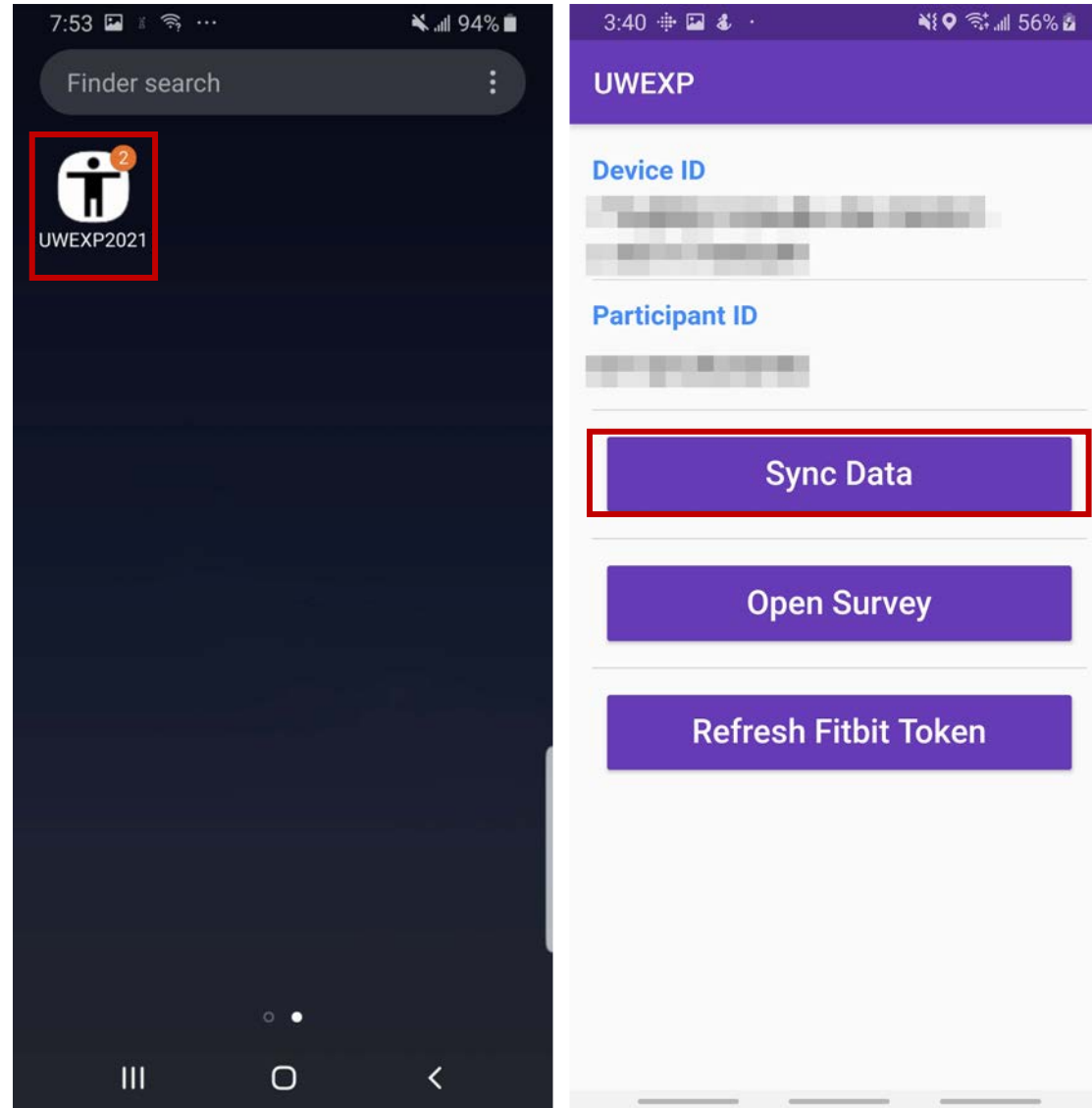
If you do not fill out it **in 12 hours (bi-weekly survey)/ 2 hours (quad-daily survey)**, the survey will **expire**.

Answer a survey through a button

If nothing happens when pressing the button, it means you have not opened the app in time to do the survey

UWEXP – Manual Data Upload (ideally not needed)

Android

Manually upload data

There are chances that UWEXP staff will reach out to you to ask you to "manually upload data". And this is all what you need to do:

Before you press the button, please make sure that your phone is connected to WiFi and being charged.

UWEXP Re-Installation Instruction

Android

We apologize that due to a technical issue we have to ask you to uninstall and reinstall the UWEXP 2021 app to ensure data collection. Here are the instructions.

Long press the UWEXP2021 till you see the banner

UWEXP – Manual Data Upload

Android

Force Quit and Relaunch the app

Long press the UWEXP2021 till you see the banner