

USING YOUR GARMIN WATCH

Garmin Vivofit4® Information Sheet

Why?

As part of the SUPER KNEE project it is important to record your daily physical activity levels so that we can assess how this is related to other outcomes such as knee strength and quality of life.



Setting up your Garmin Vivofit4®

1. **DOWNLOAD** the **Garmin Connect app** to your mobile phone or tablet.
2. Make sure Bluetooth is switched “on” on your phone.
3. Open the Garmin Connect app and it will prompt you to “Join” or “Log In”. Use a **USERNAME** and **PASSWORD** that you will remember. We suggest you write it down here in case you forget it later.

USERNAME: _____

PASSWORD: _____

4. If this is the first device you have paired with Garmin Connect app, follow the onscreen instructions.
5. If you have already paired another device with the Garmin Connect app, then from the settings menu, select **Garmin Devices > Add Device**, and follow the onscreen instructions.
6. Complete the set-up process as directed by the app. Include your height, weight and age.
7. Refer to the Garmin Quick Start Manual that came in the box with your device to learn how to customise your device and use the different settings.

Setting up syncing for the SUPER KNEE research study

This is vital for us to be able to use your step count data for our research.

1. Go to the website: <https://latrobeknee.com>
2. Type your full name (First name and Surname) and the email address you used as your username in the Garmin Connect app, and click **Connect**.

3. On the next page, enter your e-mail and password you used to connect to the Garmin Connect app and click **Sign In** and then when the button appears, click **Agree**.

Charging your Garmin Vivofit4®



- There is no need to charge your Garmin vivofit4®, the battery will last for approximately 1 year. When the battery eventually goes flat, it can be replaced with 2 x SR43 batteries.

Using your Garmin Vivofit4®

- For data collection, wear your Garmin vivofit4® during the waking hours of the day.
- Your Garmin vivofit4® is water resistant, so it can be worn when showering, but it should be removed during water-based activities like swimming and surfing.
- Your Garmin vivofit4® can be removed for sleeping.

MOST IMPORTANTLY: To capture the data that you are recording on your Garmin vivofit4®, you need to sync your Garmin vivofit4® with the Garmin Connect app regularly (ideally at least once a week).

To sync your data:

- Make sure Bluetooth is switched on from your phone.
- Open the Garmin Connect app and have your device nearby.
- Click on the sync button on the top right-hand corner. 
- Hold the button on your Garmin Vivofit4® until the Wi-Fi symbol appears. 
- Syncing should occur. Make sure you can see your recent activity data on the Garmin connect app to ensure sync has completed successfully.
- You can view all your physical activity data in the Garmin Connect app or online: <https://connect.garmin.com>

Privacy

- Your privacy can be checked via “Settings”. We recommend that your privacy settings should be set so that only you can see your information.
- Please do not change your password until after the study.

When do I need to wear it?

Try and wear your Garmin watch every day during the first 4 months of the study. If you are finding it difficult to wear all the time, then you can wear it 2 weeks at a time.

In this instance, you will be asked to complete 4 x 2-week data collection blocks (baseline, 2 months, 4 months and 12 months). During these times, we ask that you wear your Garmin device for the full 2-week period, as this will ensure that we obtain a consistent collection of data that reflects your normal activity levels. We will remind you when these 2-week blocks are approaching. We encourage you to continue wearing your Garmin device for your own personal reference outside of these 2-week data collection periods.

TWO WEEK DATA COLLECTION PERIODS

1. FROM _____ TO _____
2. FROM _____ TO _____
3. FROM _____ TO _____
4. FROM _____ TO _____

Data extraction

- The data collected by the research team will be gathered by exporting information from the Garmin dashboard.

NB: To ensure the research team has access to your data, it is important that you DO NOT CHANGE your USERNAME or PASSWORD. Please contact Adam or Andrea if you need to change your password or username.

HELP/PROBLEMS?

- Glitches in the units do happen from time to time.
- Refer to the Garmin Quick Start Manual that came with your Garmin watch.
- Please contact Adam or Andrea via email (superknee@latrobe.edu.au or superknee@latrobe.edu.au) and we can discuss any issues with your Garmin vivofit4®.

More information can be found at <https://support.garmin.com/en-AU/>. Enter vivofit4® device and answers for FAQ's can be found using the search function.