

How to wear your Geneactiv Activity Tracker

You have received this Geneactiv as you are taking part in the EACH-B study as part of your science class.

If you have any questions, please email the research team eachb@soton.ac.uk

Keep the watch safe until your science lesson when you are completing the EACH-B data collection

Instructions for science lesson:

1. Enter the number of your Geneactiv into the online questionnaire when asked
2. Wear the watch on your NON-DOMINANT arm. This is the arm that you DO NOT write with
3. Make sure you can easily read the numbers on the front of the watch when you are wearing it. If the numbers are upside down, take it off and turn it round so the numbers are easy to read
4. When you are wearing the watch, press firmly on the area with the numbers. You should see a quick green light flash, this means the watch is now recording.



Important points to remember

- Wear the device for **7 full days**
- You should keep the device on when you are sleeping
- The device is waterproof. It can be worn in the shower or up to 1 hour when swimming
- The device only measures movement - it does not measure location/GPS or sound
- The gold pins are the contacts that we use later to download the data

At the end of the 7 days, take it into school and give it back to your science teacher. Please don't lose it as it belongs to the University of Southampton.