FRAS FAQs

Our study website (https://studies.mrc-epid.cam.ac.uk/fenland/remote-assessment) contains video instructions (as well as some written instructions) on all components of the study. We recommend that you first watch the videos and read the instructions as these might answer the questions you may have. We hope that the following FAQs may help clear any confusion.

Google Pixel Watch:

- **Which wrist should I be wearing the watch on?**
  - You can wear the watch on whichever wrist is more comfortable for you. If you are not used to wearing a watch it might feel a bit strange to start with, but it should become more natural over time.
- **How often do I need to charge the monitor?**
  - The watch will need charging every 24-30 hours. We would recommend building it into your daily routine. One way of doing this is by charging the watch whilst showering/bathing, for example.
  - Try to refrain from charging overnight as sleep data is just as important as day data.
  - The watch will take about 75 minutes to fully charge from 0%, but if charging daily, the watch will normally not be fully out of power.
- **How do I connect my watch to the internet?**
  - The watch has a pull down from the top of the screen which will display a settings cog.
  - Navigate through that cog to get to the Wi-Fi settings to select your Wi-Fi from the available list.
  - Enter your password to your Wi-Fi.
  - There is a more detailed video on the website which should be easier to follow along. https://studies.mrc-epid.cam.ac.uk/fenland/remote-assessment
- **How long do I have to wear the watch for?**
  - The length of the study is 1 month. We would ideally like you to wear the watch for the entire duration, 24 hours a day (excluding the time the watch is being charged).
- **When do I send back the watch?**
  - At the end of the study, you will be able to keep the watch should you wish to do so.
  - If you do not want to keep the watch, please get in contact with the study team and they will assist in the return of the watch.
- **Can I get the watch wet?**

- Yes, the watch is water-resistant to a depth of 50 meters, so you can swim, bathe or shower in it if you wish to do so.
- We would recommend removing it in saunas due to the extreme temperatures.

- **Can I connect the watch to my own phone?**
  - Throughout the duration of the study, the watch cannot be connected to your phone. The process of attaching it to your phone will lead to the watch not sending the data through to us for study purposes.

- **I have finished my participation in the study and would like to keep the watch. How do I reset the watch back to its factory settings?**
  - Please email the study team at fras@mrc-epid.cam.ac.uk who will forward you instructions

BreathNow

- **Why do I need to download this app?**
  - This app enables us to receive physical activity data from your device as well as starting the Geolocation component of the study. You will be able to see your movements at end of the study via our LAVA tool (please see below).
- **How do I download the app?**
  - You can download the app from the respective app stores – these are in the email sent to you.

  Play Store (Android): https://play.google.com/store/apps/details?id=com.dkonash.breathnow&hl=en_GB

  App Store (Apple iOS): https://apps.apple.com/us/app/breathnow-blood-pressure-app/id1551799152

- **What details do I need to enter?**
  - You will need to enter your FRAS ID **precisely** as set out in our email – otherwise we may not be able to retrieve the data, and you may not be able to see it on the LAVA tool (please see below) at the end of the study. Please note, the FRAS ID is different to your Fenland ID.
- **The app offers in app purchases; do I need to buy these?**

- No – you are under no obligation to purchase any of the in-app purchases and they are not needed for our study.

Health Connect

- **Why do I need to download this app?**
  - This app is for the section "**Share phone physical activity data**" on the main study website. https://studies.mrc-epid.cam.ac.uk/fenland/remote-assessment
  - This app is not installed as default on Android devices, so the Health Connect app will allow you to be able to share the physical activity data that is stored on your device with us.
- **How do I download the app?**
  - You can download the app via the Play Store (https://play.google.com/store/apps/details?id=com.google.android.apps.healthdata&hl=en_GB)
- **What details do I need to enter?**
  - Refer to the guide on the study website. You will need to allow permissions for some apps.
  - For iOS users, there is a separate guide to check if you have it and for allowing the permissions needed.

Step Test

- **Why do I need to do this test?**
  - By doing this test, it will enable us to assess your fitness without having to leave your home to come to one of our clinics.
- **How long is the step test?**
  - It is 5 minutes in duration with a 1-minute recovery at the end. If you feel like stopping at any time, you are free to do so.
- **What do I have to do?**
  - The test entails you listening to an audio file (https://studies.mrc-epid.cam.ac.uk/files/fenland-study/fenland-remote-assessment/mrcepiunit_rampsteptest_brage2005_5.04min.mp3) that will tell you when to 'step up' and when to 'step down' (it will say "up, up, down, down"). The tempo will increase slightly over the duration of the test. You can use a fitness step if you have one, but any step around the home which you feel safe using, such as your stairs, is sufficient.

Self-selected test

- **Why do I need to do this test?**
  - By doing this test it will allow us to improve our ability to assess individual heart rate responses to different exercises. Whilst we have tests such as the step test, this style of test will allow us to see heart rate response during the forms of exercise you may be doing more regularly.
- **What exercise should I do?**
  - You should do the exercise that you most commonly do. For example, if you regularly cycle as opposed to run, please cycle as you will be used to that type of exercise. Please do not do a form of exercise that you are not accustomed to.
- **What intensity should I exercise at?**
  - We recommend that you exercise at a moderate level. You should be able to talk during the exercise but not sing.
- I**s there anything else I need to do?**
  - Yes- we would like you to keep a note of the time you do the exercise and a description of the intensity of the exercise, e.g. the speed and incline of a treadmill or the wattage of an exercise bike, we can also use these data to estimate your fitness.
  - If you are doing a weighted activity, you could record the type of that activity and the weight (e.g. 10kg) being lifted, or if you are doing an exercise class or exercise such as jogging, you can record the type and use the note section to provide additional information on intensity e.g. mild intensity yoga or high intensity sprinting.
  - Within the notes section, add as much detail as you think is necessary to help the research teams.

LAVA

- **What is the LAVA tool?**
  - LAVA stands for Location Activity Visualisation and Annotation tool. It uses and visualises your data from the BreathNow app.
- **What does it do?**
  - You can explore your own data on our secure web tool that plots your location measurements on a map alongside your movements and heart rate data.
  - You can also provide additional contextual information about specific time segments if you wish, for example, you can add a note that you were running at a certain time period.
- **Why do I have to use multifactor authentication?**

- Multifactor authentication provides an extra secure way of storing your data. You will need the username and password that we have emailed you, plus a token that changes every time you log in from the multifactor authenticator. Our website will show you how to download an authenticator and how to use it. https://studies.mrc-epid.cam.ac.uk/fenland/remote-assessment

- **How will this information be used?**
  - The contextual annotation will help us answers questions about the context of physical activity, e.g. the type of activities people do and how different types of physical activity fit into a person's daily routine. Knowledge about the interplay between physical activity, location, mood and social context is very limited but these data will allow research into this area. The collected data on activity types will also allow development of new methods for characterising behaviour from monitor data, i.e. in studies where only monitor data is available.
  - All the information is stored under an anonymous identification code.
- **At some points of the trace I cannot see my heart rate, why is this?**
  - On occasions, the monitor you wore may not be able to accurately record your heart rate. If this is the case some data may appear missing on the display. If you removed the monitor at any time (for example changing the pads) your heart rate may not be displayed at that point.
- **My location does not seem to be showing. Where has it gone?**
  - The GPS monitor relies on being able to receive information from satellites. In some locations the signal may not be strong enough for the monitor to detect. This is most common in places with high rise or tightly packed buildings. Tall buildings may cause a GPS signal to 'bounce' on its way between your GPS device and the satellites, resulting in slight miscalculations of your position. It may therefore look like you are moving small distances within the same place when in fact you are static.