

## Google Pixel 2 watch Information Sheet

**\*\*\* YOUR MONITOR IS READY TO START RECORDING.  
PLEASE BEGIN TO WEAR IT AS SOON AS POSSIBLE \*\*\***

### Description

The Google Pixel watch is a wrist-worn device which records physical activity and heart rate and has been pre-configured for the purposes of this study – please do not alter the settings. The strap is made of Fluoro-elastomer with a soft touch coating, and stainless-steel buckle. These are FDA (U.S. Food & Drug Administration) approved materials.

Terms and conditions of use can be found here:

<https://policies.google.com/terms?hl=en-GB#toc-about>

### When your Pixel watch arrives

When the Pixel watch arrives, please place the watch on charge for at least an hour as shown in the instructions at the end of this document (Charging the Google Pixel Watch). You can then follow the rest of the instructions as set out below.

### Connecting your Pixel watch to your Wi-Fi

For the data to be sent back to the MRC Epidemiology Unit, the Pixel watch requires access to the internet. By following the steps below the Pixel watch can be connected to Wi-Fi. The Pixel watch can be connected to additional Wi-Fi networks if desired to connect to a home and work Wi-Fi for example.

1. Ensure the Pixel watch is turned on (screen should display the time). If it is not on, press and hold the crown button.
  - The letter G will appear on the screen once turning on.
  - The steps can be continued once the time appears



2. Once the Pixel watch is on, swipe down from the top of the screen face. You should see a menu screen appear.



3. From the menu click on the cog and then within settings, press on connectivity.



4. Press on Wi-Fi and ensure the slider is to the right (meaning Wi-Fi is turned on)



5. Scroll down using the screen and press on "+ Add Network".

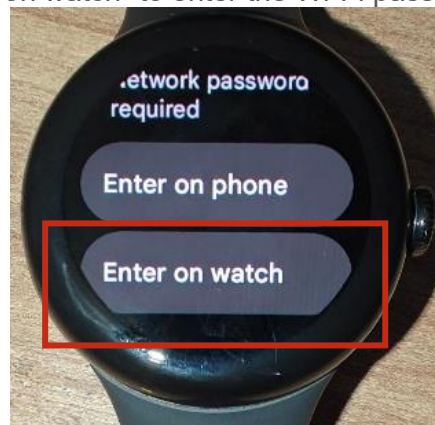


6. Scroll through the lists of available Wi-Fi to find your Wi-Fi name and press it. The example here is "Example\_WiFi".

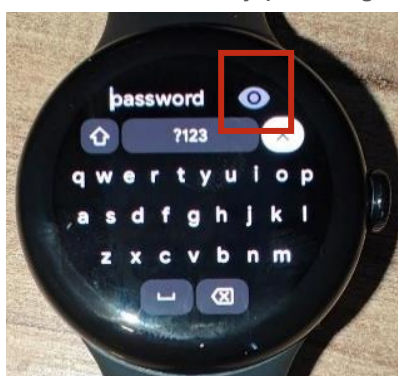
Unfortunately, the watch cannot connect to all types of Wi-Fi because of pre-determined settings. If you are unable to see or connect to your Wi-Fi, please refer to our [FAQ document](#).



7. Scroll down to "Enter on watch" to enter the Wi-Fi password



8. Using the screen keyboard, carefully type in the Wi-Fi password (you can use the enclosed stylus to help).
  - To view what you are typing, press on the eye at the top of the screen so it will then appear with a line through it.
  - You can make the letters capital by first pressing the upwards arrow button
  - You can switch to numbers by pressing the "?123" at the top and then switch back to letters by pressing "ABC"



- To delete the last character(s) press the backwards arrow with the X in it.



9. Once complete press the tick. Press the crown at the side of the watch to go back to the home page with the time on it. Back on the main menu (swiping down from the top) the Wi-Fi Symbol should now appear.



10. The monitor should now be set up with Wi-Fi connection and can start to be worn.

## Wearing the Monitor

This study has asked for you to wear the watch for 1 month. During this time the watch will only be collecting physical activity and heart rate data. Other features which are common with the Google Pixel watch have been disabled for the duration of the study. The monitor is water resistant and can be worn for swimming. Please remove your watch if you need to be submerged in water for longer than 30 minutes or at a depth greater than 50m. Please also remove the monitor if you are in extreme temperatures such as a sauna or steam room.

## Placement on Wrist

We would recommend that the Google Pixel watch could be worn on your **non-dominant** wrist. However, this is only a recommendation. If you normally wear another watch on the non-dominant wrist and you want to wear both, wearing the Pixel watch on the dominant wrist will also be fine. The Pixel watch should be worn just above the wrist joint so that when the joint is flexed, the watch neither inhibits joint movement, nor is uncomfortable. The watch should retain a snug fit to produce the most accurate readings, so it should not be possible for it to rotate when you have put it on your wrist. The images below show the placement on the wrist





Left Wrist



Right Wrist

Link to Google "how to wear":

<https://support.google.com/googlepixelwatch/answer/12724980?hl=en>

To fit the strap correctly, first push the metal button through the correct sized watch strap hole.

Then lop the remain strap back under the main strap so the end cannot be seen anymore.



## Changing the strap

The watch has been sent to you with the standard strap attached, and a longer strap in the packaging. If you would like to wear the longer strap, please follow the next few steps.

1. Remove the standard strap by pushing in the small button next to the strap, circled in red on the image below. We find the easiest way to do this is to push the button in with the small knuckle of your index finger, and then use your thumb to push the strap to the right so that it slides over the button. Once you have the strap over the small button you should be able to keep sliding it until it pops off. This can be quite hard to do, and you may end up with screens popping up on the watch face, you can press the crown button to go back to the home screen.



**Slide to the right**

2. Take the longer strap and place it over the button, it should fit in the grooves. Slide the strap to the left until its slotted into the grooves.



←  
**Slide to the left**



## Charging the Google Pixel watch

The Google Pixel watch 2 has a battery life of a maximum of 30 hours when fully charged.

**We recommend that you charge the watch every day (at least every 12 hours) as if the charge drops below 10%, it will no longer record.** To charge the watch follow the steps below (please use the provided cable):

1. Plug the provided charging cable into a USB plug/computer that is compatible with a USB type-c cable.



2. Take the supplied charger and attach it to the back of the watch.
  - The charger is magnetic, and when it is the correct way round (cable in line with the crown as shown below) it will snap into place on the back of the watch.



The watch will take roughly 1 hour to fully charge. You can partially charge the watch throughout the day if needed. The USB end can be plugged into any wall plug/ USB port compatible with USB/C for charging. The Percentage of power will display on the watch screen whilst charging.

Charging the device kick starts the transfer of data.

## Returning the Watch

If for some reason you would like to return the Google Pixel watch to us at any point throughout the study, you can. In this instance, please contact us on the email below. We will then send out a return envelope for you to package up and return the watch.

If however, you finish the 1-month study period and would like to keep the watch, the watch can be reset, and you will be free to set this up using your own smartphone and use all of its features. You are not permitted to sell the watch on at any point during the study.



## Questions or Problems

In some instances, individuals may experience minor skin irritation or develop a localised rash from wearing wrist straps. Leaving the watch off for a couple of days should alleviate this. If the strap is damp, for example after a shower, drying both the skin and strap can also reduce irritations. However, if the irritation persists even after a few days of not wearing it, please inform the study team that you have had to stop wearing the watch because of irritation. If the irritation does not resolve on its own, a small amount of proprietary HC45 cream (E45 moisturiser plus 1% hydrocortisone cream) may be applied to the affected area. This can be obtained without prescription from a pharmacist.

If you have any questions or problems, please do not hesitate to contact the research team by email at [fenlandstudy@mrc-epid.cam.ac.uk](mailto:fenlandstudy@mrc-epid.cam.ac.uk).

## Frequently Asked Questions

### **Will you have access to my data once I have completed the 1-month study period?**

Once the watch has been reset, the email address attached to your watch which we receive data through will no longer be connected. You will then have the ability to set up the watch as if just brought. Therefore, we will not have access to any of the watch data once you have completed the 1-month study period.

**Can the monitor track my location?** The monitor does have GPS but it will be disabled during this study. Once the watch is reset for your use after 1 month, GPS will be reinstated so you will have the choice to turn GPS off and on as you wish.

**How secure is the data stored on the monitor?** The monitor does not store any personal identifiable data. A code number on each monitor is matched with your “participant ID email address”, and the account information for your data is only known by study team members.