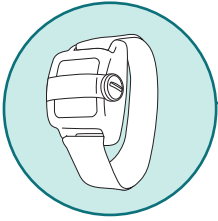


# Activity Monitor



## What is it?

---

An activity monitor, which is also known as an accelerometer, measures the intensity and duration of body movements. The monitor has sensors that detect and record movement multiple times per second. It does not track your location. Activity monitors have been used in large research studies for decades to measure people's activity and sleep.

## What will I do with it?

---

You will wear the monitor on your "nondominant" wrist - the hand you do not write with - for 10 days. It is worn like a watch and should stay on your wrist for the entire 10 days. It needs to be worn during all your daytime activities and, importantly, while you sleep. On the days that you wear it, you will complete a sleep diary each morning to report the times that you got in bed, fell asleep, and woke up as well as any times you woke up during the night.

## What will it feel like?

---

The monitor is about the size and weight of a smart watch and wearing it will feel like wearing a watch. The activity monitor does not tell time or display any information.

## Can I get the activity monitor wet?

---

The activity monitor can get wet but should not be exposed to water for an extended amount of time. It should stay on during your daily activities and only be removed when you shower/bathe or go swimming.

## Can I see the data?

---

You cannot see the daily data while you are wearing the device. However, at the end of the study you can request to receive a summary of a few days of activity.

## How do I take it off?

---

After 10 days, you will remove the activity monitor and return it to the Kaiser Center for Health Research by shipping it back to us in the mailer we gave you at the visit.