



SYNCHRONIZING THE THIGH ACTIGRAPH EACH MORNING

At the beginning of each study day, **after** you put on your TicWatch, please take a moment to complete the following steps. This will synchronize the data collected on the thigh ActiGraph with the data collected on the TicWatch.

Bend forearm upwards

1

Hold for 10 seconds

2

Hold for 10 seconds

Extend forearm forward

Instructional videos available here:
clsa-elcv.ca/mobility

REPEAT 5 TIMES

Instructions:

1. Put on the TicWatch.
2. In a seated position, hold the thigh ActiGraph in the hand of the same arm that you are wearing the watch on.
3. Extend your forearm forward, flat on a table (Picture 1, above). **Hold this position while counting to 10.**
4. Bend your forearm so that your fingers are pointing upwards towards the ceiling, with your elbow on the table (Picture 2, above). **Hold this position while counting to 10.**
5. Repeat the rotation **at least five times** before putting the thigh ActiGraph on.

If you require assistance, please contact us:



1-866-999-8303



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ATTACHING THE THIGH ACTIGRAPH

1. In a seated position, place your hand just above the kneecap and the ActiGraph where your hand ends. The **USB cap** of the ActiGraph should be facing up, towards your hip.



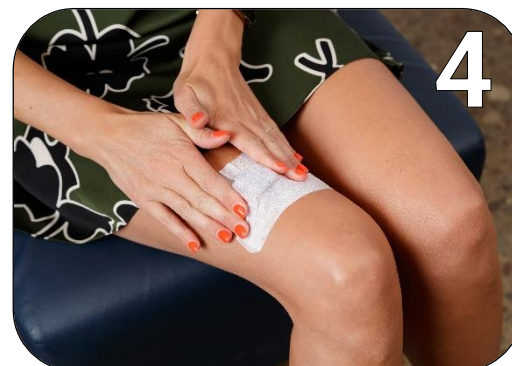
2. Peel off half of the white backing (the side with the Hypafix name on it) of the adhesive patch to reveal the sticky surface.



3. Carefully place the revealed sticky surface on top of the first half of the ActiGraph. Then, peel off the second white backing of the adhesive patch and finish covering the ActiGraph.



4. Press down on the adhesive patch around the ActiGraph to ensure that it is sealed, and smooth out the surface to eliminate any air bubbles.



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WEAR THE ACTIGRAPH FOR 7 DAYS IN A ROW while you are awake.

- Take off the ActiGraph when you go to bed.
- Put it back on when you wake up.
- The ActiGraph can be worn on either thigh.



Despite being hypoallergenic, it is possible that the adhesive patch may cause some redness or irritation to your skin. If this happens, please discontinue use and contact the CLSA.

During the day, it is recommended to check if the ActiGraph is completely secure under the sticky patch. If the adhesive patch is coming off or if the USB cap is not facing up, you can remove both items and follow the same procedure to apply a new adhesive patch. **Repeat the 4-step attachment procedure at the beginning of each day you wear it.**



- **Do not wear the ActiGraph when showering, bathing or swimming.**
- **Do not put lotion or creams on your thigh as this may prevent the adhesive patch from sticking.**

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REMOVING THE ACTIGRAPH

Peel off the white adhesive patch from your thigh. Removing the patch from your skin can be painful. We suggest soaking a cotton swab with baby oil or with mild cooking oil and gently rubbing the edges of the sticky patch, which dissolves the adhesive. This helps it lose its grip, facilitating removal.

RETURNING THE MOBILITY TRACKERS

After you have worn the thigh ActiGraph and TicWatch for 7 days in a row, bring the two mobility trackers to your Data Collection Site visit.

Accessing the data on the ActiGraph requires a specific login and software, which is only available to the CLSA. The data on the device are connected to an ID, not your personal information. If the device is lost, it cannot be connected back to you.

Please keep in mind that participation in this data collection is voluntary.

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