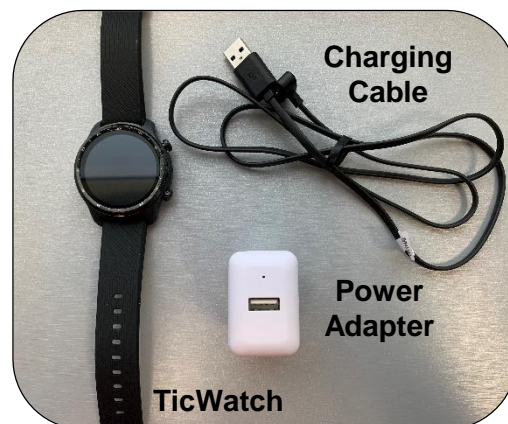




## THE DAY YOU RECEIVE THE WATCH

1. Check that you have received the TicWatch with a power adapter and charging cable.
2. Charge the TicWatch:
  - A. Connect charging cable to power adapter and plug power adapter into wall.
  - B. Connect charging cable to TicWatch.
3. Disconnect the TicWatch from the charger the next morning when you are ready to put it on.



## DAILY USE

1. Wear the TicWatch on your non-dominant wrist (that's your left wrist if you are right-handed and your right wrist if you are left-handed).
2. Wear the TicWatch for 7 days in a row.
3. Take off the watch when you go to bed and follow the instructions below to charge it. Put it back on when you wake up.
4. Charge the TicWatch at the end of each day.



Instructional videos  
available here:

[clsa-elcv.ca/mobility](https://clsa-elcv.ca/mobility)



- **Do not wear the TicWatch when showering, bathing or swimming.**
- You do not need to remove for daily activities such as washing your hands or washing dishes.

If you require assistance, please contact us:



1-866-999-8303



[info@clsa.elcv.ca](mailto:info@clsa.elcv.ca)



[www.clsa-elcv.ca](https://www.clsa-elcv.ca)

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## CHARGE ME

1. “Charge Me” may appear when you first receive your TicWatch, or if the TicWatch is low on battery.
2. If you notice “Charge Me”, connect the TicWatch to the charger and plug it in.



## RETURNING THE MOBILITY TRACKERS

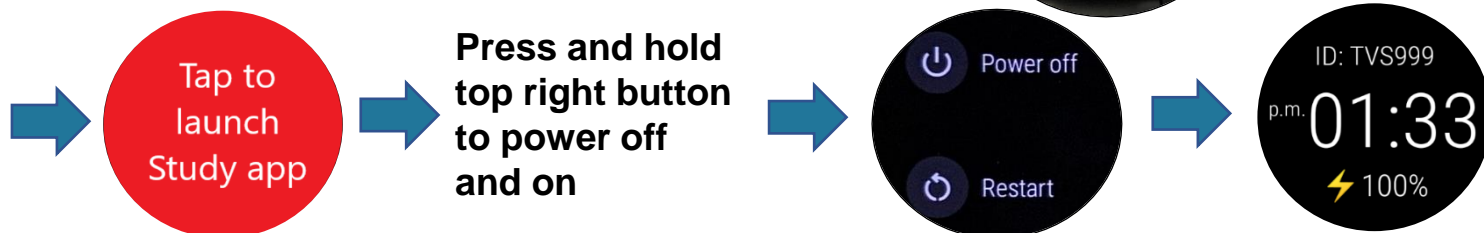
After you have worn the TicWatch and thigh ActiGraph for 7 days in a row, bring the two mobility trackers to your Data Collection Site visit.

## TROUBLESHOOTING (POWER ON/OFF)

If you are experiencing any issues with how your watch functions, powering the watch off and turning it back on is the easiest way to solve them.

**To reset watch:**

1. **Press** the top right button to exit the CLSA app and return to the red “Tap to launch Study app” screen. (Note: you may have to remove the watch case and/or plastic button cover to press it)



2. **Press and hold** the top right button of the watch until a menu appears with options: “Power off” and “Restart”. Tap “Power off”.
3. Once powered off, **press and hold** the top right button until a vibration is felt to restart the watch. The “TicWatch” and “Wear OS” logo will appear as the watch powers on.
4. Once powered on, tap the red “Tap to launch Study app” screen to open the CLSA study app. Continue wearing the TicWatch as directed.

**Accessing the data on the TicWatch 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.**