

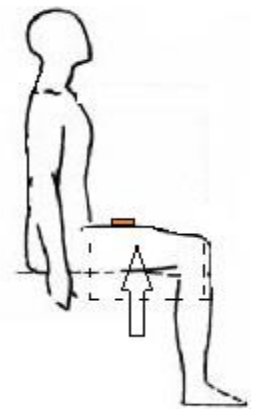
When to Wear the Activity Monitor:

- Remember: you should wear the monitor 24/7.
- The total time you should be wearing the Activity Monitor will be for 7 days.

How to Wear the Activity Monitor during the Day:

Attaching the monitor:

1. Sit down on a chair when attaching the monitor so that your thigh is in a horizontal position. This will also make it easier to find the top of your thigh (the crease between your leg and your upper body).
2. The monitor is to be attached one third of the way down between the top of your thigh and the top of your knee. Position the monitor in the midline of your non-surgical thigh as shown in the picture.
3. Swab the area where the monitor is to be attached with the provided alcohol pad and let the area dry for a few seconds.
4. Place the monitor in the correct position on the thigh, ensuring that the man on the front of the monitor is standing up (head facing upwards) when you stand up.
5. Peel the backing off the Hypafix patch with monitor attached and place it on your leg. Press the patch onto your skin, starting from the middle out towards the edges and smooth out the wrinkles as much as possible to ensure that the monitor is firmly secured to your thigh.



Caring for the THIGH Activity Monitor:

The thigh monitor is water resistant (to 1m) so you can wear it while showering but we would prefer you not to wear it swimming in the pool, and please do not wear it in the ocean in case it falls off. The thigh monitor will emit a green flash every 6 seconds. This is an indication that it is working and recording data. The activity monitor can be worn through airport security.

If you need to change the adhesive patch:

During your wear time, you may need to change the adhesive patch, to do this:

Remove the monitor from your thigh (note that this may cause some slight discomfort) and peel the adhesive patch off the monitor.

With an alcohol prep pad provided in your Monitor Pack, thoroughly wipe down the area of your leg where the monitor was attached and follow the instructions below.

- First, remove larger square from the sticky side of the Hypafix
- The tape will be left with the sticky side out and a small rectangle to hold onto.



- Next, place the device face down (**REMEMBER TO LEAVE IT IN THE WATERPROOF PACKAGE**) into the middle of the tape with equal distance from top and bottom, and from side to side. NOTE: You will not be able to see the little person or the arrow, so make sure to have him standing up



- Locate where the device had been placed previously (reminder: 1/3 of the way from your hip crease to the top of your knee)
- Once located, place the device on this spot and seal the tape to your leg. Try to press out any air bubbles or creases to get the device as tight to your leg as possible.
- Finally, rip off the small rectangle of backing still on the tape and press the remaining tape to the skin.



The finished product should look something like this



Skin irritations due to the adhesive tape may occur. Preferably, you would attempt the process above and change your adhesive patch. If you continue to experience irritation, then take the monitor off and contact the Research Team for further instructions.

