Instructions:

- Visit https://detectstudy.org/ and select either the Apple Store or Google Play icon to download the MyDataHelps app
- Open the MyDataHelps app, select the DETECT study to register and enroll
- Connect your wearable device
  - If you do not have a device, a Fitbit will be provided to you
    - Connect to WiFi
    - Download the Fitbit app, create an account and sync it with your device
    - Provide your email to the research team so we can provide you with study updates
    - Open the MyDataHelps app and from the home screen, connect your Fitbit to the app

During the study, remember to:

- Open your Fitbit app once a day to ensure device is syncing properly
- Depending on use, charge your Fitbit every five days when bathing
  - If you can, wear your device while sleeping
- If you're feeling sick, open the MyDataHelps app to record your symptoms or test results
- If you have questions, contact detect@scripps.edu