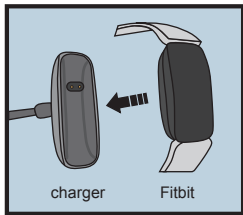


Longitudinal Evaluation of the Growth and Acquisition of Clones over Years in the **blood**

Fitbit setup guide

1 Charge the Fitbit

Once fully charged, the Fitbit should have a battery life of ~10 days.



- 1 To charge the Fitbit, plug the charging cable into either the USB port on your computer, a UL-certified USB wall charger, or another low-energy charging device.
- 2 Align the pins on the other end of the charging cable with the gold contacts on the back of the Fitbit. Gently press the Fitbit into the charger until it snaps in to place.

Full charging takes ~1-2 hours. While the Fitbit charges you can press the buttons to check the battery level - the screen will display a solid battery icon with a smile once it is fully charged.

2 Fitbit account setup and Fitabase authorization

- 1 Download the Fitbit app from the Apple App Store (for iPhones) or the Google Play Store (for Android phones).
- 2 Open the Fitbit app and tap **Join Fitbit** to be guided through a series of questions to create a Fitbit account. You will be prompted to enter your birthdate, height, weight, and sex. This information is required so that your stride length, distance, basal metabolic rate and calorie burn can be estimated.
- 3 Continue to follow the on-screen instructions to connect the Fitbit to your Fitbit account.
- 4 When you have completed the setup, read through the guide to learn more about the Fitbit and explore the Fitbit app.
- 5 You will be emailed a link to a Fitabase Authorization page, at the bottom of which a "connect your device" button is present. This will require you to sign in to your Fitbit account and will authorize Fitabase to access the data collected from your Fitbit so that it can be downloaded by the LEGACY team. **If you do not receive this authorization email, please inform the LEGACY team as soon as possible.**

3 Wearing the Fitbit

Wear the Fitbit on your wrist and make sure the back of the device is in contact with your skin. The band should be snug, but not constricting. **Please do not wear the Fitbit clipped to your clothing** as this will prevent heart-rate tracking.

The Fitbit app assumes you are wearing the Fitbit on the wrist of your non-dominant hand (i.e. left wrist if right-handed). If you chose to wear it on the wrist of your dominant hand, please change the 'Wrist setting' in the Fitbit app: (Today > Profile (top left of screen) > Inspire 2 > Wrist > Dominant).

Please wear the Fitbit for as many hours per day as possible, including at night. We would recommend removing the Fitbit while you bathe/ shower to reduce exposure to soaps and shampoos, which may damage the Fitbit and cause skin irritation.

Please ensure the '**All-Day Sync**' option (if available) is turned on in the Fitbit app. This will enable the Fitbit app to periodically sync with the Fitbit device when it is in range: Today > Profile (top left of screen) > Inspire 2 > All-Day Sync (toggle on). **If 'All-Day Sync' is not available, please sync the Fitbit with the app at least every 5 days to ensure the data is captured.**

4 Using the Fitbit

The Fitbit will auto-detect all the data that the LEGACY team will be collecting (e.g. exercise, sleep and heart rate data) and so it is not necessary for you to do anything with the Fitbit other than wear it and charge it whenever the battery becomes low. If you want to interact more with the Fitbit, log additional information, or sign up to Fitbit premium you are welcome to do so, but this is not required for the LEGACY study.

Further information on how to use the Fitbit, including the user manual, can be found at fitbit.com/help.

Please take a moment to review the complete safety information at fitbit.com/safety.