



Overview

- You are being asked to wear one device on your leg and one device belt that contains 2-3 devices over the next 8 days.
- Each of the devices you will be wearing measures your physical activity throughout the day but in a slightly different way. We are studying these different devices to see what aspects of daily activity relate to health.
- The devices should be worn at the same time (together, not one at a time).
- To get the best scientific data, we ask that you please engage in your usual activities and do not alter your daily routine because of this study.
- To see the study instructional video, please visit www.sol-vida.org

activPAL thigh-worn device

- The activPAL should be worn at all times for 8 days (including overnight).
- The device can be worn in the shower as long as the adhesive is intact.
- The device cannot be submerged under water (no pool, hot tub, or bathtub).



Device belt

- The belt should be worn during all waking hours for 8 days (*not* overnight).
- The black device in the pouch should be charged every night.
- Do not wear the belt in the shower or get it wet.



How to wear the devices:

- **Belt devices:**
 1. The belt should be snug but not too tight. You may adjust the straps if needed.
 2. The belt can be worn as seen in image or it can be worn under clothing.
 3. The red box on the belt should sit on your right hip (red on right).
 4. Take belt off when you go to bed, charge black device in the pouch using the provided charger, and put the belt back on in morning when you get out of bed.



Device belt

- **activPAL application:**

1. First, take off the backing of the white cloth adhesive and secure to the upper front of the thigh, halfway between knee and hip.
2. Place activPAL inside the small protective sleeve.
3. Place activPAL (while inside sleeve) onto white cloth adhesive with round side towards hip (towards you) and orange face of device facing up.
4. Take off backing side 1 of the clear adhesive and place over activPAL and white cloth adhesive.
5. Once side 1 is adhered to leg, gently smooth down around activPAL device and onto the leg.
6. Remove side 2 backing of clear adhesive.
7. Smooth adhesive onto skin, making sure it is secure to leg.
8. Reapply device with new adhesive if old adhesive starts to come off.
9. The activPAL can be worn on either thigh and can be switched from one leg to another if re-adhering is necessary.



activPAL

- **activPAL removal tips:**

1. When removing the activPAL, pull the bottom corner horizontally with the direction of your leg hair to stretch the clear adhesive and help it release from your skin.
2. After you remove the activPAL, use scissors to carefully remove the device from the adhesive pouch.

A small number of participants may experience some discomfort from the adhesive, such as itching or in rare cases a rash. If you experience too much discomfort, you should stop wearing the activPAL and contact the HCHS/SOL field center to notify them that you stopped wearing the activPAL. Deciding to stop wearing the activPAL due to discomfort does not affect your participation in the study.

You can contact the HCHS/SOL field center at: xxx-xxx-xxxx