

# Apple Watch



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# Apple Watch Guide

## Site Level Enrollment

Pilot sites will receive a batch of 10 watches and wrist bands (5 regular size/ 5 small size)

- Sites can request more watches and/or wrist bands from ACTION if needed, by emailing: [info@actionlearningnetwork.org](mailto:info@actionlearningnetwork.org)

ACTION will keep track of the watches distributed to the sites including:

- Site Name
- Number of Watches
- Address of Site
- Date Shipped
- Date Received
- Watch Serial Numbers

Each site will obtain the ACTION QI ID by enrolling the patient into the Heart Failure (HF) Registry

- The **Entry** form in the HF Registry will need to be completed and the 'Apple Watch' study checked in order to obtain the ACTION QI ID

Match outgoing Watch ID to ACTION QI ID

- Sites will email ACTION once they assign a watch to a patient and include the patients ACTION QI ID or REDCap Record ID and the watch's serial number
- Kyle will link the ID's on the back-end table structure for when data is received

<b>Is this patient enrolled in Admission/ Discharge?</b> <small>* must provide value</small>	<input type="radio"/> Yes <input type="radio"/> No	reset
<b>Is this patient enrolled in Outpatient Meds Titration?</b> <small>* must provide value</small>	<input type="radio"/> Yes <input type="radio"/> No	reset
<b>Is this patient enrolled in Apple Watch Project?</b> <small>* must provide value</small>	<input checked="" type="radio"/> Yes <input type="radio"/> No	reset
<b>Was the patient consented for ACTION?</b> <small>(Required for Apple Watch and PRO's, not for other projects)</small> <small>* must provide value</small>	<input type="radio"/> Yes <input type="radio"/> No	reset
<b>Date when Apple Watch project began:</b> <small>(Apple Watch given to patient)</small> <small>* must provide value</small>	<input type="text"/> Today M-D-Y	
<b>Serial Number on Apple Watch:</b> <small>* must provide value</small>	<input type="text"/>	

## Patient Level Enrollment

The site will provide the patient with the watch and guide the patient or parent/caregiver through the process of accessing the watch, including entering the ACTION QI ID on their first login

- This process can take up to 1 hour to complete. It does run faster if the watch is connected to its charger.

See [Wearables Enrollment and Installation Guide](#) for detailed instructions

## End of Study

### Registry

- There is an **End of Study** form that will need to be completed in the REDCap registry three months after the study start date. There will be a reminder email sent to the site at the 3-month follow-up.

### Unpairing

- Method 1: Patient or the patient's parent/caregiver to un-pair Apple Watch
  - » Open watch app on the connected iPhone
  - » Select **Apple Watch**
  - » Select **Info Button** (orange)
  - » Select **Un-pair Apple Watch** and enter in the login information
  - » Patient will return the watch to the site on their next clinic visit
- Method 2: Site to un-pair Apple Watch
  - » Go to settings > general > reset
  - » Select **Erase All Content and Settings**
  - » If prompted for a password:
    - » Place Apple Watch on charger, turn power off with the side button
    - » Press and hold the digital crown > **Erase All Content**
    - » Tap **reset** then tap **reset** again
    - » Watch should be enabled to be reset
- See [Wearables Un-pairing Guide](#) for detailed instructions

Site will provide infection control (cleaning) to the watches before assigning to the next patient

### Note:

If erased without the registered Apple ID, the watch can still be locked within 'Find My Device' settings

- If this happens, the DCC will need to be contacted
- The DCC will contact Apple Support with the proof of purchase or project charter

## Additional Notes

Watches and accessories are stored in Lauren Smyth's office at Cincinnati Children's

- Watch bodies are locked in an overhead cubicle, inside Lauren's locked office
- Watch accessories are locked in the same office, outside of the cubicle
- Lauren and an ACTION admin will have access to this locked space so that watches can be accessible when needed

If a watch is lost or site is unable to track down from the patient, there will be no additional steps

- It is the patient's and/or patient's parent/caregiver responsibility to keep track and return the watch to the site that provided it
- The site is also responsible for obtaining the watch at the end of the study
- DCC will not hold sites responsible unless there is a re-occurrence of watches not being returned

# Wearables Enrollment and Installation Guide

## Patient REDCap Enrollment

1. Open Heart Failure Project within REDCap.
2. Open new patient enrollment instrument.
3. Answer questions located in section associated with the wearables project.
4. Obtain and note patient's ACTION ID.

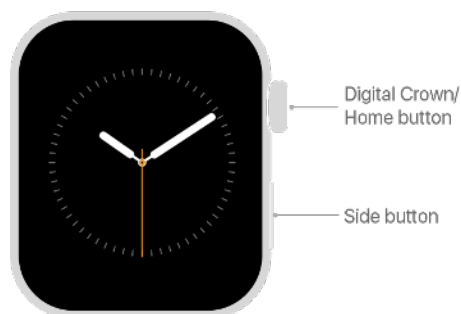
## Patient iPhone vs Parent iPhone

If the patient is utilizing their own personal Apple ID with their own iPhone move straight to Watch Initial Pairing.

If the patient is utilizing their Parent's iPhone, then after pairing is complete disable notifications at the watch level. This is accomplished by the following:

1. Navigate to the Watch Application on the Parent's iPhone.
2. Select appropriate Watch assigned to patient.
3. Tap Notifications.
4. Scroll to applications labeled Messages as well as Phone.
5. Tap "Custom" followed by "Notifications Off".
  - This step can be repeated for any additional applications (Calendar, Mail, etc) that the parent may have notifications enabled for.
6. Scroll to Section Labeled "Mirror iPhone Alerts From"
7. Turn off all mirrored alerts.
8. Go Back, Uninstall any unnecessary/unwanted third-party apps

## Watch Initial Pairing:

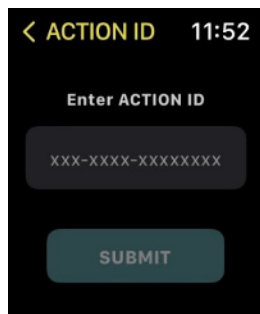


1. Place watch on patient's wrist and determine correct size wrist band to provide them.
2. Turn on the Apple Watch by pressing and holding the side button.
3. On patient's iPhone search for "Apple Watch" and open application. Current version appears as follows:

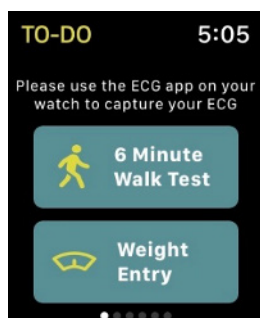


4. Click Pair New Watch and bring Apple Watch next to patient's iPhone.
5. Click Set Up for Myself.
6. Application should bring up a window to scan watch face to initialize pairing process.
7. Tap Set up Apple Watch, then follow the instructions on patient's iPhone and Apple Watch to finish setup.
  - Initial Download process may take a substantial amount of time.

## Watch App Enrollment:



1. To download the app, use this link:  
<https://apps.apple.com/us/app/my-action-tracker/id1588743130>
2. Open application and input ACTION ID obtained from REDCap (easiest to input via iPhone).
  - Input password: **45229**
3. Accept all permissions associated with application.
4. On patient's iPhone open Apple Health application.
5. Scroll to section for ECG setup and follow on-screen prompts.
6. Run through test ECG with patient by securely fastening watch to their wrist then holding their finger to the crown.
7. Move back to Apple Watch and reopen ACTION Wearables application.
8. Follow prompts to enter weight and perform 6-minute walk test.
9. Set up is complete!



## 6-Minute Walk Test:

1. During the walk test it is important to walk in a straight line in an open location.
2. Make sure that the area is free of any obstacles and if needed the patient can walk back and forth depending on the area restrictions.

# Wearables Un-pairing Guide

## Watch Un-Pairing via iPhone

1. Place watch and patients phone side by side.
2. On patient's iPhone search for "Apple Watch" and open application. Current version appears as follows:



3. Tap My Watch tab then All Watches.
4. Tap the circled orange letter **i** next to the associated watch.
5. Tap un-pair Apple Watch.
6. Enter requested Apple ID information.
7. Confirm un-pairing finalized.

## Watch Un-Pairing via computer or unassociated iPhone *(Still Requires Patient Assistance)*

1. Go to [iCloud.com](https://www.icloud.com) and sign in with associated Apple ID.
2. Navigate to Find My iPhone.
3. Select All Devices then select associated Apple Watch.
4. Click Erase Apple Watch. Observe watch to confirm deletion is completed.
5. Click **X** next to the Apple Watch to remove it from Patients Activation Lock.

# Revision History

Version	Primary Author(s)	Description of Version	Date Completed
V.1.1	Kyle Werling & Toni Duganiero	Initial Draft	4/7/2022
V.1.2	Kyle Werling & Toni Duganiero	Meeting/ Draft	4/12/2022
V.1.3	Kyle Werling, Toni Duganiero, & Lauren Smyth	Meeting/ Draft	4/13/2022
V.1.4	Toni Duganiero	Draft	4/13/2022
V.1.5	Toni Duganiero & Kyle Werling	Add in Installation guide and table of contents	5/6/2022
V.1.6	Toni Duganiero	Draft Update	5/16/2022
V.1.7	Kyle Werling	Added in parent phone notification instructions along with guidelines for walk test and password.	5/24/2022
V.1.8	David Peng	Review and questions	06/15/2022
V.1.9	Toni Duganiero	Draft Update	06/16/2022
V.1.10	Kevin Hall & Toni Duganiero	Draft Update	06/24/2022
v.1.11	Toni Duganiero	Draft Update	07/18/2022
v.1.12	Toni Duganiero	Draft Update for Kacie	07/26/2022