

Wearables: Apple Watch For Patients/Caregivers



By monitoring activity and cardiac data through the Apple Watch, we hope to better understand you, or your child's, heart health.

Patient Responsibilities

Study will last for 3 months—please follow these steps:

- Wear watch at all times as much as possible, including while sleeping.
- Charge watch fully in the evenings/before bed, approximately 2 hours
- The app will send you notifications twice a day. **Please click on these! Your care team will only receive your watch information/data when you do.**
- Enter weight through "My ACTION Tracker" every other day.
- Perform ECG reading once per week.
- Perform 6-minute walk test once per month.
- The watch **will only send your information/data to your care team when it is connected to a WIFI network known to the phone** with which the device is paired. Please make sure to be connected to a WIFI network known to your phone at least every other day.



The watch app **does NOT alert us** automatically to changes in your health. If you have ANY questions or concerns, please contact your care team right away.

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.

Frequently Asked Questions

Study only works on iPhone 8 or later models with iOS 16 or later.

What if the app accidentally gets deleted from the watch?

- If watch app accidentally deleted, go to APP store app on watch. Search for "My ACTION tracker." Click on "download from cloud"

What if my apple watch won't update?

- Try completing on a different WIFI network if available.
- If unable to pair in the hospital, provider should pair watch with a personal phone outside the hospital so that the watch OS can be updated. Once updated, unpair and bring back updated watch to hospital to pair with patient.

Contact info@actionlearningnetwork.org with any questions.