

# Wearables For Patients/Caregivers



The goal of the wearables project is to use wearable devices (Apple watch, Garmin, Fitbit or Google watch) and an iPhone/Android app called MyDataHelps to help us better monitor your heart health at home. We hope that in the future we will be able to use this information to guide your heart failure care.

## Eligible Devices

- **You will need your own smartphone (Android or iPhone) for this study.**
- This study is compatible with the following wearables: **Apple Watch, Garmin, Fitbit, or Google Watch.** If you do not have your own wearable, we will arrange for you to have an Apple Watch while you are doing the study.

## Participant Responsibilities

This study will last 4 weeks. We ask that you please follow these steps:

- Fully charge the Apple Watch before pairing.
- Pair the Apple Watch to the your iPhone using the “Watch” app.
- **Fully charge your Apple Watch while you sleep and put it on each morning.** Wear it as much as possible. The data collected will automatically be sent to your heart team and ACTION.
- Please make sure to be connected to a WIFI network known to your phone at least every other day.
- The MyDataHelps platform will send you notifications for brief surveys about how you are feeling. Please answer these so your care team will receive your responses.

It is important to remember that MyDataHelps does NOT alert your heart team automatically to changes in your health. If you have ANY questions or concerns, please contact your care team right away or present to your closest hospital.

## Enrolling in the MyDataHelps Platform



Using your smartphone, scan the QR code to enroll.

**<https://mydatahelps.org/e/VHVVK>**

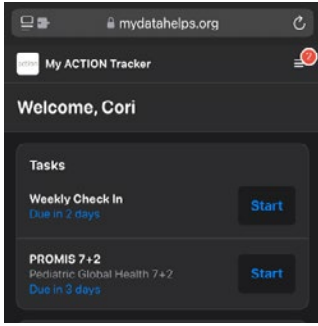
Enter your **email OR phone number**, this will become your MyDataHelps Username.

**My Username:** \_\_\_\_\_

**My Password:** \_\_\_\_\_

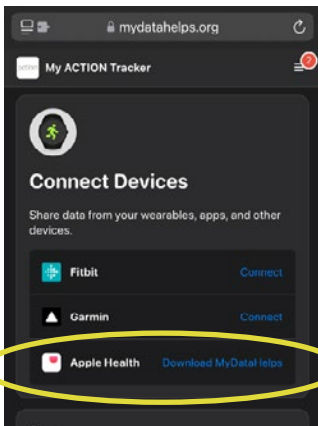
*Note: If you get locked out of your account, contact your care team for assistance.*

Complete your registration by entering your **name, DOB, contact information, and hospital.** Click ‘Done’.

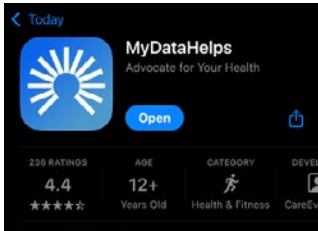


Next, complete the **'TASKS'**.

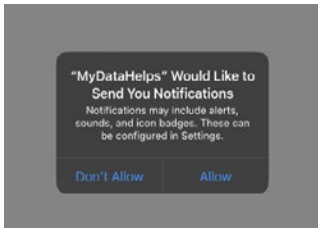
## Download and Access MyDataHelps App



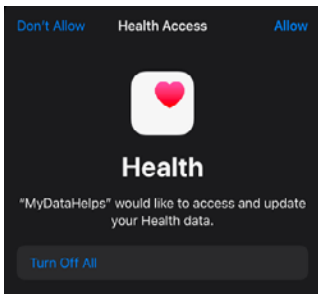
If using Apple Watch/iPhone—under Connect Devices, click **'Download MyDataHelps'** to connect to Apple Health or download the **MyDataHelps app** from the **Apple App Store** or **Google Play Store**.



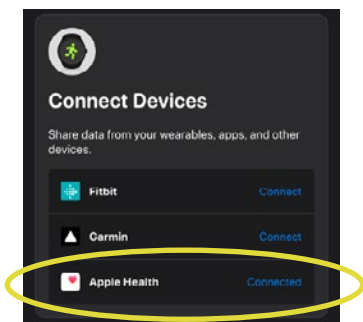
Open the MyDataHelps app on your iPhone and login to MyDataHelps (again) using your username and password (above).



On the Notifications screen, click **'OK'**.  
IN the 'MyDataHelps' Would Like To Send You Notifications pop-up window, click **'Allow'**.



Allow 'MyDataHelps' to access and update your health data, Click **'Turn On All'**.  
Click **'Allow'** in the top right corner.



Make sure Apple Health is **Connected**.

*Note: If you are using Fitbit or Garmin instead of Apple Watch, click the link to **Connect** next to those apps.*

## What's Next?

- Wear your device every day while you're awake (and charge while you're asleep) for the next 4 weeks.
- Fill out the surveys when they are sent to you by clicking on the text message or email.

## Frequently Asked Questions (FAQs)

### Q. What if I forget my login credentials?

A. If you forget your username or password, you can usually reset it by following the instructions provided on the login page.

### Q. Can I access MyDataHelps on multiple devices?

A. Yes, you can access MyDataHelps from your computer, smartphone, or tablet. Simply log in using the same credentials on each device.

### Q. What if I have technical difficulties?

A. If you encounter any technical problems while using MyDataHelps, please contact your provider for assistance. They can help you troubleshoot issues and provide guidance.

Contact [info@actionlearningnetwork.org](mailto:info@actionlearningnetwork.org) with any questions.