



Red Activity Monitor Frequently Asked Questions

- ***Do I need to turn the red activity monitor on or off?***
No, the red activity monitor is turned on and will stay on for the entire time you have it.
- ***My red activity monitor used to blink a little green light, but now it doesn't. Is it broken?***
No, the blinking is only a technical feature of the monitor. The device is monitoring your activity even if it is not blinking.
- ***Is the red activity monitor waterproof?***
No, the red activity monitor should not be worn while bathing, showering, or doing any water-based activities, like swimming. If you forget to take the red activity monitor off, it will be ok as long as it wasn't in more than 3 feet of water for longer than 30 minutes (or 1/2 hour).
- ***Can I wear the red activity monitor in the rain?***
If outer clothing protects the red activity monitor, you can wear it when it is raining. We ask that you do not wear the red activity monitor in the shower, bath, or pool.
- ***I took the red activity monitor off during the day but forgot to put it back on. What should I do?***
We would like for you to wear the red activity monitor for 8 straight days but realize that sometimes people might forget to put it on. Please put the red activity monitor on as soon as possible. If you had the red activity monitor off for longer than two hours, please wear the red activity monitor for an additional day.
- ***I forgot to wear the red activity monitor yesterday. Should I start wearing it again today?***
Yes. We ask that you wear the red activity monitor for 8 straight days. If you forget a day, start wearing the monitor the next day. If you accidentally skip a day, make it up by wearing the monitor for an additional day for 8 full days.
- ***Does it matter if I wear the red activity monitor in the same place each day?***
It is ideal that you wear the red activity monitor in the same place. Please remember to wear the red activity monitor on your waist over your right hip.
- ***The belt for my red activity monitor is too short (or too long) to go around my waist. How do I lengthen (or shorten) it?***
Pull the belt through the black plastic tabs to shorten or lengthen the belt. Please do not make any other alterations to the belt.

- ***My belt has an unpleasant smell. Can I wash it?***

No, please do not remove the activity monitor from the belt for any reason. If you would like a replacement, please contact study staff and we will provide further assistance.

- ***Should I clean the red activity monitor? If so, how do I clean it?***

No, there is no need to clean the red activity monitor while you have it. We will clean it before we give it to the next study participant. If you need to clean it, just wipe it down with a damp cloth.

- ***I've accidentally dropped the red activity monitor. Is it okay?***

The red activity monitor is a delicate piece of equipment and should be handled with care. However, minor accidents should not impair their functioning. Please contact study staff if you are concerned.

- ***My red activity monitor is hard to keep in place when I wear skirts and dresses. Do you have any suggestions to make this easier?***

Most people find that wearing the red activity monitor with pants is the most comfortable. If the pants have belt loops, you can string the red activity monitor and belt through the loops as if it were a normal belt. You can also wear the red activity monitor under a dress or skirt, if necessary.

- ***Does the red activity monitor tell you where I am in the community?***

No, the red activity monitor collects information on how much time you spend active or still during the time you are awake. The monitor cannot tell us where you are in the community.

- ***Do I need to do anything with the red activity monitor or shut it off before I return it?***

No, you do not need to do anything or shut it off before returning it to us.

- ***I misplaced the pre-paid and addressed return envelope. What do I do?***

No problem. Please contact study staff and we will provide further assistance.