How do I set up the Garmin Venue 3S watch and the Fitrockr Sync App?

Thank you for your participation in the TIMES study. Please follow the step-by-step instructions below.

Step 1: Setting up the Garmin Venue 3S Watch

- o   Fully charge the watch before you begin setup.
- o   Follow the on-screen instructions step by step.

1. Tap the display.

2. Select your preferred language.

3. Tap «no»
    ➔ This will be set up at the end.

4. Here you can set your own passcode.

5. Select «female».

6. Select «Metric»
7. Now answer all questions about your age, date of birth, height, weight, sleep times, and which wrist you wear the watch on.

8. You can activate DND mode if you don't want tob e disturbed during sleep at night.

9. Set the time via GPS: This can take a while. It's best to go near a window or step onto a balcony and give the watch some time to set itself.
10. After that, you can answer the remaining questions. Once the setup is complete, the only thing left is connecting to your phone.

11. Connect your phone to the watch:
    - Press and hold the button on the bottom right side.
    - Select «Settings (Einstellungen)»

12. Select «System»

13. Select «Connectivity»

14. Select «Phone»

15. Activate the status:
    - The watch will now connect to your phone. Allow access via Bluetooth.
    - On your phone, under Bluetooth devices, you should now see that the Venue 3S is connected.

Step 2: How to set up Garmin Connect and Labfront Companion

1. Install the Garmin Connect App (Android, iOS) on your smartphone.
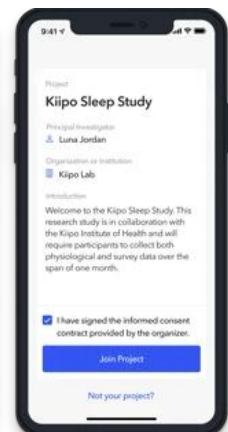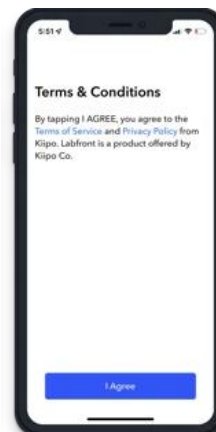
2. Open the app and create a Garmin account.
3. Pair your watch with Garmin Connect by following the instructions in the Garmin Connect App.
4. Make sure the watch has sufficient battery, Bluetooth is enabled and your phone and watch are in close proximity.
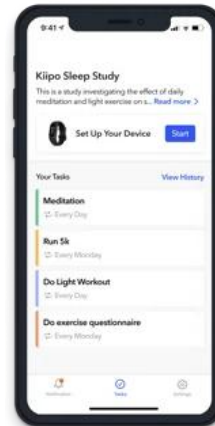5. Download the Labfront Companion app (Android, iOS).

6. Open the app, enter the 6-digit invite code provided by the study team, and tap "get started".
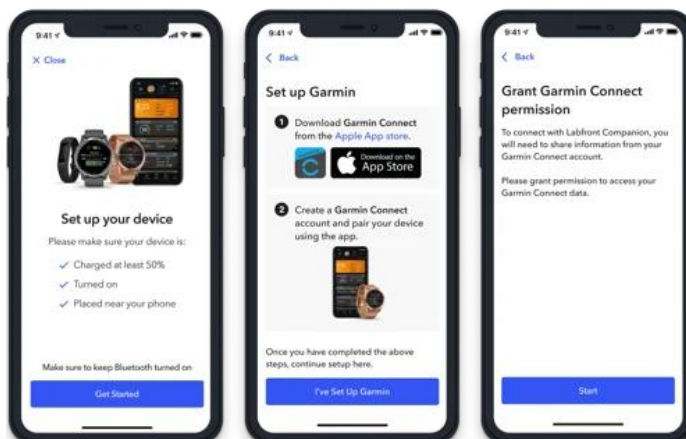
7. You must agree to the consent form and confirm that you have joined the correct study project.
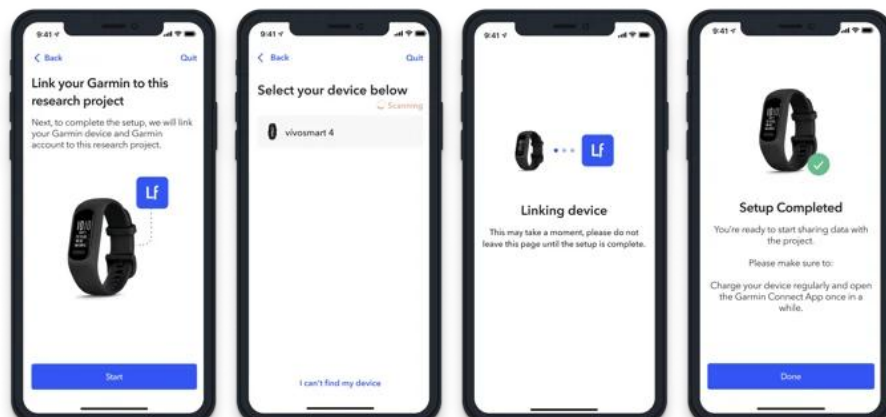
8. After that, the project home screen will appear in the Labfront App.

9. Tap on „Set Up Your Device"and follow the steps in the app. This allows the Garmin app to share data with the Labfront app. (iOS users may need to re-enter their Garmin account email and password; Android users only need to grant permission)

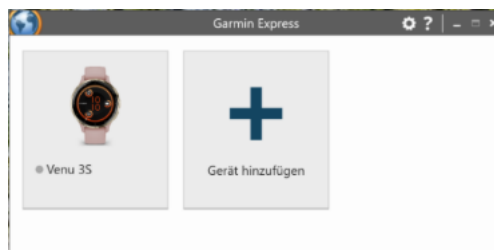

10. Finally, connect Garmin watch to the project.

11. Open both apps **at least every other day** to ensure that the data are synchronized.
12. The Labfront Companion app should remain in the foreground during synchronization until all data has been uploaded.
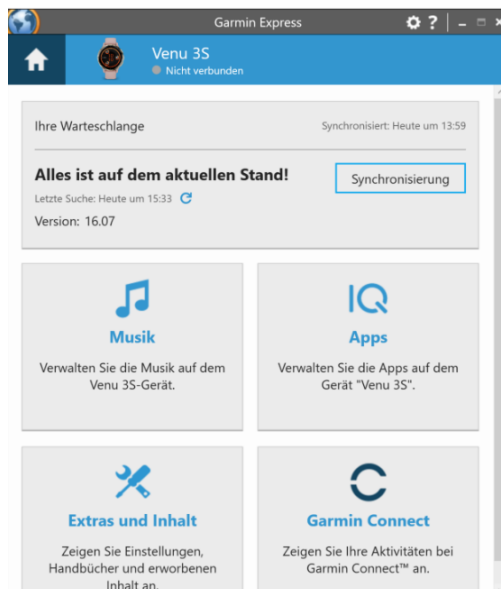
Step 3: Software update and Synchronization of the Garmin Venue 3S watch

To ensure that the watch is running the latest software and is synchronized to the correct time zone, it is recommended to synchronize the watch with the Garmin Express app during the initial setup.

a. For this, you will need your computer, the watch's charging cable, and the watch itself.
b. Download the free program "Garmin Express" onto your computer.
c. Here you can find the link for Garmin Express.
d. Connect the watch to the computer using the charging cable. Open the program and select "Add device".

e. The watch will be added. You can now update the watch through the program by clicking "Synchronization". The watch will then be updated to the latest version. It is recommended to perform this from time to time.

f. In "Tools and content", you can log in with your Garmin account and adjust additional settings directly in the program. However, these settings can also be made directly on the watch.