

SKYN INSTRUCTIONS

- Every day:
 - Wear the bracelet at all times
 - Charge the bracelet
 - Sync the bracelet to the app
 - Avoid alcohol-based chemicals*



Important: The Skyn is not waterproof and must be removed for showering, bathing, or swimming!

Wearing the Bracelet

- We expect you to wear the bracelet 24 hours a day, except when you are showering or charging the bracelet. Ideally, you would charge while showering/getting ready for the day.
- The bracelet should be worn:
 - On your non-dominant hand.
 - On the inside of your wrist, about an inch from your hand.
 - With the band snug. It should not lose direct contact with your skin at any time. If worn tight enough, the sensor will likely leave a light imprint on your wrist (just make sure the band is not uncomfortable).

Charging the Bracelet

- Charge the bracelet every 24-36 hours. It is not able to go more than about 48 hours without a charge.
- If you consumed alcohol, be sure to leave the bracelet on overnight and charge it in the morning.
- Take the bracelet off for charging.
- You must turn the bracelet off to charge it. Turn the device over and press and hold the Power Button (located next to the charging port). The blue/red light might flash.
- When you charge the bracelet, you should see the top light flashing green.
- When it is done charging, the top light will be solid green.
- When you take the bracelet off the charger, remember to turn the bracelet back on. Turn the device over, and press and hold the Power Button. The top light will flash blue for a moment. Check that the blue light shows when you tap the bracelet.
- Tap the bracelet periodically and if it flashes blue, it is working fine. If not, it must be charged immediately.

Syncing the Bracelet

- We expect you to sync the bracelet by clicking on the Skyn app at least once a day. On the 'First' (status) screen, you should see the Skyn is connected and recorded data is transferring. A dialogue box will appear that says "Fetching Skyn Readings", keep the app open while you wait for the data transfer to occur. We will remind you to do this in your surveys.
- If the sync does not occur, see section below on Connection Issues.

Skyn App Connection Issues

- Make sure the Skyn is on, and that the Bluetooth on your iPhone is on and connected to the Skyn (in your settings). If these settings are correct, and you are unable to sync the bracelet:
 - On your iPhone, go into Settings > Bluetooth and tap the info icon/button to the right of where Skyn is listed and tap 'Forget this device.'
 - Complete a hard reset on the Skyn by holding down the power button on the Skyn until you see the light on the LED flash red then blue. This flashing will occur for 5-10 seconds and then the flashing will stop, but the unit is still on. (This will not cause data loss on the Skyn).
 - Power Skyn off. To check that it is off, tap the top and making sure the blue light does not come on.
 - Open the Skyn app once again and power on the Skyn. On the 'First' (status) screen, you should see the Skyn is connected and recorded data is transferring.
 - If you are still having connection issues, call 401-863-2485 or email us projectarc@brown.edu.

Chemicals to Avoid

- Avoid using the bracelet in the presence of substances that contain methyl alcohol, isopropyl alcohol, acetone or any other substances that contain alcohol or similar substances. Examples of common substances that may influence bracelet readings include:
 - medicinal alcohol
 - hand sanitizer
 - lotions
 - body washes
 - perfumes/colognes
 - breath fresheners
 - household cleaners and disinfectants
 - other alcohol-based hygiene products and inhalants.
- Prevent substances such as perfume, alcohol-based cleaners or hand sanitizers from being stored near the bracelet AT ALL TIMES.
- Using hand sanitizer for health safety reasons is ok. Remove the bracelet until the sanitizer dries, and make sure not to get any on or near the bracelet.

Other: Please do not attempt to remove or replace the battery, as there is a risk of explosion if replaced by an incorrect type.

Communication: We may text or call you if we have questions or reminders about the bracelet data or surveys. If you have any issues that you would like to talk with us about, email us at projectarc@brown.edu, or call us at 401-863-2485.

Reimbursement for Daily Surveys	Week 1	Week 2	Week 3	Week 4
Under 25% completion	\$5	\$5	\$5	\$5
25 - 49% completion	\$10	\$10	\$15	\$15
50-74% completion	\$15	\$15	\$20	\$20
75-89% completion	\$25	\$25	\$30	\$30
90% or higher completion	\$35	\$35	\$40	\$40
Bracelet Reimbursement (\$4/day)*	\$28	\$28	\$28	\$28
Total Possible/Week for Daily Data	\$63	\$63	\$63	\$63

You can also receive a \$30 matching bonus, if data from your bracelet and daily surveys match 24/28 days.

Thank you for your participation!