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StepWatch Activity Monitor: How to Manage

Charging StepWatch

DO



To charge StepWatch, place it face-down on the center of the charger.

A light will illuminate when your StepWatch begins charging.

DON'T



Do not place StepWatch on edge of charger.



Do not place StepWatch upside-down on charger.

Charging the StepWatch is unnecessary. The StepWatch battery should last more than two weeks. Patients should **only** charge their StepWatch if instructed to by their Site Coordinator.

Cleaning StepWatch



If needed, you can clean StepWatch by rubbing gently with a wet cloth or disinfectant wipe.



To clean the strap, hand-washing with soap and warm water is preferred. Machine washing on gentle cycle is okay but will wear out the strap more quickly. Air-dry, or set dryer heat to low.



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StepWatch Activity Monitor: How to Wear

Inserting the Strap



First, pull the strap through the slots on the back of the monitor.



Then pull the strap through the plastic ring, and secure using the Velcro tip.

Wearing StepWatch



The StepWatch should rest just above the anklebone, on the outside of the leg.



StepWatch does not require skin contact. It can also be worn over a sock.

Incorrect Wearing



Upside down.



Inside the leg.