



Standard Operating Procedure

Equipment / Procedure:	<i>BodyMedia SenseWear</i>
Filename:	<i>2012.1214_SOP_bodymedia_sensewear</i>
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BodyMedia SenseWear Armband

This Standard Operating Procedure provides a brief overview of how to use the BodyMedia SenseWear physical activity monitor. For more detailed information, please refer to the user manual.

SenseWear Software:

Step 1 – Installation

1. Download the SenseWear Software from sensewear.bodymedia.com
2. Run the downloader installer program.
3. After a few seconds the installation wizard appears. Follow the instructions on screen.

During installation you may receive a pop-up window indicating that you do not have the proper permission to install this product. If you receive this message, contact James Corp via the computer help desk to arrange installation.

Step 2 – Armband Configuration

Follow this procedure to configure the Armband before wearing it.

1. Plug the USB cable into an available USB port on your computer.
2. Plug the opposite end of the USB cable into the Armband. Windows will detect the new hardware and load the appropriate drivers. Depending upon your version of Windows, you may or may not receive visual confirmation of the installation.
3. Double click the Armband icon on your desktop to open the sensewear software.
4. Click configure armband & display at the top of the screen.
5. Click retrieve configuration.
6. Enter the appropriate information in the subject info tab
7. Click apply at the bottom of the window.
8. Leave the armband plugged in until the battery LED is blinking green to indicate a full charge.
9. Detach the Armband from the USB cable.

The armband is now ready for data collection.

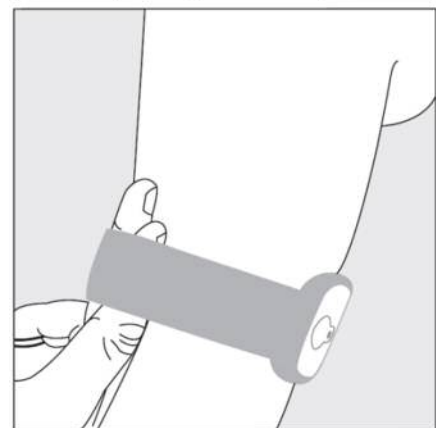
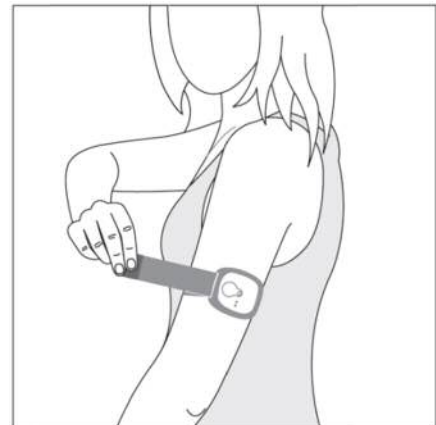
Step 3 – Data Retrieval

1. Double click the sensewear icon on your desktop to open the sensewear software.
2. Click the retrieve armband data button.
3. Click via USB cable.
4. Click Retrieve.
5. Name and save your file.

Proper Wear:

Wear your Armband on the **back of the upper left arm** (the tricep). To work properly, **the Armband logo must face upward** towards the shoulder and the silver sensors on the underside of the Armband will be in contact with your skin.

1. Be sure the upper left arm is clean, dry, and free of lotion or oil then slide the Armband onto your left arm.
2. Adjust the strap so that it fits comfortably, and then secure the Velcro pull-tab. Ensure that the sensors on the underside of the Armband maintain continuous contact with your skin and that the Armband does not slide off your arm.
3. Do not secure the strap too tightly. You should be able to place two fingers beneath the strap. Once the strap is adjusted to a comfortable fit, there is no need to readjust the Velcro tab. Simply slide the Armband on and off your arm by stretching the strap.
4. Wear the Armband continuously (including while sleeping) but please



remove the monitor briefly for showers
or water activities as it is not waterproof.

The Armband will turn on and begin collecting data within 10 minutes. Activation is indicated by a series of audio tones. Please note that there is no power button on the Armband.

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