Overview

CentrePoint Insight Watch

The CentrePoint (CP) Insight Watch from ActiGraph captures and records continuous, high resolution acceleration data, which are converted into variety of objective physical activity and sleep measures within the cloud-based CentrePoint software system. This manual provides instructions on how to setup, deploy, and upload data from the CentrePoint Insight Watch to the CentrePoint software system.

Specifications

<table>
<thead>
<tr>
<th>Specification</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dimensions</td>
<td>1.97 x 1.35 x 0.41 in</td>
</tr>
<tr>
<td>Weight</td>
<td>14 grams</td>
</tr>
<tr>
<td>Sample rate</td>
<td>32 Hertz (default) - 256 Hertz</td>
</tr>
<tr>
<td>Battery life</td>
<td>30 days*</td>
</tr>
<tr>
<td>Data storage</td>
<td>30 days/512 MB</td>
</tr>
<tr>
<td>Dynamic range</td>
<td>+/- 8G</td>
</tr>
<tr>
<td>Communication</td>
<td>USB, Bluetooth* LE 5</td>
</tr>
<tr>
<td>Water resistance</td>
<td>1 meter, 30 minutes</td>
</tr>
<tr>
<td>Wear location</td>
<td>Wrist</td>
</tr>
<tr>
<td>Warranty</td>
<td>1 year</td>
</tr>
</tbody>
</table>

*At 32 Hz (default) sample rate.
What You’ll Need

PC + ActiSync Software

CentrePoint Account

CentrePoint Insight Watch

CentrePoint Data Hub + Power Cable (optional)

Charging Dock

USB Cable

Wall Charger (optional)
Getting Started

1 Allow firewall access to the following URLs

Contact your local IT department prior to assigning activity monitors to ensure you have firewall access to the URLs listed below.

ActiSync service: https://studyadmin-actisync-service.actigraphcorp.com

Main Web Portal: https://studyadmin.actigraphcorp.com

Blob Azure Storage: https://acticlouduploadsprod.blob.core.windows.net

2 CentrePoint account setup

Using the invitation link provided by ActiGraph or your study sponsor, create a CentrePoint username and password.

3 Install ActiSync software

1 Download the ActiSync software from: https://actigraphcorp.com/actisync

2 Double click the file to open and follow prompts to complete installation.

System Requirements

OS: Windows 7 or later  |  CPU: Dual core processor  |  HDD: 20MB, USB 2.0
Getting Started (Continued)

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Charge Insight Watch

The Insight Watch should be fully charged before assigning it to a subject. It takes 2-3 hours to fully charge the device.

1. Connect the charging dock to the PC or a wall outlet using the appropriate cable.

2. Connect the Insight Watch to the charging dock by pulling the plastic tab away from the dock and inserting the device with the screen facing up and the button on the opposite side of the cable port.

3. The Insight Watch is fully charged once a solid battery icon appears on the screen.

Battery Life Specifications: The battery life of the Insight Watch is approximately 30 days.*

Note: An Internet connection is not required to charge the activity monitors.

*At 32 Hz (default) sample rate.
Assigning the Insight Watch to a Subject

1 Assign the Insight Watch to a new subject

1. Verify that ActiSync is running on the PC by checking for a small icon in the taskbar.

2. Connect the charging dock to the computer using the provided USB cable and insert the Insight Watch into the charging dock.

3. Once connected, the ActiSync icon will turn yellow and a dialog box will open. Select “Assign the subject now.”

4. Enter your CentrePoint login information to open the CentrePoint web page in your browser.
Assigning the Insight Watch to a Subject (Continued)

5. Complete the **Device Assignment** form and select “Assign Device to a New Subject.” Wait for progress bar to indicate that assignment is complete.
Assigning the Insight Watch to a Subject (Continued)

Note: To assign an activity monitor to an existing subject (such as in the case of a lost or broken device), complete steps 1-4 above, and scroll to the bottom of the page. Select the corresponding subject identifier from the list, then select “Assign Device to an Existing Subject.” Wait for the progress bar to indicate that assignment is complete.

6. Remove the Insight Watch from the charging dock. Wait for the activity monitor to go from halt mode into active mode, as indicated by the running man icon in the upper left corner of the screen. This takes approximately 90 seconds. The Insight Watch is now collecting data and can be given to the subject.
Assigning the Insight Watch to a Subject (Continued)

2 Pair the Insight Watch with a CentrePoint (CP) Data Hub
(If you are not using a CP Data Hub, skip ahead to Information for Subjects)

The CP Data Hub passively acquires collected raw accelerometry data from the Insight Watch and transmits to the cloud-based CentrePoint system over a cellular network.

1. Connect the adapter end of the power cable into the back of the CP Data Hub and plug the other end into a wall outlet.

2. Connect the charging dock to the USB port on the CP Data Hub using the USB cable.

3. Insert the Insight Watch into the charging dock. Once connected, a progress wheel will appear on the screen indicating that an upload has begun. When the upload is complete, a checkmark will appear on the screen.

Warning Sign
If you see a warning sign on the screen of the Insight Watch, remove it from the charging dock and insert again. Make sure you see a checkmark on the screen before proceeding to the next step.
Assigning the Insight Watch to a Subject (Continued)

4. Verify connection by logging into your CentrePoint account and selecting the “Subjects” tab from the left menu. Select the desired subject from the list.

![CentrePoint interface](image)

5. You will be directed to the “Subject Details” page. Select the “Subject Timeline” tab, and verify that an upload has occurred via Data Hub USB. The Insight Watch and the CP Data Hub are now paired.

![CentrePoint interface](image)

6. Remove the Insight Watch from the charging dock. Give the Insight Watch, charging dock, CP Data Hub, USB cable, and power cable to the subject.
Information for Subjects

1 Wearing the CentrePoint Insight Watch
The Insight Watch is typically worn on the non-dominant wrist. The appropriate wear location will be outlined in the study protocol.

1. The subject should be instructed to wear the Insight Watch strapped securely to the wrist with the display text facing right-side up when viewed like a wrist watch.

2. The backlight on the display is activated by pressing the button on the side of the Insight Watch.

3. The Insight Watch can be worn for 24 hours a day, dependent on the study parameters. There is no need to remove the Insight Watch during regular bathing or swimming activities.

2 Charging the Insight Watch at home
The Insight Watch has a battery life of approximately 30 days when using the default sample rate of 32 Hz. For data collection periods lasting longer than 30 days, subjects should be instructed to charge the Insight Watch at home.

1. Provide the subject with a charging dock and a wall charger.

2. Instruct the subject to fully charge the Insight Watch every 3-4 weeks for the duration of the study.
3 Setting up the CP Data Hub at home
(If you are not using a CP Data Hub, skip ahead to Uploading Data to CentrePoint)

The CP Data Hub should be placed at home in a location where the subject spends most of his or her time.

1. Connect the adapter end of the power cable into the back of the CP Data Hub and plug the other end into a wall outlet.

2. The blue LED on the back of the CP Data Hub will begin to flash during startup. Once the CP Data Hub connects to the cellular network, the blue LED will stay on solid.

3. Once the CP Data Hub is connected, use the USB cable to connect the charging dock to the CP Data Hub.

4. Insert the Insight Watch into the dock for charging or docked data uploads, as determined by the study parameters.

Note: The Insight Watch automatically transmits raw data via Bluetooth® to the CP Data Hub each day. It is not necessary for the subject to dock the Insight Watch to upload data from home.
Uploading Data to CentrePoint

1. Verify that ActiSync is running and insert the Insight Watch into the charging dock connected to the PC. Data will automatically upload to the CentrePoint system.

2. Once the upload is complete, a browser window will open to display the “Subject Upload Compliance” page. Mark the corresponding milestone and review wear compliance.

3. Remove the Insight Watch from the charging dock and return it to the subject for continued monitoring.
Unassigning the Insight Watch

Once the data collection period is over, you will need to unassign the Insight Watch from the subject.

1. Follow steps 1-2 above to perform a final data upload.

2. From the “Subject Details” page, select “Stop Collecting Data” to remove the subject assignment from the Insight Watch.

3. A “Data Collection Complete” tag will appear in the general tab under the “Subject Details” page.

4. Remove the Insight Watch from the charging dock and clean with an alcohol-based solution.
If an Insight Watch is lost or broken, it must be disassociated from the subject before assigning a replacement. Only one Insight Watch can be assigned to a subject at any given time.

1. To disassociate an Insight Watch, select the “Subjects” tab from the left hand menu, and select the desired subject from the list.

2. From the “Subject Details” page, select either “Lost monitor” or “Broken/Damaged monitor.”
3. Select “Remove monitor assignment from this subject” to disassociate the Insight Watch.

4. To assign a replacement Insight Watch, follow the instructions on page 8 for assigning a monitor to an existing subject.

Note: If you are using a CP Data Hub and disassociate an Insight Watch from a subject, the CP Data Hub will automatically disassociate as well. If a replacement Insight Watch is assigned, it must also be paired with the CP Data Hub.
Frequently Asked Questions

Q Is the Insight Watch waterproof?
The Insight Watch is water resistant up to 1 meter for 30 minutes according to IP57 certification. The Insight Watch can be worn during normal bathing and swimming activities.

Q What is the battery life of the Insight Watch?
Approximately 30 days.

Q When and how often does the Insight Watch need to be charged?
It is recommended that the Insight Watch be fully charged once every 3-4 weeks.

Q How long does it take to charge the Insight Watch?
Approximately 2-3 hours.

Q How should the Insight Watch be cleaned?
The Insight Watch should be cleaned with an alcohol-based solution (wipes or swabs).

Note: If an ActiGraph device is broken, malfunctioning, or does not appear to be working as intended, the subject should stop wearing it immediately and return it to the site. Site personnel should then return the device to ActiGraph.
Regulatory Information

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Regulatory statements

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received including interference that may cause undesired operation. Changes or modifications not expressly approved by ActiGraph, LLC will void the user’s authority to operate the equipment under FCC regulations.

- FCC Part 15.107 – AC Conducted Emissions
- FCC Part 15.109 – Radiated Emissions
- FCC Part 15.207 – Modular Transmitter AC Line Conducted Emissions
- FCC Part 15.249 – Radiated Emission Limits of Intentional Radiators

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase the separation between the equipment and receiver
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected
- Consult the dealer or an experienced radio/TV technician for help

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Regulatory symbols

CAUTION: Do not simultaneously wear and charge, service, or provide any maintenance on the product.

CAUTION: Transporting or operating this product outside of the temperature range of -20°C to 55°C could lead to dangerous conditions.

CAUTION: Modification to ActiGraph products are not permitted and will void all warranties if tampered and/or modified. Do not modify the product in any way.

CAUTION: Do not swallow any part of this product. If a piece has been swallowed, contact your local poison control hotline or seek medical attention as soon as possible.

NOTICE: No precautions need to be taken in the event of changes in the performance of the product.

NOTICE: Product does not have any contraindication(s)

NOTICE: Only use ActiGraph’s approved charging dock to charge the device. Do not connect the device to anything else but a computer and an ActiGraph approved charging dock.
Regulatory Information (Continued)

Authorized Representative in European Community
Indicates the authorized representative in the European Community.

Catalog Number
Indicates the manufacturer’s catalogue number so that the medical device can be identified for reordering.

CE Symbol
By affixing the CE marking to a product, a manufacturer declares that the product meets all the legal requirements for CE marking and can be sold throughout the EEA. ActiGraph’s products abide with the Medical Device Directive 93/42/EEC and Radio Equipment Directive 2014/53/EU.

Consult Instructions for Use
Indicates the need for the user to consult the instructions for use.

Serial Number
Indicates the manufacturer’s serial number so that a specific medical device can be identified.

Manufacturer
Indicates the medical device manufacturer.

Operating Temperature Limit
Indicates the operating temperature limits to which the medical device can be safely exposed.

Recycle: Electronic Equipment
Indicates the medical device should not be disposed of in the trash. Contact ActiGraph Customer Service regarding the disposal of these products.

Lithium Ion (EU)
Indicates the lithium ion battery within the device should not be disposed of in the trash. Contact ActiGraph Customer Service regarding the disposal of these batteries.