The price of this watch was a desire to recover. We believe in you.

1. **Charge Your Apple Watch**
   Plug the provided Apple Watch charger into your USB port. Magnetically attach it to the back of your watch. Leave the watch until it is charged (1.5 - 2 hours).

2. **Pair Your Watch and Your iPhone**
   Turn your iPhone's Bluetooth ON. Put your Apple Watch on and follow the set up instructions in the box or at: www.support.apple.com/en-us/HT204505

3. **Show RR On Your Apple Watch**
   Tap on the Watch icon on your iPhone. Scroll down to locate the RR app icon, then toggle *Show App on Apple Watch* to ON.

4. **Add The RR Complication**
   Go to the same Watch icon on your iPhone. Tap *Complications* under My Watch and enable RR. RR will now be accessible from your watch face.

5. **Enable HealthKit For RR**
   Tap *Settings* on your iPhone and then tap *Privacy* and *Health*. Then, select the RR App and turn Heart Rate and Steps ON.

6. **Use RR For 30 Days**
   There is no time to waste! The next 30 days will fly by. Get started today by logging meals on your phone and urges and behaviors on your watch.

**NEED SET UP HELP?**

Phone: 919-445-0319
Email: beginstudy@unc.edu