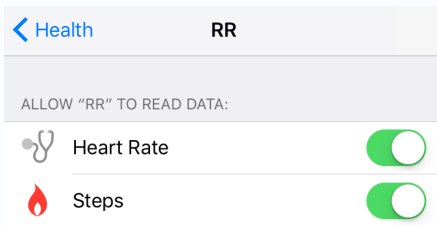
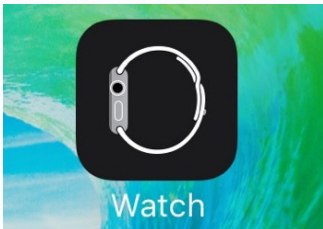




The price of this watch Was a desire to recover

We believe in you



NEED SET UP HELP?

Phone: 919-445-0319

Email: beginstudy@unc.edu

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 COMPLIATION

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.