

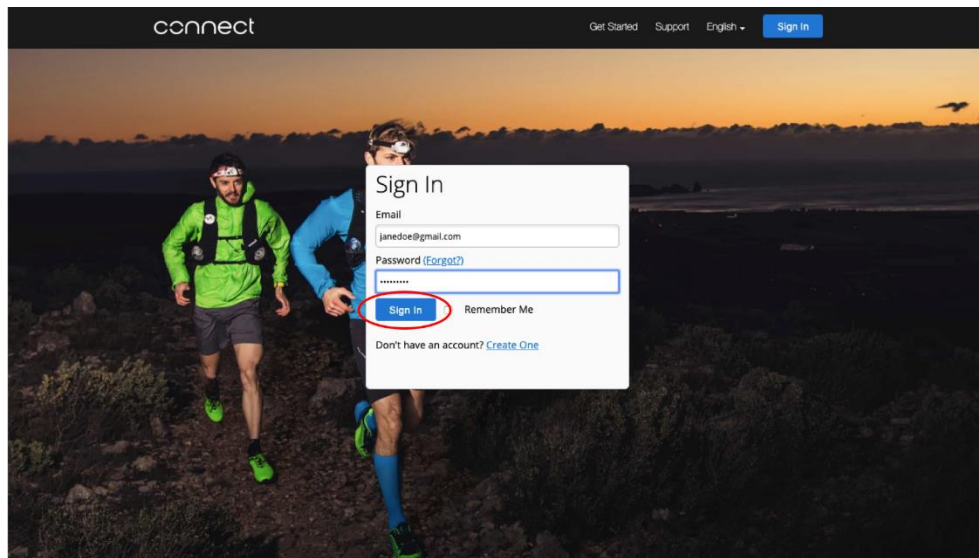
# Garmin

## Data included:

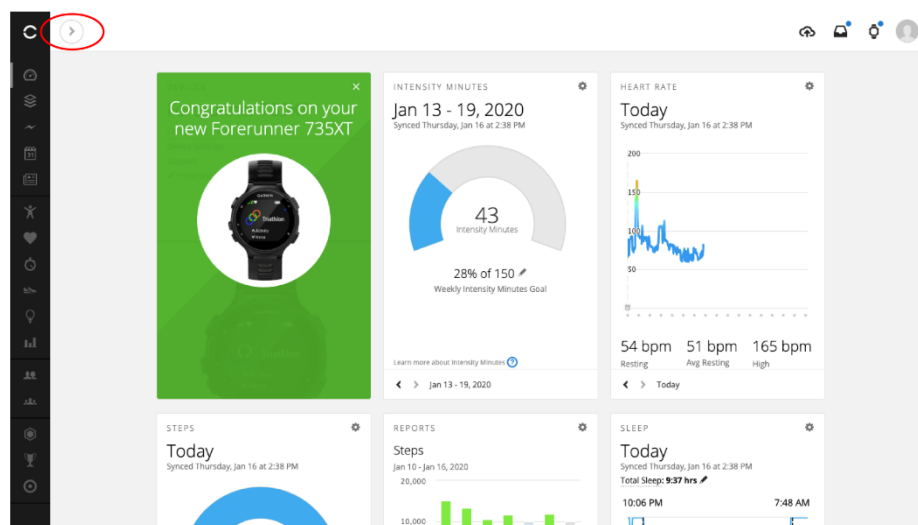
Steps per month for the past 12 months

## Export process:

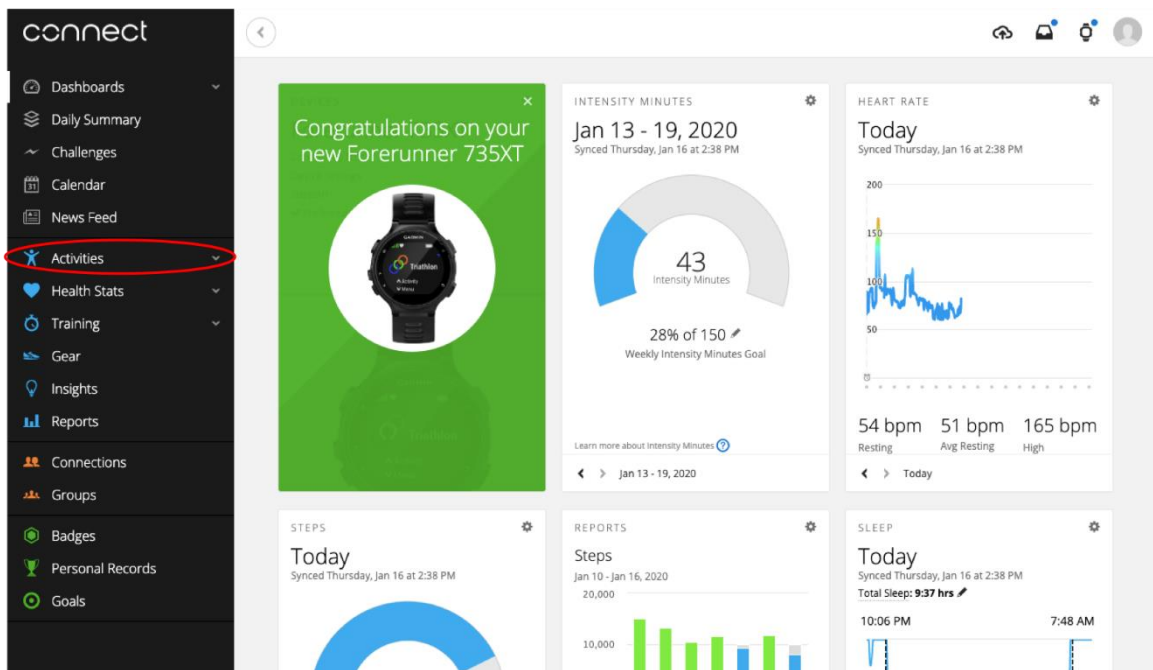
1. Go to <https://connect.garmin.com/signin/> on a desktop or laptop computer and enter the **email** and **password** associated with your account.



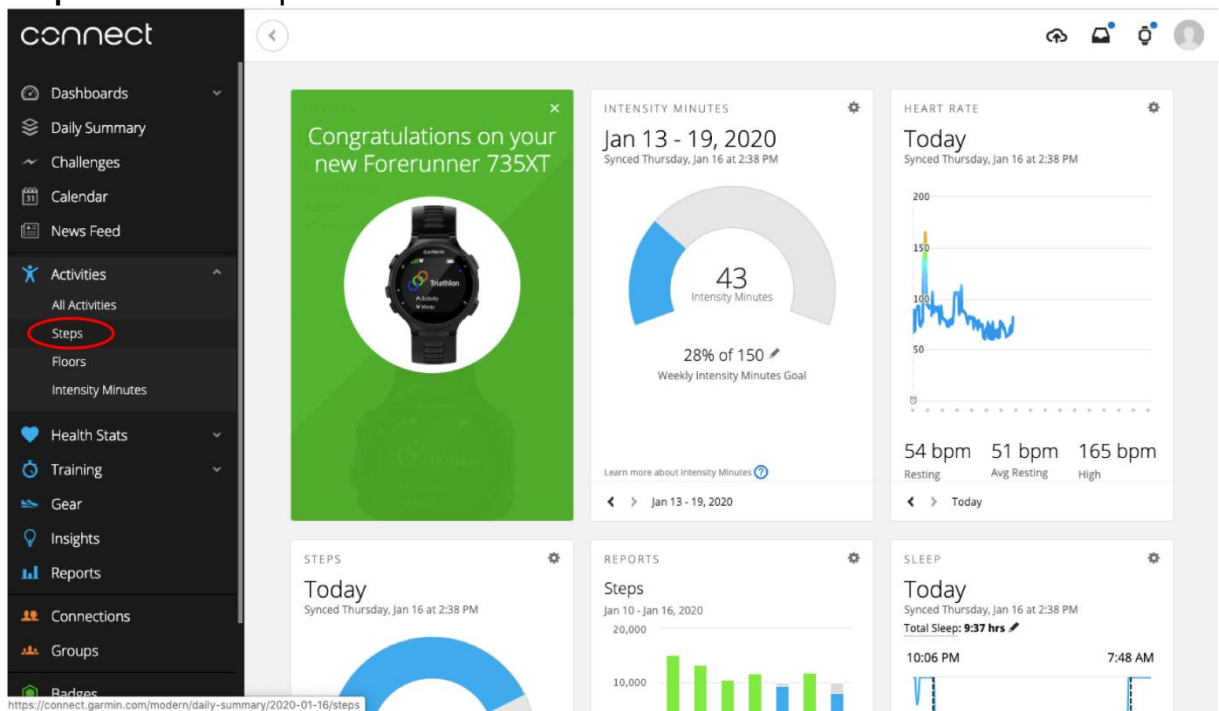
2. Click the **Arrow Icon** in the upper left corner to expand the Navigation Bar if it is not already expanded.



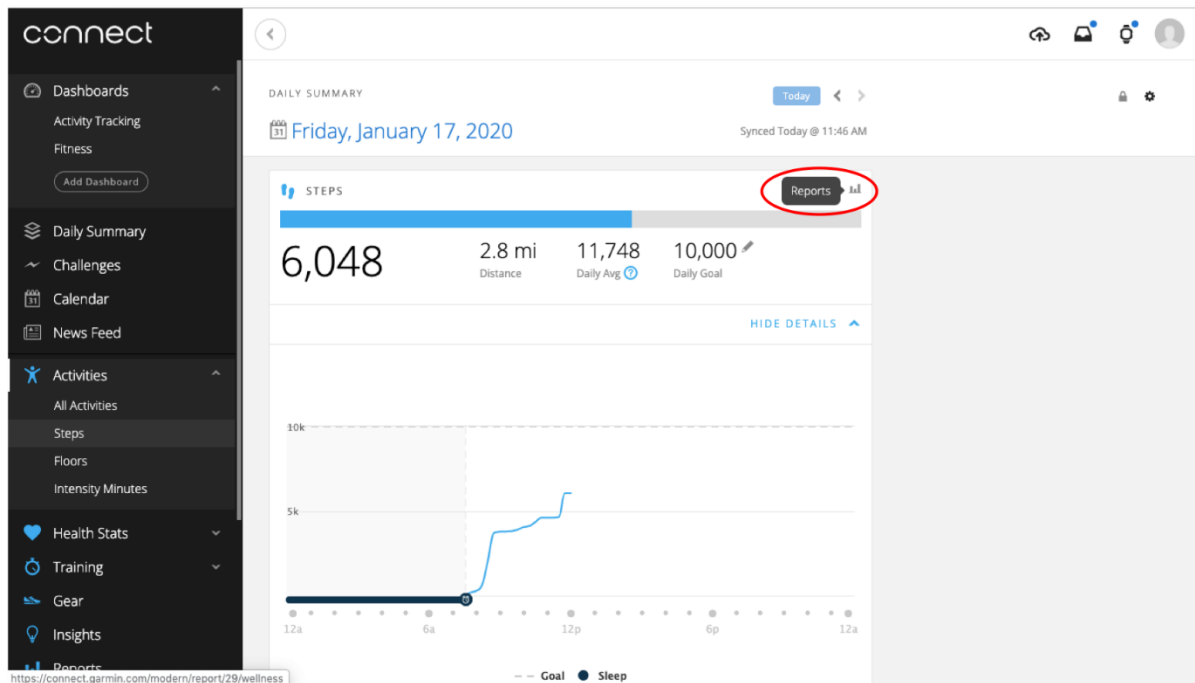
3. Once expanded, please click on **Activities** from the side bar menu.



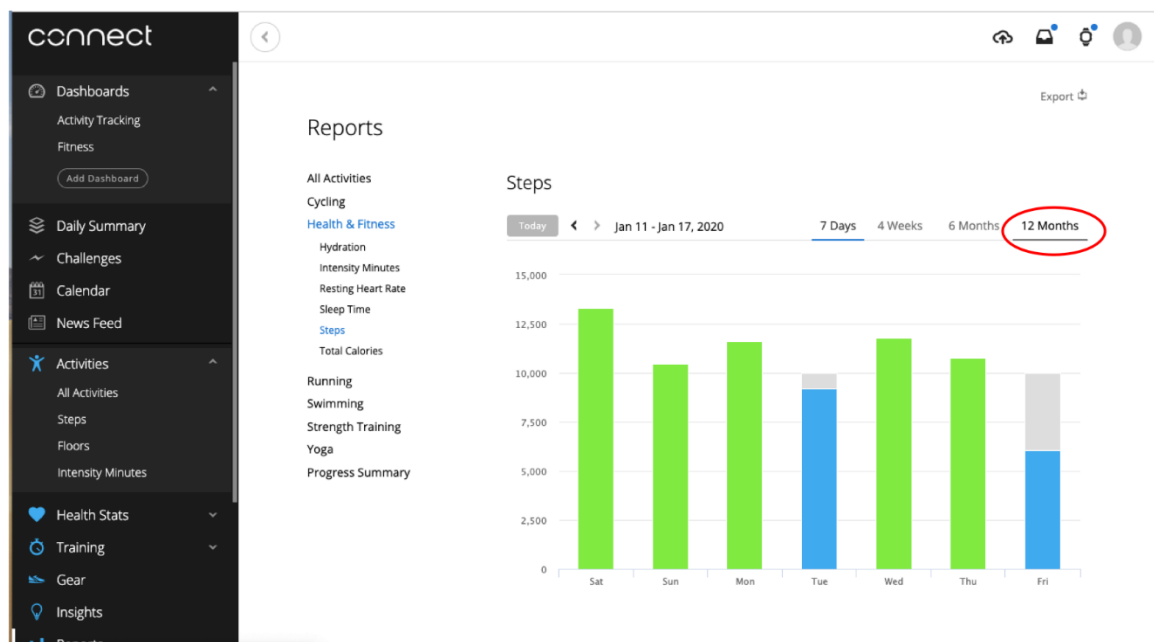
4. This will prompt a dropdown menu under Activities to appear. Please click on **Steps** from the dropdown menu.



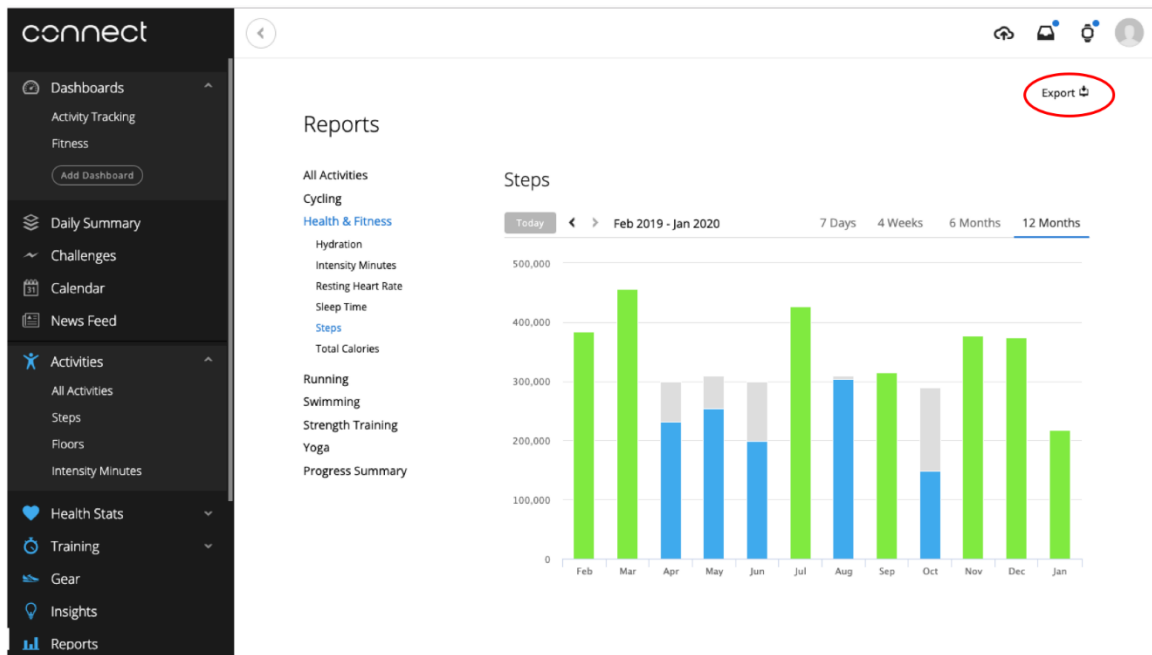
5. At the top right of the steps visual for the current day, you will see a small bar graph icon indicating Reports. Please click on this **bar graph icon**.



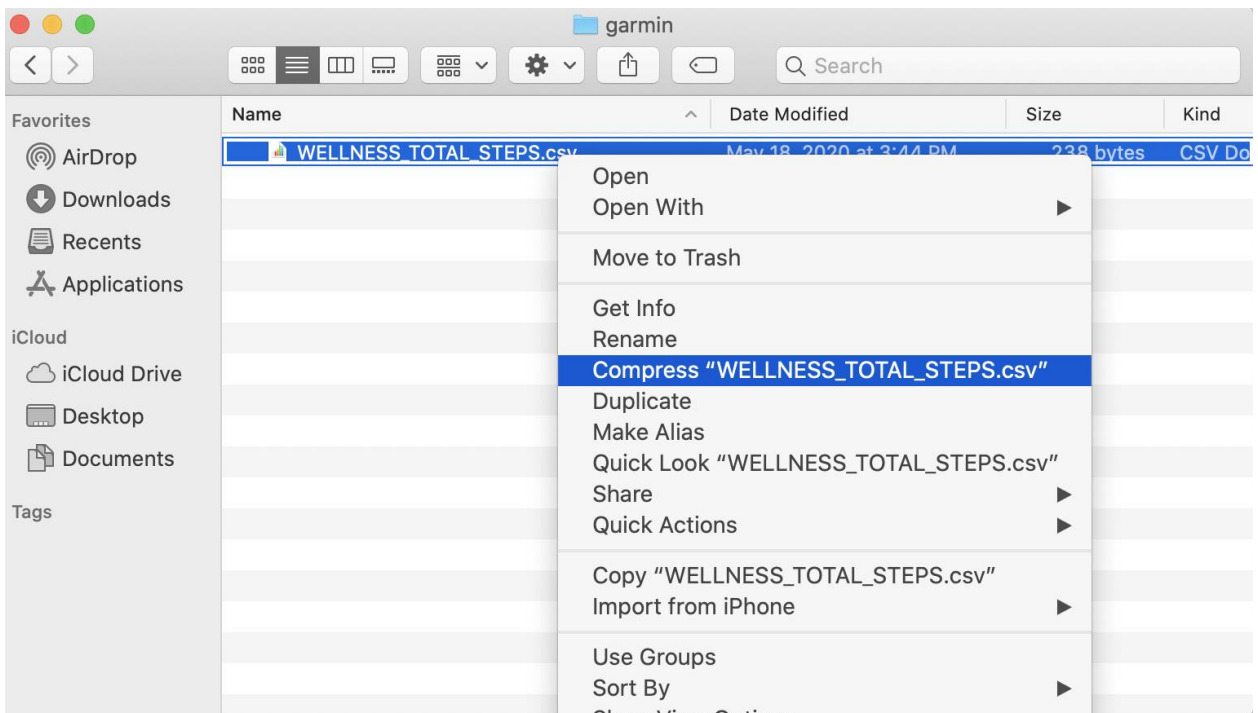
- The default page for the Steps report page will be a graph of the past 7 days. Please click on **12 Months** in the righthand corner of the graph.



- Once you see a graph displaying the past 12 months, click on the **Export** button in the upper right corner.



- Open your downloads folder and navigate to the WELLNESS\_TOTAL\_STEPS.csv. Compress the file to create a .zip version.



- Return to the Center for Digital Health Donate Your Data webpage (the link in the email that you received from our research team; it should look similar to this: <https://donate.centerfordigitalhealth.upenn.edu/>)

socialshare?activity=<number>&survey=<number>). Click **Upload Data** next to the Google icon.

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 Center for **Digital Health**

Almost Done

Please complete the process of sharing your digital data for health care research.

 Instagram Share Data

 Facebook Share Data

 Google **Upload Data**

Done Sharing

10. A box should appear below. Please click on the **box**.

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 Center for **Digital Health**

Almost Done

Please complete the process of sharing your digital data for health care research.

 Instagram Share Data

 Facebook Share Data

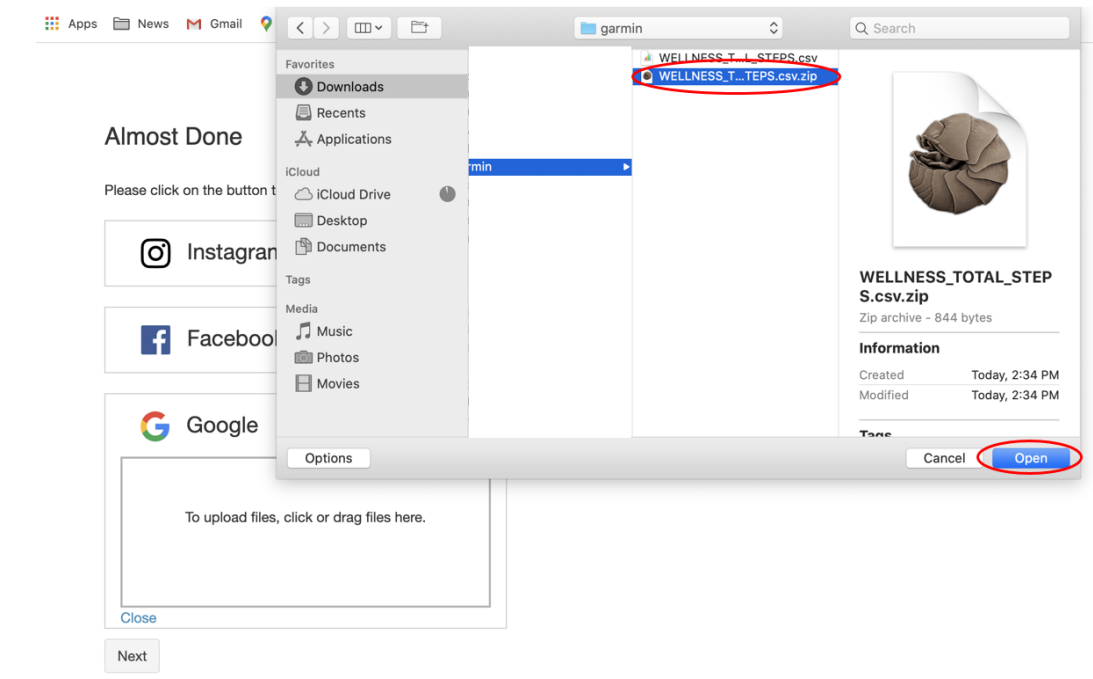
 Google

To upload files, click or drag files here.

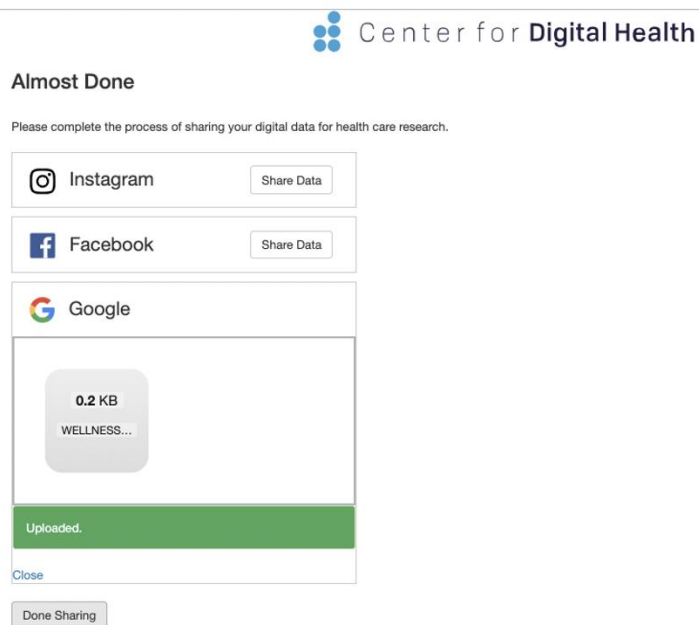
Close

Done Sharing

11. A drop down of your local files should appear. Please navigate to the **Downloads** folder and select the **WELLNESS\_TOTAL\_STEPS.zip** file. Once it is selected, please click **Open**.



12. You should then see the '.zip' file uploaded in the box below the Google icon.



13. **NOTE:** You must complete upload of social media and google data before click **Done Sharing** to be eligible to receive the \$50 compensation. Please continue with social media and google data upload processes if you have not done so already.



