

# Smplicare

You're Invited to participate in Smplicare's UKRI-funded research!

**Sign-up:** Complete the form at [www.smplicare.com/research](http://www.smplicare.com/research)

**Contact:** [hello@smplicare.com](mailto:hello@smplicare.com)

## Frequently Asked Questions / Additional Information

### Who is Smplicare?:

Smplicare, a software startup based in Edinburgh, is building the data-driven platform empowering the future of independent ageing. We apply AI to everyday wearables and digital health devices to predict the risk of adverse health outcomes to help people live safe, healthy, happy lives where they want to be. **Company Number:** SC702825

### What does my participation involve?

Participation will take place from October 2022 until April/May 2023.

Smplicare will provide you with the following research kit.

- **Wearable:** One of either Fitbit, Garmin, or Polar smartwatch or fitness band
- **Body Composition Scale:** One of either Garmin, Tanita or Equivalent

We will then ask you to follow the instructions provided with the kit to download to your smartphone:

- The wearable device and body composition scale mobile application
- The Smplicare app

For the duration of the study we will ask you to ensure that:

- You wear the device on your non-dominant wrist at all times, unless it is being charged. It is waterproof, so you can bathe, shower or swim wearing it.

- You use the body composition scales once or twice per week as directed by Smplicare
- The wearable device is charged.
- The body composition scale has working batteries.
- Your mobile phone is charged, working, and is consistently connected to a data plan or Wifi.
- The wearable device and body composition scale applications are loaded onto your smartphone and updated as required. Smplicare will prompt when manufacturer app updates are released.
- The wearable device and body composition scale are uploading data (syncing) to the phone.
- The Smplicare mobile app is loaded and updated onto your smartphone
- You respond to questionnaires as prompted through the Smplicare app

The study devices will collect information while you go about your normal daily activities. Smplicare will not advise or require any changes to your healthcare or activity through the course of this study.

We may ask you to respond to a survey or questionnaire outside of the application and will contact you via email. This is optional and you may continue in the main study without taking part. If you agree to participate, we may ask that you join one-on-one interviews or group workshops and will contact you via email or phone to schedule these at your convenience. These could be in-person or virtual.

### **When will I find out if I'm selected to participate?**

We will be notifying participants throughout September and October

### **If selected, do I have to take part?**

No, you will have sufficient time to consider your participation and can decide not to take part.

### **If I take part, can I withdraw from the research?**

Yes, withdrawing from the research is within your rights as a participant and will not have any adverse effects. We may ask you to return your devices and may request a debrief interview.

### **Will you be accessing any additional data from my smartphone?**

No, Smplicare will not access any data from your smartphone during the study.

### **Will I get to keep the wearables and scales?**

We will allow all research participants who agree to continue participating in Smplicare's ongoing development and research to keep their devices.

### **Is there any payment for participation?**

There is no payment for participation or expense reimbursement as part of this research

### **Are there any disadvantages to participating in this research?**

We do not expect any material risks due to taking part in the study. The wearable and body composition scales collect information in the background while you carry on with your normal activities. You may find the requirement to charge and sync devices inconvenient. Completing the questionnaires will take a little of your time. If you agree to participate in additional interviews and focus groups these will have a commitment of time, but we will work to align these sessions with your schedule as much as possible.

### **What happens when the research is finished?**

Once results have been analysed, Smplicare intends to develop software which will be commercialised. We may pursue a subsequent phase of the study which we may ask you to participate in, but this is not required. We also intend to publish paper(s) in peer-reviewed journals to share the results with the scientific and medical community. You will not be identifiable in any of these publications. We will be happy to send you a summary at the end of the study or to discuss our findings.

## **What will you do with my data?**

Your data will be analysed for the development of machine learning algorithm(s) and other artificial intelligence (AI) applications.

## **How will you secure my data?**

At Smplicare, we take privacy and data security as our top priority and are building a company culture around it. Transmission of all information between the device and our servers is protected using TLS 1.3 encryption.

## **Are you GDPR Compliant?**

Smplicare is fully compliant with the General Data Protection Regulation (“GDPR”). We are fully transparent about what data we collect and process.