

A woman in a white lab coat is pointing at a folder held by a woman in a purple scrub top. A man in a blue shirt is in the foreground, looking towards the right. The background shows a purple wall with a door and a sign that reads "LL-907" and "LABORATORY".

# WHOOOP Study Site Onboarding

## The goals and objectives of today's session:

- Understand WHOOP for clinical study applications
- How to set up WHOOP for your study
- How to manage your study with WHOOP





# What is WHOOP?

- WHOOP is an advanced wearable system for monitoring health and performance of everyone from elite athletes to clinical subjects.

## Accurate Data

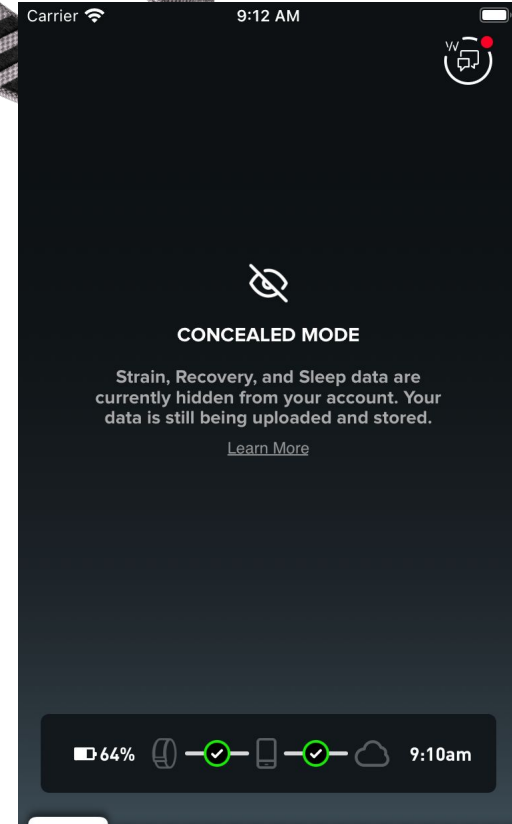
- Validated Clinical Grade Data across multiple peer reviewed journals
- HR, HRV (99%) and Respiratory Rate (98%) gold standard agreement

## Enables Maximum Collection of Data

- Continuous 24/7 Monitoring Sensors
- Five Day Battery Life & Wireless Charging
- Data Available by Subject in 1 sec and Daily Time Grains
- Data Persisted in the sensor for up to 14 days
- Comfortable Proknit Wrist Bands and WHOOP Any-Wear Garments

## Patient Health Information Kept Private

- Ability to Conceal the App from Subjects
- Subjects Have the Ability to Opt In to Share Their Data
- Anonymized Onboarding Ensures that WHOOP Never Collects PHI
- All data is encrypted in transit and at REST
- SOC2, GDPR, CCPA, and Privacy Shield Compliant



# We prioritize the accountability and security of your personal data

## Our Policy

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WHOOP data belongs to the individual and will never be shared with a study site without consent



An individual's specific data (i.e. metrics, bedtime, journal) will be anonymized in the WHOOP servers. WHOOP never sees PHI



Data is never sold to third parties

## Security & Compliance

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WHOOP is GDPR, SOC2, CCPA compliant and participates in the Privacy Shield program



All data is encrypted in transit and at rest for maximum security.



No GPS in sensor

# With WHOOP's waterproof strap and slide-on battery pack, you can leave it on for uninterrupted data capture

## STRAP

- Can store up to 14 days of data internally
- Strap is waterproof
- Leave WHOOP app open on the subject's phone
  - Bluetooth Low Energy used

## BATTERY PACK

- Strap's battery life is 4-5 days
- [Battery pack charges separately](#) and slides onto your WHOOP on wrist
- Battery packs are water resistant
- It is important that you charge the battery pack out of the box



Battery Pack: Slide onto clasp



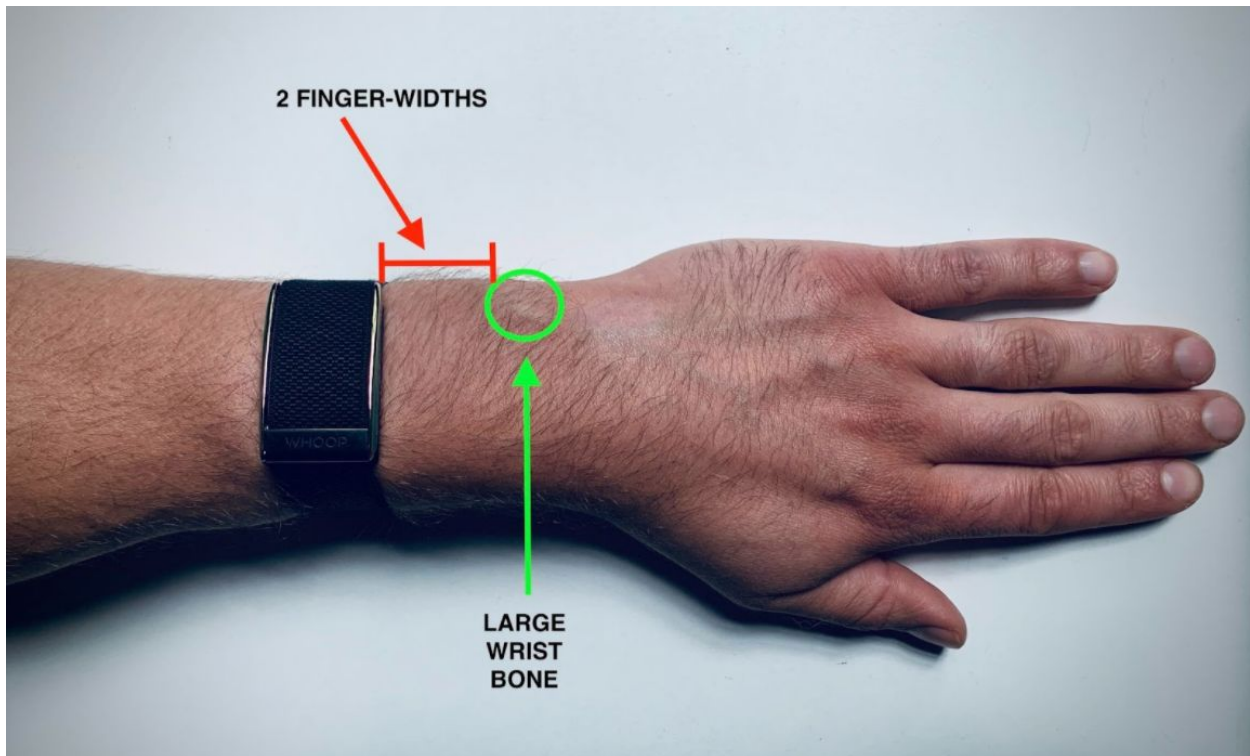
# Pairing the WHOOP 4.0



## Wearing the WHOOP 4.0

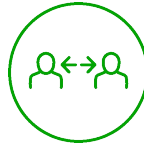
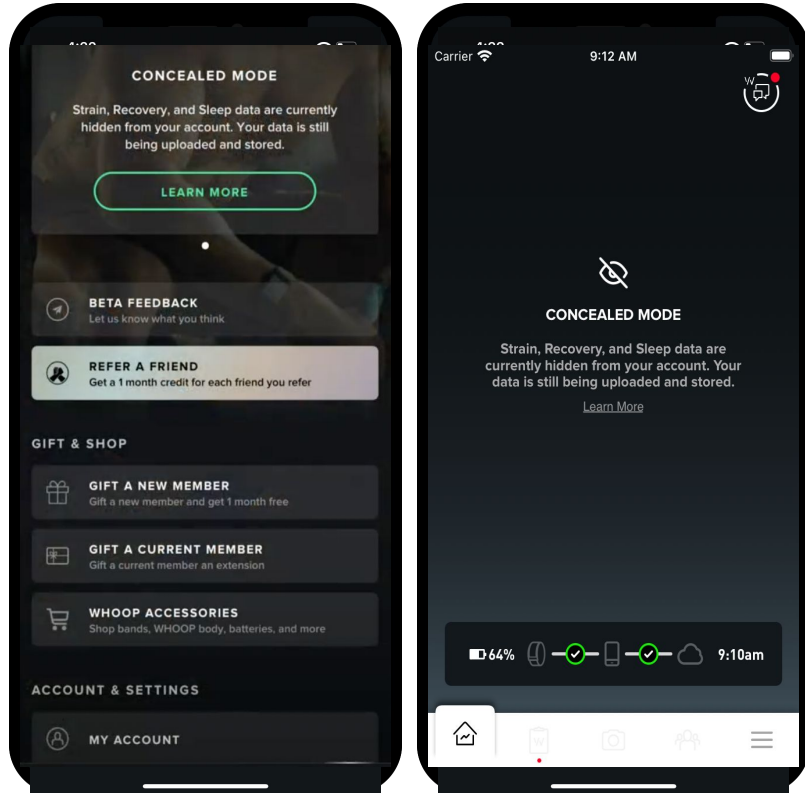


# Wearing the WHOOP 4.0





# Study Support



**studysupport@whoopunite.com**

- Email [studysupport@whoopunite.com](mailto:studysupport@whoopunite.com) to submit a request or fill out [this form](#)
- Hardware Troubleshooting and connectivity questions
- Data interpretation questions
- End user break/fix issues
- Onboarding | Offboarding
- Daily API Data Feed Questions

# Summary

## Before Subject is Enrolled

- WHOOP Anonymized Onboarding
  - Crosswalk with Device ID's can be created
- Charge the Battery Pack and WHOOP Strap out of the Box

## Subject Onboarding

- Download WHOOP App on the smartphone
- Login with Provided Credentials
- Pair the WHOOP Device
- Concealment Mode Will Be Enabled
- Leave the WHOOP App Open In The Background
- Adjust the WHOOP Strap for a Good Fit
- Send the Subject Home with the Battery



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