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

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

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

● Email 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

Study Site Support
● studysupport@whoopunite.com
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