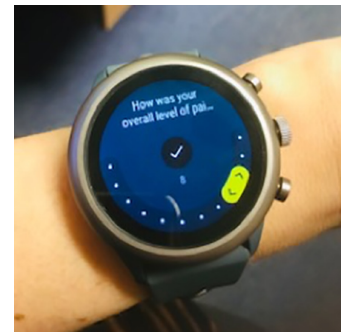




**watch  
your steps**



## Participants required -

for a research study tracking symptoms on a smartwatch

Help us discover whether it's possible to record symptoms of people living with more than one long-term health condition in a specially designed smartwatch app.

**Are you:**

- **An adult living with more than one long-term health condition?**
- **Able to follow simple instructions on a smartwatch app?**

The University of Manchester in partnership with Google are looking for volunteers who are prepared to wear a smartwatch for three months and record their symptoms several times a day

If you choose to participate compensation will be offered for your time and travel costs reimbursed.

Please contact the researcher Nicola Small for information  
**Email: [watchyoursteps@manchester.ac.uk](mailto:watchyoursteps@manchester.ac.uk)**  
**Tel: 0161 275 1671**