CHALLENGED. SINCE THE OUTBREAK OF COVID-19, PEOPLE ACROSS THE GLOBE ARE STRUGGLING TO LOOK FOR A CURE.


WHAT BENEFITS WILL I GET FROM WHOOP?

WHOOP does not share your Personal Data.

WHAT DOES THE "DATA CATCHING TRANSFER DATA," OTHERWISE YOU WILL EXPERIENCE A DELAY IN DATA PROCESSING.

WHOOP TROUBLESHOOTING

THINGS TO NOTE:

• To avoid delays in data processing, leave the phone at home.

• The Battery Pack is NOT WATERPROOF.

• The Strap Status page in the WHOOP app.

• Strap Status page will display "Connected" on the smartphone.

• Things to note:
  • To calibrate even after you receive the app.
  • As a reference:
  • Strap should go on the wrist bone.
  • Location:
  • Strap should go in the inner-most part of the whoop.
  • Battery pack can be replaced if it gets wet. In all other cases:
    • Plug the battery pack directly into the wall charger.
    • If a charge does not occur, one way to troubleshoot is to remove your WHOOP.
    • Write to us at info@4humanitystudy.com

WHOOP FOR YOU.

EMPOWERING INDIVIDUALS TO OPTIMIZE ALL FACTORS OF VITALITY WITH A FREE ONE-YEAR MEMBERSHIP. WHOOP MONITOR YOUR HEALTH.

WHY IS DATA MISSING IN THE APP?

1. If the strap's battery has died, it will not work.

2. If the strap's battery has died, it will not work.

3. If a charge does not occur, one way to troubleshoot is to remove your WHOOP.

DOWNLOAD + SET UP THE APP

1. Plug the battery pack into the charger.

2. Pair your strap with your mobile device.

3. If a charge does not occur, one way to troubleshoot is to remove your WHOOP.

INPUT THE FOLLOWING CODE:

ACCOUNT'

4HUMANITY STUDY ID.

VOLUNTEER/ gid00017/gid00042/gid00050/gid00032/gid00045/gid00032/gid00031/gid00001/gid00003/gid00052/gid00001

ASSIGNED QUESTIONS

FOR GENERAL INFORMATION VISIT

AS A REFERENCE:

YOUR FIRST RECOVERY SCORE. FOR ACCURATE DATA, ALWAYS ASSESSMENT AFTER 14 DAYS ON WHOOP.

YOU NEED TO WEAR WHOOP CONTINUOUSLY AS IT TAKES APPROXIMATELY 4 DAYS TO CALIBRATE TO YOUR BODY.

WEEK ON WHOOP?

YOU CAN FIND THIS IN THE MAIN MENU AND WILL BE ABLE TO SEE YOUR...

WHOO P DOES NOT SHARE YOUR PERSONAL DATA.

WHAT BENEFITS WILL I GET FROM WHOOP?

ASSESSMENT AFTER 14 DAYS ON WHOOP. YOU CAN FIND THIS IN THE MAIN MENU AND WILL BE ABLE TO SEE YOUR...

YOUR BODY IS SIGNALING THAT IT IS RECOVERED WELL AND IS PRIMED TO TAKE ON HIGH STRAIN.

GREAT RECOVERY.

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GREAT RECOVERY.
Today, as we are living in unprecedented times, our life seems more vulnerable and challenged. Since the outbreak of COVID-19, people across the globe are struggling to look for a cure.

We are working vigorously to help mankind live a normal life once again. However, the project cannot be a success without the contribution of the community, the people, the nation, and the world. The 4Humanity initiative was thus born as a collaborative effort to create hope for the world. A campaign that has opened doors for common people to take up the trial and make their contribution in this historical process.

In this global mission, various stakeholders who share common interest and mutual goals are joining hands with G42 Healthcare to take part in the 4Humanity initiative. We recently partnered with WHOOP, an industry-leading fitness monitor and sleep tracker that collects personalized physiological metrics to provide actionable feedback via app insights. It will help researchers of this clinical trial with scientific data and valuable insights around specific markers. This will enable better decision making for volunteers’ wellbeing and contribute holistically to this vaccination project.

**WHOOP 4HUMANITY. WHOOP FOR YOU.**

Volunteers in this vaccine trial will receive a WHOOP 3.0, a wrist-worn wearable device with a free one-year membership. WHOOP users commonly benefit from better sleep quality, improved fitness levels and positive impact on overall wellbeing. Regular usage creates impactful behavior change and a new set of positive individual habits, empowering individuals to optimize all facets of life. WHOOP aims to provide unobtrusive, continuous biometric monitoring and actionable feedback based on personal insights to volunteers.

The data collected will be shared with Vaccine Trial researchers working on 4Humanity initiative.

**MONITOR YOUR HEALTH. ANYTIME, ANYWHERE.**

WHOOP is a perfect partner for those who want to improve their wellbeing and helps keep track of your health, body, and mind. Wear WHOOP 24/7 to get the best personalized insights.
**SETTING UP WHOOP**

Make sure that you wear the device correctly. Please follow the image below as a reference:

**HOOK:** Metal bar at the end of the band

**CLASP:** U-shaped metal piece that hook attaches to WHOOP

**LOCATION:** WHOOP should be worn at least 1cm above wrist bone

**THREADING:**
Band should go in inner-most slot first, then weave back through opening on outside of WHOOP

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**HERE ARE SOME FREQUENTLY ASKED QUESTIONS**

**WHAT BENEFITS WILL I GET FROM WHOOP?**

WHOOP is not a medical device and not intended to diagnose COVID-19. However, it’s capable of tracking one’s fitness and health, as well as providing physiological data that can help us understand the study of the COVID-19 Clinical Trial. By wearing WHOOP for a month or even longer can show effective and significant behavioral changes in certain health indicators, such as longer sleep duration (an average of 41 minutes), better sleep quality, improved fitness levels and a positive impact on overall wellbeing.

**HOW WILL MY DATA BE SHARED?**

WHOOP does not share your Personal Data without your consent. As a part of the 4Humanity vaccine study, volunteers provide consent to share their personal WHOOP biometric data with the vaccine trial researchers.

**WHAT HAPPENS DURING MY FIRST WEEK ON WHOOP?**

You need to wear WHOOP continuously as it takes approximately 4 days to calibrate to your body. After 4 days, you will receive your first Recovery score – a measure of your daily readiness. Your strap will continuously calibrate even after you receive your first Recovery score. For accurate data, always keep the WHOOP device on and charged.

**WHAT SHOULD I EXPECT IN THE FIRST MONTH?**

You will unlock your first Weekly Performance Assessment after 14 days on WHOOP. You can find this in the main menu and will be able to see your Training State, Sleep Status and Sleep Performance compared to other WHOOP members similar to you. After 28 days, you will gain access to the Monthly Performance Assessment, which will illustrate your data trends over the previous month(s) you have been on WHOOP.

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**DOWNLOAD + SET UP THE APP**

- To set up the app, just download WHOOP to your mobile device and ‘Create Account’, then click ‘Elite Team Athlete.’
- Input the following code: HUMA-NITY
- Pair your strap with your mobile device via Bluetooth
- Your Username MUST be your 4Humanity study ID.
WHOOP TROUBLESHOOTING
WHOOP STRAP AND MOBILE APP

WHAT DOES THE “DATA CATCHING UP” MESSAGE MEAN?
The WHOOP app must remain open in the background for your phone to continuously transfer data, otherwise you will experience a delay as data is transferred from the strap to your app. **Things to note:**

- Do not force-quit the app
- Do not use low-power mode
- Keep background app refresh turned on
- Airplane mode may cause delay
- Stay in Bluetooth range of your phone to ensure continual data transfer

The WHOOP Strap is able to hold up to three days of data, so if you experience a delay in syncing to your phone, your data will sync from oldest to newest once you are reconnected.

WHY IS DATA MISSING IN THE APP?
Missing data in the WHOOP app could occur for two reasons:

1. The WHOOP Strap may be slow in syncing data to the WHOOP app. Ensure the Strap is connected and in range of your phone’s Bluetooth. It will display “Connected” on the Strap Status page in the WHOOP app. For your data to catch up quickly, keep your app open in the background on your phone and keep your phone close to the Strap.

2. If the Strap’s battery has died it will not collect data. Connect your battery pack to charge the Strap.

HOW DO I EDIT MY EMAIL AND ACCOUNT NAME?
If you enter a wrong email address or account name, it can be altered in your profile through the mobile app.

1. Swipe left from the overview screen to arrive at your profile
2. Click on the pencil in the top right corner to edit any details in your profile
3. Scroll down to the bottom of the screen and click “save”

BATTERY AND CHARGING

HOW DO I CHARGE MY BATTERY PACK?
The WHOOP battery pack is NOT waterproof, and will need to be replaced if it gets wet. In all other cases:

1. Plug the battery pack into the charger and then plug the charger into a USB outlet. A green light indicates full charge.
2. Slide the fully charged battery pack onto your WHOOP strap. Check the home screen of the app to ensure it is charging.
3. If a charge does not occur, one way to troubleshoot is to remove your WHOOP strap with the battery pack still on it and plug the battery pack directly into the wall charger. If this does not work, your battery will need to be replaced.
IMPORTANT TIPS FOR USING WHOOP

- WHOOP takes 4 days to calibrate to your body. You will receive your first Recovery score after 4 days.
- To discover more, tilt, click or swipe in any direction and explore the app.
- To avoid delays in data processing, leave the WHOOP app open and running on your phone.
- The WHOOP Strap is waterproof. Enjoy a swim, shower or run in the rain without worry.
- The Battery Pack is NOT waterproof. Keep it from getting wet and do not wear the battery pack when the band is wet.

Together for Hope.
Together 4Humanity.

For product information about WHOOP, write to us at 4humanity@whoop.com
For general information visit www.4humanity.ae

The WHOOP app can be downloaded from: