

# YOUR CHECKLIST

## Have you...

- Not eaten for 12 hours
- Had a glass of water

## Do you have everything?

- Testing booklet
- Thin, flat object (e.g. a magazine, place mat, iPad)
- Tape measure
- Physical activity monitor
- Scales
- Blood pressure monitor
- Bloods kit
- Flash glucose monitor

## INSTRUCTIONS

Refer to the testing booklet for more details on measurements.

### Height

- 1: Do you know your height in cm or feet and inches? If so enter the measure and skip to #5.
- 2: With bare feet, stand against a wall.
- 3: Place flat object on your head and place a mark at the point where the object meets the wall with the sticker provided.
- 4: Measure the distance from the floor to the sticker with the tape measure.





## RESULTS

Write all your measurements in this box.

Measurements	Results
Height	cm/in
Weight	kg/lbs
Waist Circumference #1	cm/in
Waist Circumference #2	cm/in
Waist Circumference #3	cm/in
Blood Pressure #1	mmHg
Blood Pressure #2	mmHg
Blood Pressure #3	mmHg

### Weight

- 5: Place scales on non-carpeted floor and stand on them to measure your weight.

### Waist circumference

- 6: Lift up clothing, then wrap the tape measure around your waist at the level of your belly button.
- 7: Breathe out and record the number at which the end of the tape meets the remaining length. Do this 3 times.



### Blood pressure

- 8: Rest for 10 minutes before measuring your blood pressure.
- 9: Remove any clothing from your upper arm.
- 10: Wrap the cuff around your upper left arm and place your arm on table or arm rest of a chair
- 11: Press START/STOP. Be still, don't talk and relax throughout the test.
- 12: Repeat this 3 times with one minute rest in between measurements.






Turn over the page to continue the testing...

If at any time, you wish to speak to a member of the research team, please email

MotivateT2D@LJMU.ac.uk

# YOUR CHECKLIST - Baseline

Refer to the testing booklet for more details on these measurements.

## INSTRUCTIONS continued

### Blood collection

13: Wash your hands in warm water for 2 minutes, and dry. Have tissue ready to help during collection.

14: Clean your little finger with the alcohol wipe.

15: Twist off the cap from the lancet.

16: Place the lancet on the outside of the little finger & apply pressure until you hear a click and feel a scratch.

17: Wipe the first drop of blood away with some tissue.

18: Massage the side of the hand from the wrist to the finger. As blood droplets form, gently touch them on the inside edge of the collection tube.

19: Fill the collection tube until 500µl. The 2<sup>nd</sup> line on the tube.

20: Replace the lid of the collection tube and invert the tube several times.

21: Clean the finger with tissue and apply pressure, put on a plaster if needed.

22: Place the collection tube back into the plastic clamp shell & seal.

23: Pack the plastic clamp shell into the prepaid envelope and post on the same day.

### Glucose monitoring

23: Clean the back of your arm with an alcohol wipe & allow to dry.

Unscrew the cap from the grey applicator, and open the white sensor.

24: Insert the grey applicator into the white sensor by lining up the dark lines.

25: On a hard surface, press down firmly on the grey applicator until it clicks and comes to a stop.

26: Lift the sensor applicator out of the sensor pack. Be careful not to touch inside the sensor applicator.

27: Place the applicator over the clean area at the back of your arm and push down firmly to apply the sensor to the body.

28: Gently pull the sensor applicator away from your body. Make sure the sensor is secure. Wear for 14 days.

29: Scan the sensor with the reader to ensure the sensor is working. If it does not work, please contact us.

### Physical activity monitoring

30: Wear the monitor on your non-dominant wrist (e.g. if you're right-handed, wear it on your left) for the next 14 days.

31: After 14 days, post both the Physical Activity Monitor and Glucose Sensor & Reader, using the prepaid envelope.

### Questionnaires

32: Open the questionnaire link sent to you via email or text.

33: Complete the online questionnaires.

34: Complete the online survey.

If at any time, you wish to speak to a member of the research team, please email

[MotivateT2D@LJMU.ac.uk](mailto:MotivateT2D@LJMU.ac.uk)