

# epi⚡watch

Johns Hopkins EpiWatch™ is an Apple Watch™ app and research study. Downloading EpiWatch on Apple Watch and iPhone® helps you to manage your epilepsy by tracking your medications, seizures, and possible triggers or side effects. You can view this information at any time, and a dashboard allows you to show a summary of the data with your doctor or caregiver, if you want. With EpiWatch, you can also send a message to family members or caregivers to let them know when you are tracking a seizure.

EpiWatch will share the data you enter into the app with Johns Hopkins researchers to help them better understand epilepsy and potentially improve treatment, as well as evaluate if a future app could potentially detect seizures.

## How the App and Study Work

EpiWatch enables you to take surveys, enter daily journals and participate in other activities so you and Johns Hopkins researchers can better understand your entire experience—your seizures, treatments and medication side effects. The app also has an interactive game to measure a seizure's impact on your responsiveness.

The collected data from the heart rate accelerometer and gyroscope in Apple Watch will be used by Johns Hopkins researchers to measure changes in your heart rate and movement during a seizure.

EpiWatch is not a seizure detector. You should not rely on EpiWatch to get help for your seizures.

## Who's Eligible?

You can participate if you are at least 16 years old, a U.S. resident and ...

- Own an Apple Watch that is paired with an iPhone (both must be running the latest update of iOS).
- Have epilepsy and have had at least one seizure in the past year.
- Not have any major learning or physical disabilities that would impair your ability to interact with the app while participating in this study. (NOTE: Family members and caregivers may help you carry out some of the activities of the study.)
- Be able to open this app on Apple Watch at the beginning of at least some of your seizures. If you tend to experience auras, or warning sensations, you may be able to perform the tasks needed for this study.
- Caregivers or family members may also open the app for you, if you are unable.

## How to Join the Study

Your use of the app and participation in this study are entirely voluntary. If you choose to participate:

- Install the EpiWatch app on both iPhone and Apple Watch by downloading app from App Store <sup>SM</sup>.
- Complete the [eligibility questionnaire](#).
- Read through the electronic guide describing the app and this study, then answer questions so we can verify your understanding.
- Review an information sheet on the app and this study, and acknowledge you have read this and agree to participate in the research by signing it electronically.
- Register an account using a valid email address.
- Choose which data to share with us from Apple Watch and iPhone.

[www.hopkinsmedicine.org/epiwatch](http://www.hopkinsmedicine.org/epiwatch)

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