

What Is WHOOP & Why Are We Using It?

With an advanced understanding of how behaviors influence and improve outcomes, WHOOP pairs a wearable that monitors sleep, cardiovascular strain and recovery metrics with personalized health and wellness insights. In our partnership with WHOOP, we utilize wearables to support your recovery journey by tapping into the power of biometric data. With insights from WHOOP, we equip you with a better understanding of your body and encourage you to lead meaningful conversations with us while empowering you to respond to your body's needs to support your long-term recovery.

WHY ARE WE USING IT?

We know that physiological factors like sleep and general physical health are associated with improved recovery outcomes. To enhance treatment, we collect biometric

Ashley and WHOOP are on a mission to transform health care and support patients' healing long-term.

data pertaining to these factors that will inform clinical treatment planning and interventions at Ashley. In doing so, we not only support your recovery journey but the entire treatment industry.

With WHOOP, we will:

- Gain more in-depth knowledge about the role of sleep, circadian rhythms and cardiovascular health in substance use disorder recovery.
- Create an enduring model for tracking these outcomes at Ashley.

WHOOP UNITE™

- Inform treatment plans and interventions for you and other Ashley patients.
- Empower you to live a healthy life in recovery, promoting your happiness and overall well-being.
- Gain knowledge that we will share with other treatment centers to improve treatment services across the industry and advance the science of addiction medicine.

WHAT IS A WHOOP?

A WHOOP is a wearable sensor that collects biometric information on circadian rhythms and general health by focusing on three aggregate metrics: sleep, strain and recovery. These metrics are derived from:

- Resting heart rate
- Respiratory rate
- Basal metabolic rate
- Heart rate variability
- Blood oxygen levels (SpO₂)
- Skin temperature

HOW DOES WHOOP WORK?

During your 28-35-day residential program at Ashley or your time in one of our extended care programs, we will provide you with a WHOOP wearable that monitors your sleep and cardiovascular data. The wearables are waterproof, and you should wear them 24/7 throughout your treatment. We have placed Bluetooth hubs, called WHOOP Gateway, around our inpatient campus and the extended care houses to facilitate an automated, secure and continuous data upload with proven reliability and accuracy. We will charge your device during every group counseling session. Our nursing staff will collect your WHOOP wearable when you leave our inpatient or extended care.

How will you benefit?

During our compilation phase:

- We will provide you with a WHOOP wearable at zero additional cost.
- We will provide you with comprehensive sleep and health analysis insights through meetings with our research staff and/or summary reports prior to discharge.
- Your participation supports a unique contribution to improving treatment services across the industry advancing the science of addiction medicine.

During our future intervention phase:

- You will have all benefits that you will be available during the compilation phase.
- The wearables will provide objective data about how well you are recovering.
- Our counselors will be able to monitor your health patterns and address maladaptive habits with you.

Your data will support individualized and informed treatment plans for patients long-term, helping us make a unique contribution to improving treatment services across the industry and advancing the science of addiction medicine.

FREQUENTLY ASKED QUESTIONS

Why should you agree to wear a WHOOP?

WHOOP will provide data that can be used to enhance your treatment plan and provide objective data on how well you are recovering. It will also help us make much-needed improvements in substance use disorder treatment.

How often do you need to wear the WHOOP?

You should wear your WHOOP 24/7 during your 28-35 day inpatient programs and for your entire stay at our extended care houses. It is most important that you wear your WHOOP overnight.

What if you no longer want to wear the WHOOP?

If you would like to take the device off, please return it to our clinical aide or nursing staff.

What type of data does WHOOP track?

WHOOP measures your heart rate, respiratory rate, heart rate variability, skin temperature, oxygen levels, sleep performance and daily strain levels.

Will your WHOOP data stay confidential?

Yes. All data we collect is protected health information and will be handled according to the HIPAA Privacy Rules.

Who will see your data?

All data will be de-identified in the WHOOP platform. Only your primary counselor and Ashley's data personnel can view your data.

How will we use your WHOOP data for treatment?

This data will be used by your counselors to monitor your health throughout treatment. With this data, they will be able to address habits (e.g., physical activity and sleep) that may be affecting your recovery.

What will we do with the data besides using it directly for your treatment?

We will use this data to help us identify the implications of physical activity and sleep habits throughout treatment, improve treatment services across the industry, and advance the science of addiction medicine.



STILL HAVE QUESTIONS?

Please visit [AshleyTreatment.org/WHOOP](https://www.AshleyTreatment.org/WHOOP) to learn more.