

# Healthy at Home: Help us learn more about COPD



## About the study:

- To provide the best possible care to COPD patients, we want to learn more about the effectiveness of a virtual pulmonary coaching support program and the use of at-home devices (like a Fitbit) to monitor COPD.
- By joining the study, you will have the opportunity to enroll in Wellinks, a virtual pulmonary support program, at no cost to you.

## Who is eligible?

- Individuals **receiving healthcare through UMass Memorial Health**
- Must have a diagnosis of COPD
- Must have access to a **smartphone (iPhone or Android) to download and use study app(s)**
- Must be **able to read and understand English**
- Must reside in **Worcester, Shrewsbury, Auburn, Boylston, West Boylston, Holden, or Millbury**



## What can I expect from participation in this study?

- You will have the opportunity to use tools designed to help you manage your COPD.
- You will be required to download a smartphone app to enroll and complete study activities, as well as a separate app for the Fitbit.
- You will be asked to wear the Fitbit daily, including at night, and complete study surveys through an app.

	Step 1	Step 2	Step 3	Step 4
<b>To Enroll:</b>				
	Download the MyDataHelps app	Select "I have a Project Code"	Enter the above code (PLNCNG)	Follow the on-screen instructions

### Details

- No travel necessary.
- All study activities can be done from home.
- You will be enrolled in the study for 6 months.

### Compensation

If you complete all study activities, you will be compensated with \$150 to thank you for your time, and if you complete the majority of study activities you will be able to keep the Fitbit.

### More Information

Have any questions for us? Feel free to email [healthyathome@umassmed.edu](mailto:healthyathome@umassmed.edu) or call (508) 523-1421