

VOLUNTEERS NEEDED

Reduce your risk for heart disease by
increasing your physical exercise



NIH...Turning Discovery Into Health®

African-American women, ages 25-75, who are obese or overweight and pre-diabetic, are needed to participate in a research study at the National Institutes of Health (NIH) Clinical Center. Researchers want to explore if using mobile health technology and coaching can increase physical activity. You will receive coaching and track physical activity using your mobile phones and a fitness tracker that you wear on the wrist. Compensation for participation will be provided. All study-related tests and procedures will be provided at no cost to you.

During this study, you will:

- Fill out a survey about health beliefs and behaviors;
- Have a physical exam and blood testing;
- Receive the wrist-worn device and mobile app to measure exercise;
- Receive instructions on how to use the device and mobile app;
- Be assigned to the group who receives personalized or tailored coaching or the group with standard coaching;
- Receive compensation for your participation.

You may be eligible if you:

- Are an African-American woman, ages 25-75 years old, obese or overweight, and pre-diabetic
- Live in Washington, DC, Wards 5, 7, 8, or Prince George's County, Maryland
- Have a smartphone, iPhone or Android, that will work with the mobile app being used in the study
- Are willing to wear the physical activity device needed for the study for approximately six and a half months

For More Information, call:

**NIH Clinical Center Office of
Patient Recruitment**

1-800-411-1222

TTY: 1-866-411-1010

Se habla español

Online, <https://go.usa.gov/xUb4W>

Refer to study # 17-H-0162



National Heart, Lung,
and Blood Institute

Location: The NIH Clinical Center, America's Research Hospital, is located on the Metro red line (Medical center stop) in Bethesda, Maryland.