



Volunteers Needed for the FAITH! App Mobile Health Study

Techquity By FAITH!

Help us determine if a new smartphone health app combined with digital support can improve heart health in your community!

Mayo Clinic is seeking African-American volunteers from Rochester or Minneapolis-St. Paul, Minnesota area faith communities to participate in a research study. The purpose of this study is to explore if a smartphone app for heart health promotion with support from a digital health advocate improves measures of heart health in African-Americans.



How do you know if you are able to participate?

- You are at least 18 years of age
- You are Black/African-American or of African or Afro-Caribbean descent
- You have an active email address
- You own a smartphone and have at least weekly access to connect to the Internet
- You have minimal fruit/vegetable intake (less than 5 servings per day)
- You currently do not engage in regular physical activity (less than 30 minutes per day)
- You are able to engage in moderate physical activity without restrictions such as physical disability or a serious medical condition

Participation will last about one year and will include up to 4 study visits. You will be asked to take part in different tests and activities, such as measuring your height, weight, and blood pressure, giving a small blood sample from a fingerstick, and doing an electrocardiogram (ECG) and a cardio-ankle vascular index (CAVI) test (to measure blood pressure). You will also complete an online survey. Additionally, you will join an 11-week guided program using the FAITH! app to learn about heart health. If you participate, you'll receive up to \$200 in Mayo-issued cash cards and a Fitbit activity tracker.



**LaPrincess Brewer,
M.D., M.P.H.**
Project Lead



For more information, contact the FAITH! Team at 507-266-7062, e-mail FAITH4Heart@mayo.edu.

Scan the QR code below to complete our survey and see if you are able to participate.

