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**Sent:** Wednesday, September 16, 2020 11:31 AM

**Subject:** Participate in the WE-MD!

Hello LCOM Student. We're inviting you to participate in the WE-MD program, a unique wellness endeavor in collaboration with Professor of Psychiatry, Dr. Jim Hudziak (the architect of UVM's undergraduate [Wellness Environment](#)) and his team. Many of you have already heard about this or participated in the pilot. We're ready to implement the next phase! See our letter below, and please consider participating! Note that the "check in" referred to below will only take about 15 minutes; you can come into the zoom session any point during the outlined check-in blocks. Thanks! Please don't hesitate to ask any questions by emailing [we.research@uvm.edu](mailto:we.research@uvm.edu).

Lee Rosen, Ph.D.  
Alexy Novelli, M2  
Carly Watson, M2  
Elizabeth Lynch, M4  
James Hudziak, MD, and the WE team

Dear Students,

We wanted to let you know about an opportunity to participate in a voluntary research study and engage with an app called WE-MD. A group of us have been working with Dr. James Hudziak (Professor of Psychiatry) and the UVM Wellness Environment (WE) team to explore a version of the WE – and its methodology for fostering student wellbeing – for medical students in the LCOM. The app is designed to collect evidence regarding the efficacy of the novel health promotion program, substance use and prevention over time by incentivizing health and wellness outcomes among medical students. The utility of the app is personalized wellbeing feedback and data collection available to the user for reflection, progress tracking, and improvements over time.

To be eligible for study participation:

1. Registered as an LCOM medical student
2. Must be at least 18 years of age
3. Must own an iPhone 6S/SE or newer or Android phone (for app compatibility)

To be considered an active research participant, you must:

- Attend an online check-in session via Zoom:
  - Please use [this link](#) to access the Check-In Session Waiting Room during the times listed below. **Please have your CatCard and photo ID handy!**
  - Check-In Session Times:
    - Wednesday, September 16: 4pm-6pm
    - Thursday, September 17: 4pm-6pm
    - Tuesday, September 22: 5pm-7pm
    - Wednesday, September 23: 5pm-7pm
    - Thursday, September 24: 12pm-2pm
- Complete an online consent and baseline survey
- Download the WE MD App and complete 70% of the daily surveys that will be administered through the app on your phone
- Complete self-reported online surveys throughout the year
- Rewards with WE MD Coin for interacting with the WE MD App (completing daily surveys and prescribed exercises)

It is worth noting that this project was conceived well before the COVID-19 crisis emerged. Now, the idea of fostering student wellbeing has an extra measure of poignancy. That said, it is our hope that the WE-MD project will contribute to LCOM student wellness for years to come.

Please reach out to the WE Research Team with any questions or concerns: [we.research@uvm.edu](mailto:we.research@uvm.edu)

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