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| Target Audience | All students |
| Title | Wellness Research Opportunity! |
| Summary | Are you curious in your wellness habits? Join our voluntary research study to track your wellness habits. You will gain access to the WE MD Health Promotion App, customized for medical students. Now recruiting all 4 years of LCOM students! |
| Additional Information | <p>Visit our website to learn more and sign up for WE MD today! WE MD was conceived and created by Dr. Jim Hudziak based on his work with the Vermont Center for Children, Youth and Families and the UVM Wellness Environment program. This initiative of the Larner College of Medicine is led by Dr. William Copeland and Dr. Lee Rosen. The first and present rollout includes a voluntary research study to promote wellness behaviors, provide individualized feedback, and offer incentives for engaging in reflection and wellness activities. Learn more about the UVM Wellness Environment and the Vermont Center for Children, Youth and Families...</p> <p>The study: The study will run from Spring 2021 to Spring 2022. Participants will receive an Apple watch (Series 3) to track health activity and access to the WE MD app, where they will participate in surveys, receive health coaching feedback, and earn and receive incentives. Participants may also be offered the opportunity to participate in additional studies through their WE MD participation. The incentives: All participants will receive a customized WE MD hat & mask, a Series 3 Apple Watch, and the opportunity to earn WE/MD coin, which can be redeemed for local products including gift cards, Skida gear, Burton hoodies, VT flannels and more! Eligibility: To participate in this study you must be a current full-time UVM LCOM (18+ years old - you do NOT need to be under 25 years of age to enroll in this study) student with an iPhone 6s/SE or higher, or an Android phone. Only Apple iPhone users will be eligible to receive an Apple watch.</p> <p>We are now recruiting students from all 4 LCOM class years!</p> <p>How to sign up: If you are eligible, you must sign up for and attend a WE MD Check-In session with the WE Research team to enroll in the study. These will be held via Zoom. Click this link to sign up for a study check-in session, where you will be read the study protocol and given the chance to ask questions prior to your official consenting. Please bring your CatCard and a Government-Issued ID to this check-in session.</p> |
| Submitted by | Azilee Curl, Research Coordinator - Psychiatry |
| Sponsored by | University of Vermont Wellness Environment |
| <p>Form: Student Services - WeeklyWire Post Submission form A new response was submitted on 13 August 2021, 11:39 AM.</p> | |