



BUILDING WELLNESS ONE HEART AT A TIME



BRIGHAM AND
WOMEN'S HOSPITAL
Cardiovascular Wellness Service



STUDY INFORMATION

PureWellness and Brigham and Women's Hospital are partnering to evaluate how useful internet-based wellness programs are in helping to improve the cardiovascular and overall health of participants. This study is very important because while heart disease is the number one killer of both men and women nationwide, little is known about how to motivate behavioral changes to prevent heart disease. We encourage you to participate so that not only can you take advantage of all that our free online wellness program has to offer, but also to receive two free tests measuring your cholesterol and glucose levels throughout the program.

Below is a list of frequently asked questions (FAQ's) regarding the "Building Wellness One Heart at a Time" Study. If you have any additional questions, please contact Frank Jakka at frank.jakka@purewellness.com.

FAQ's:

- *Is this a clinical trial?*

No. Building Wellness One Heart at a Time is an observational study that will track participation in the program to evaluate its effectiveness in improving overall health. While you will be receiving two free blood tests, this is for data collection purposes only.

- *Is this study confidential?*

Yes. All information collected from participants in this study is completely confidential and compliant with HIPPA regulations. Any information collected from participants is de-identified, so that it cannot be traced back to you, and will be used for data analysis purposes only.

- *How long is the study?*

This study will last 6 months. During these six-months, you will use our online wellness tools as you normally would, in addition to receiving two free blood tests at the beginning and end of the study.

- *How do blood draws work?*

Once enrolled into this study, you will receive two vouchers for free blood draws at the nearest Quest Diagnostic Lab, once at the beginning of the study and again at the end of the study, six-months later. These vouchers can be used at all Quest labs across the country, and results from your blood tests, like cholesterol and glucose levels, will be uploaded directly to your profile for your own viewing.

- *If I don't sign up for the study, can I still use the online wellness tools?*

Yes. If you choose to opt out of this study, you can still use all the tools currently available to you at www.bwhcvwellnessonline.com. However, we encourage you to participate, so that we can track your usage to better improve our site and ultimately the health of participants.

- *Can I quit the study after I am enrolled?*

Yes. If at any point you decide that you no longer would like to participate, contact Frank Jakka at frank.jakka@purewellness.com and you will be immediately removed from the study. Once removed from the study, your data will not be used in any future data analysis.

We hope that this additional study information was helpful, and that you decide to participate! Not only will you reduce your own personal health risk, but you will be helping others in identifying programs that can help prevent and reduce heart disease. Again, please don't hesitate to contact us with any questions that you may have regarding our online wellness program or "Building Wellness One Heart at a Time" study.

Sincerely,

Frank Jakka