

fitabase



Fitabase helps UC San Diego & VA San Diego Healthcare System pilot physical activity intervention for veterans



Researchers at UC San Diego and the VA San Diego Healthcare System developed and pilot tested the GO-VAR! (Veterans Active Recovery) program with 15 Veterans. As part of the feasibility testing they gave **Fitbit Charge HR** devices to each participant and used Fitabase to collect, screen, and process

Deploying Fitbit devices, instead of traditional research accelerometers, allowed the study to provide useful feedback to participants from a user-friendly system.

Preliminary data from this study was recently presented at the 2016 Society for Behavioral Medicine Annual Conference

"One of the main reasons we chose Fitbits over other devices was the ability to use Fitabase to analyze the physical activity data accurately and in greater detail."

- Sarah Linke, PhD (PI)

About Fitabase

Fitabase is a comprehensive data management platform designed to support innovative research projects using wearable and internet-connected devices. Learn more at fitabase.com.