

CASE STUDY — YourMove




■ Supporting Wrist-Based EMA Messages for a Physical Activity and Goal-Setting RCT



"Fitabase Engage provides real-time data needed for our iterative research and EMA messaging as a tool for behavior change. Their collaborative approach has made them a pleasure to work with and has allowed us to develop a tailor-made platform for our unique project."

- Eric Hekler, PhD & Daniel E. Rivera, PhD
YourMove MPIs



The ask: Personalized on-wrist measurement

The YourMove Study, currently in its recruitment phase, set out to "determine the efficacy of a new digital health tool that uses a phone and smartwatch to encourage physical activity and increase weekly amounts of (MVPA)."

The team, comprised of researchers from the University of California-San Diego, Arizona State University, and University of Michigan, wanted to use wrist-based messaging to help participants assess their ability to meet goals, activity-triggered ecological momentary assessment prompts, and text messages that keep participants up-to-date on their goal progress.

The answer: Fitabase Engage

Their project utilized Fitabase Engage, our platform for creating and managing surveys that show up right on participants' Fitbit Versa or Fitbit Sense devices. For YourMove, this experience included:

- > An EMA response API that allows the team's MATLAB server to create personalized movement goals
- > A project-specific Fitbit watchface to allow for at-a-glance views of goal progress
- > Goal-related and activity bout-triggered surveys
- > An on-wrist five-point scale to support quick responses
- > Tracking of project-specific variables (ex: points earned)
- > Message exports and response monitoring
- > SMS goal achievement messages

**Eric Hekler, PhD
YourMove MPI**

- > Professor and Associate Dean, Community Partnerships, Herbert Wertheim School of Public Health and Human Longevity Science (HWSPH)
- > Director of the Center for Wireless & Population Health Systems, HWSPH and Qualcomm Institute
- > Director, Design Specialization, Design Lab
- > Director, T32 Advanced Data Science Training for Social and Behavioral Sciences
University of California, San Diego



**Daniel E. Rivera, PhD
YourMove MPI**

- > Professor and Program Director, Control Systems Engineering Laboratory
- > Past Chair, IEEE-CSS Outreach Task Force
- > Fellow, AIChE and Society of Behavioral Medicine (SBM)
- > School for Engineering of Matter, Transport, and Energy, Arizona State University

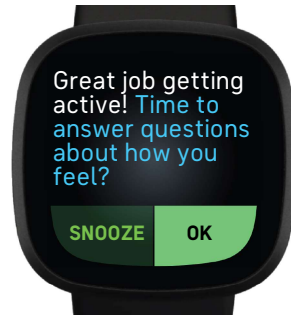
CASE STUDY — YourMove



■ Supporting Wrist-Based EMA Messages for a Physical Activity and Goal-Setting RCT

Messaging

Throughout the study, participants receive scheduled messages on their Versa 3 devices that gauge their feelings around goal attainment. They also receive event-triggered messages when they have engaged in an activity bout. These near real-time messages allow participants to log how they're feeling post-activity.



Are you **feeling healthy** now?

Are you **feeling discomfort** now?

Did you use the strategy **Reflect**?

SMS

Participants also receive text messages regularly to update them on their progress and share tips for reaching goals.

Friday 9:10 AM

Congrats on meeting your active minute goal a bit early this week. Now, the choice is yours! Take the weekend to rest, go for 300 minutes for weight loss benefits, or a little of both - do what's best for you.

Saturday 9:10 AM

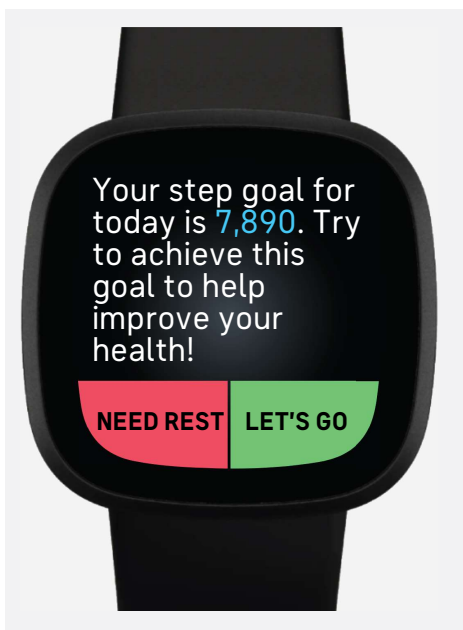
A 30-min workout may sound like a lot, but you can break it up. Try a 15-minute morning workout and a 15-min walk/jog in the afternoon!

Today 9:10 AM

You crushed last week's active minute goal getting in 300 minutes. Great work! Make it your goal again to get in 150 active minutes this week or aim for 300 if weight loss is a goal.

Research Team Tools

The YourMove team used the Fitabase Engage Planner to map out and test their prompts before finalizing message text and format. We also partnered with the team to build out screens that allowed them and others to create and monitor study-specific variables, including earned points and step goals.



Edit Prompt

Prompt Text

Your step goal for today is *7,890*. Try to achieve this goal to help improve your health! ✓

Font Size

Regular Large Extra Large

Background Color



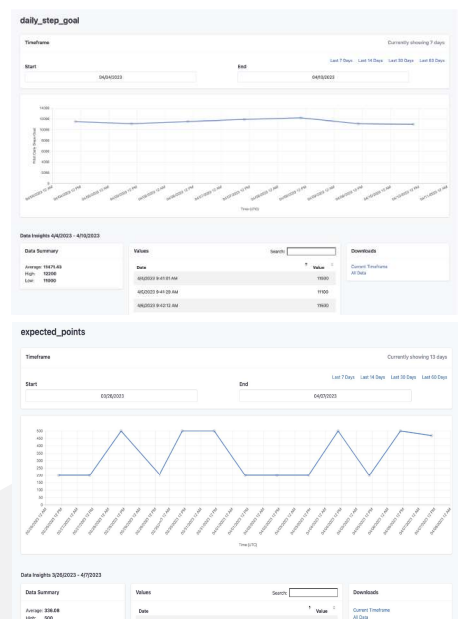
Affirmative (required)

Let's Go ✓

Negative (required)

Need Rest ✓

Save



We'd love to support your project as well. Reach out to us for a walk-through of Fitabase Engage, and to explore what we can help you achieve. We can't wait to work with you! hello@fitabase.com www.fitabase.com