Opportunity to be involved in COVID-19 Cardiovascular SMS Research

Text Messaging Intervention to Promote Cardiac Health and Combat Loneliness During Social Distancing

Register Today!

https://www.uclahealth.org/heart/echos-study

Early Cardiovascular Health Outreach SMS program, with an emphasis on isolation management due to the COVID-19 outbreak.

With the onset of the COVID-19 outbreak, alcohol sales and domestic violence have increased, social cohesion is fading, and sedentary lifestyles are becoming the new normal. Healthy living and protection against loneliness are at risk.

With this program, we plan to fortify participants with a preventative plan approved by Cardiologists at UCLA. Your action would require:

- Taking a pre-, mid-, and post survey
- Receiving a daily text for 31 days with education and ideas for your overall health and wellbeing
- Receiving information on:
  - Heart health and lifestyle health
  - How to prevent cardiovascular disease
  - Staying connected while socially distancing
  - Loneliness and stress management

You will receive a $10 Amazon gift card for your participation after your completion of the post survey.

For more information contact: Kimberly Uehisa, KUehisa@mednet.ucla.edu. Study overseen by UCLA Women’s Cardiovascular Center; Dr. Karol Watson, Dr. Tamara Horwich, Dr. Marcella Calfon Press, and Dr. Anne Saltzman. If you choose to respond by email, do not include any sensitive health information, as the confidentiality of emails cannot be guaranteed.