

Evaluating Digital Health Coaching for Lupus Management

The goal of this study is to evaluate how digital health coaching affects the exercise habits, health, and well-being of Black, African American, and/or Latina women with systemic lupus erythematosus (SLE).



Participants will be randomly assigned to either a control group or an intervention group. The intervention group will receive digital health coaching for three months. The control group will not be provided digital health coaching and will instead receive a packet of information and activities on managing lupus. All participants in the study will receive a free Fitbit Inspire and will be asked to use it to track daily activity. Patient reported outcomes will be collected at the beginning and end of the study through surveys. Participants in both groups will receive a \$20 Visa gift card for data collection at the beginning and end of the study (total of two gift cards).

location

All study activities are conducted over the phone or virtually.

eligibility

- Age 18 and older
- Ability to speak and read English
- Diagnosed with systemic lupus erythematosus (SLE)
- Black, African American, and/or Latina women
- Internet access via smartphone, tablet, or computer
- Ability to receive calls, texts, emails, and electronic study assessments
- Not currently participating in another lupus support program
- Currently living in the state of Georgia

enrollment

**TO ENROLL IN THE
STUDY OR CHECK
ELIGIBILITY:**



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scan me