

# 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).



## 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

Participants will be randomly assigned to either receive standard care and a digital education packet or be assigned a health coach. All participants involved 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 periodically throughout the study via surveys and qualitative interviews to assess study results. Participants who do not receive coaching will receive an additional \$20 Amazon gift card (total of two gift cards) for data collection at the beginning and end of the study.

After enrollment, a study coordinator will reach out to within two business days. If the study coordinator does not reach you initially, they will attempt to contact you three additional times by phone. Please be sure to monitor your voicemail and email to ensure you are receiving all information regarding this study.

**to enroll in the study  
or check eligibility:**



[www.packhealth.com/ACRLupus](http://www.packhealth.com/ACRLupus)



(205) 506-3294



[research@packhealth.com](mailto:research@packhealth.com)

