Helping Employees Lose Pounds (HELP) Study

Study Goal: We are conducting research with University of Michigan employees to test different weight loss strategies.

What does the study include?

• Monitoring your weight over 6 months using a wireless scale that will be provided to you.
• Completion of 3 surveys and the potential to participate in an interview discussing your experience in the study.

Are there any risks?

• Minimal risks are involved in this study. There is always a chance that information (e.g. address, phone number) you provide could be misplaced. Additionally, risks involved with weight loss could be risks in this study.

Study compensation:

• $20 for each weigh-in at months 1 and 2; $40 for each weigh-in at months 3 and 6.
• A Withings Wireless scale (valued at $125.95).

To be eligible for this study you must:

• Be a University of Michigan employee
• Be interested in losing weight and have a body mass index (BMI) between 30 and 40
• Be between 18 and 70 years old
• Have an Android or iOS (iPhone, iPad, or iPod) smart device
• Have wireless internet at home
• Not be pregnant or lactating, or intending to become pregnant in the next 6 months
• Not be taking medication (other than Metformin) for diabetes to control blood sugar
• Not have a serious psychiatric diagnosis or unstable medical condition, or had a heart attack or stroke in the past 6 months
• Not have a history of drug or alcohol abuse or addiction to prescription medications

Please email the study team at HELPstudyUM@gmail.com for more information and/or if you are interested in participating.