

Who can take part in the study?

You may qualify for the study if you:

- Are Hispanic/Latino and age 55 or over
- Speak either Spanish or English
- Have a smartphone and can access the internet
- Are able to walk one block without help
- Reside in Southern California

"I want to thank you for this study. This information is so important for the community."

– Comment from a previous participant

There is no cost to you for taking part in this study.

Call us at 858-822-7737 to learn more!

Funding for this research comes from the National Institute on Aging.

UC San Diego



Mind Boost



We are looking at ways to promote healthy aging. Would you like to join our study?

If you join us, you will get:

- A Fitbit activity tracker
- Up to \$100 as a thank you

What we've heard from people in a similar study:

"The entire program was very satisfying for me. It was what I imagined, what I expected."

"You feel the difference in your state of mind, in your state of health in general."



**Mind
Boost**

What are we studying?

We are testing two new programs to promote healthy aging.

- One program focuses on developing habits to sit less and move more.
- The other focuses on learning about different topics related to healthy aging.

What will we ask you to do?

Your part in the study will last up to 20 weeks. Everything will be done by phone – you will not need to travel anywhere. You can participate in Spanish or in English.

During the study, we will ask you to:

- Wear a small device around your waist two times to monitor your physical activity (the device is similar to a pedometer)
- Take two surveys
- Complete two assessments of your memory and thinking abilities
- Work on weekly goals by either:
 - Having phone calls with a health coach to find ways to move more
 - Completing learning modules about healthy aging online

Interested? Here's how to learn more.

Step 1: Call us at 858-822-7737. Please leave a message with your full name and phone number.

Step 2: We will call you back as soon as possible and tell you more about the study to find out if it is a good fit for you.

Step 3: If you are eligible and you want to be in the study, we will schedule another phone call to review the study with you and ask you to consent to officially join.