



Get Paid to Participate In Our Digital Health Study!



Support Healthy Habits with AI-driven Messages

This study aims to promote **physical activity** through personalized messages, helping you develop healthier habits over 30 days.

What You will Do

- Download an application: iOS and Android
- Engage in a pre-study questionnaire,
- Complete a **5-minute** survey and receive daily motivational messages for **28 days**.
- Participate in a post-study survey with an optional online interview.
- **You will be compensated \$60 (max.)**