



Healthy Directions /

Welcome!

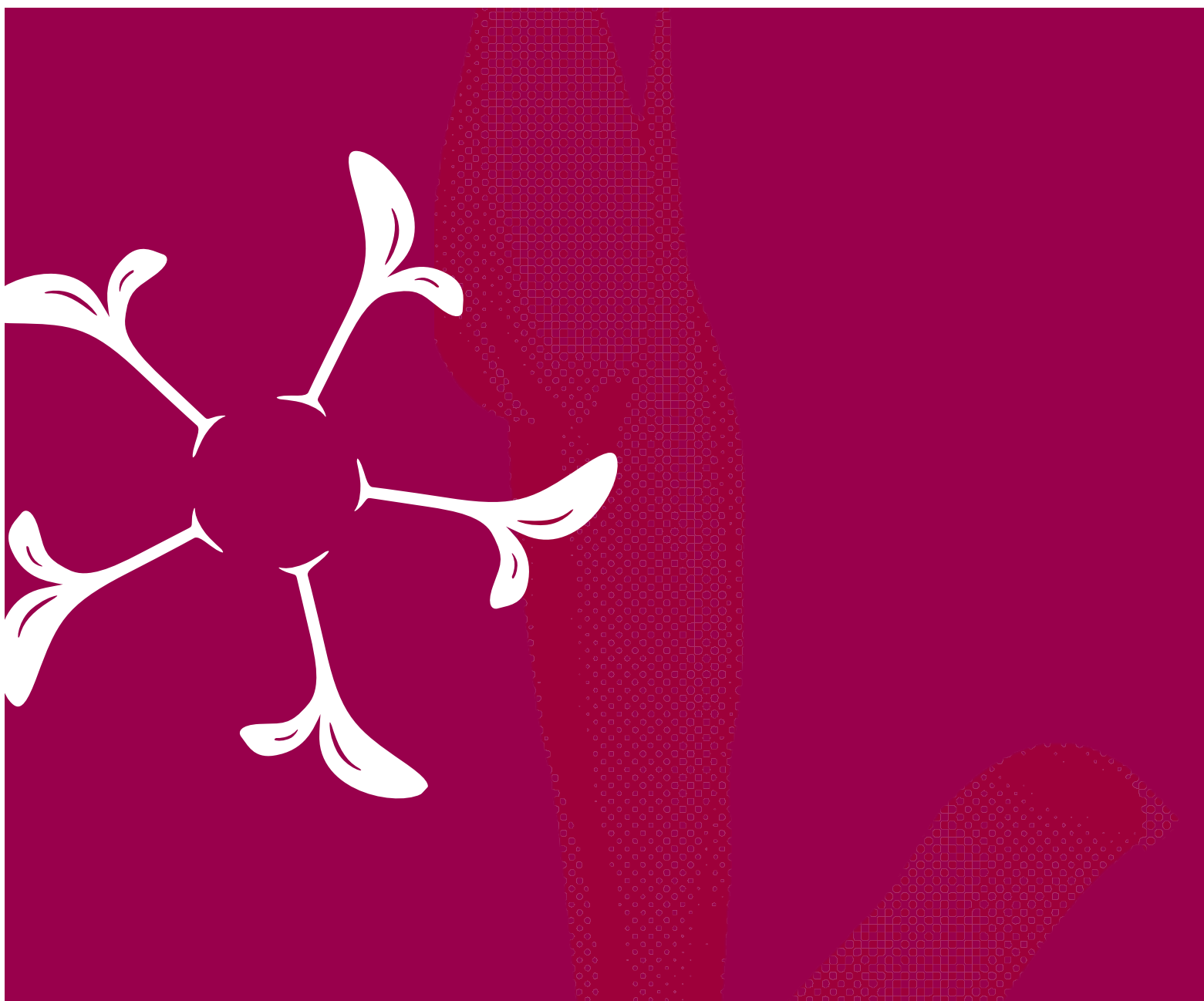


Table of Contents

Welcome	3
Healthy Directions and Me	5
Frequently Asked Questions	7
About Healthy Directions	11
Contact Us	13

Get started with making healthy changes!

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Healthy Directions is a study for Harvard Vanguard Medical Association patients who want to make healthy changes, have more energy, and prevent diseases like cancer. By taking part in Healthy Directions, you will learn to set health goals and reach them, one step at a time.

Healthy Directions recommends these 5 healthy habits:

- Walk 10,000 or more steps every day.
- Eat 5 to 9 servings of fruits and vegetables every day.
- Eat no more than 3 servings of red meat a week.
- Take a multivitamin every day.
- Don't smoke.

You may already do some of these things. But no matter how many health habits you want to work on, Healthy Directions will help you get there. In fact, it's actually easier to change more than one health habit at a time!

Healthy Directions will show you ways to make health changes easier. We'll help you to:

- **keep track of your health habits**, so you can see how you're doing
- **make a plan that includes small, manageable steps** and ideas for getting past things that might get in your way
- **ask friends or family members to be your buddies** and help you reach your health goals

PA

Getting Physical activity

FV

Eating fruits and vegetables

RM

Eating less red meat

MV

Taking multivitamins

SM

Quitting smoking

About your Healthy Directions Package

Your Healthy Directions package includes:

- this **Welcome** booklet
- two **Plan My Changes** packages
- one **Track My Changes** package, with 26 weekly logs
- one **Healthy Tips** booklet
- one **Recipes for Health** booklet
- one **Resources** booklet
- one **Buddies for Health** booklet
- information about the Healthy Directions raffle and **raffle entry cards**

Throughout these materials, you'll find lots of information about the 5 Healthy Directions health habits:

Healthy Directions and Me

Everything you need to make healthy changes!

This Healthy Directions package has information and ideas to help you make healthy changes, so you can:

- feel good
- have more energy
- lower your risk for diseases like cancer

Get the most out of Healthy Directions by checking out these features:

Plan My Changes

Use the "Plan My Changes" booklet to pick health goals, think about how to reach them, and make a plan that's just right for you. Plus, learn how to overcome things that might get in the way of your goals. You can use this at different times during Healthy Directions, to help you see what's working and what's not working.

Track My Changes

The "Track My Changes" package includes weekly logs and a long-term graph. This lets you keep track of your health habits every day and see your progress over time. People who track do better with making changes!

Get help from your friends and family members

Use the buddy system! Making changes is much easier when you have help and support from the people around you. Give friends and family members the Buddies for Health booklet. It is full of tips about how they can support you as you make healthy changes. Friends and family members can also check out the Healthy Directions web site designed just for them at: Buddies.TrackMyChanges.org.

Healthy Tips

No matter which health habits you're working on, we've got tips to help you out in your **Healthy Tips** booklet! We also have ideas for changes you can make today, this week, or this month.

And More...

Look at the **Recipes for Health booklet** for healthy, delicious recipe ideas.

The **Healthy Directions Resources booklet** has information about walking clubs, farmers' markets, gyms, quit-smoking resources, and much more.

Don't forget to take part in the **monthly raffle** to win great prizes, like magazine subscriptions and movie tickets. You'll earn **bonus raffle entries** whenever you complete a "Plan My Changes" package.

Keep it going!

Are you already meeting the Healthy Directions recommendations? Healthy Directions can help you keep it up!

Frequently Asked Questions

Here are some of the most common questions that Healthy Directions participants ask.

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General Information

Who will be in the study?

The study is made up of adult patients of Harvard Vanguard Medical Associates who are scheduled for yearly well visits at the Kenmore and West Roxbury centers. The patients are chosen randomly, meaning their names are picked by chance.

How was I chosen to be a part of Healthy Directions?

Harvard Vanguard Medical Associates chose you as a candidate for this program based on your recently scheduled visit.

When will the results of the study be ready?

We hope to have all of the results by September of 2012.

Your Healthy Directions Materials

What will I receive as part of Healthy Directions?

You will get:

- information and tools that will help you make healthy changes
- a three-month supply of multivitamins, so you can start taking one every day
- a booklet and specially designed web site for friends and family, to help them learn how to support you

- a pedometer (This is a small, plastic device that attaches to your belt or waistband and tracks how many steps you walk each day. Many people find that knowing the number of steps they walk motivates them to get more activity and reach their goals.)

How do I use my pedometer?

See page 8 in your Healthy Tips booklet.

My pedometer is broken or lost. Can I get another one?

Healthy Directions will give you one replacement pedometer, free of charge. Please email TrackMyChanges@partners.org or call us at (617) 582-7295.

I lost some of my Healthy Directions materials. Can I get them replaced?

Yes. Please email TrackMyChanges@partners.org or call us at (617) 582-7295.

Your Contact Information

I moved after I started Healthy Directions. Can I still take part?

Yes! You are important to us. If you move away from the Boston area, out of Massachusetts, or even out of the country, you can still take part in the study.

What should I do if I change my address or phone number?

Please email TrackMyChanges@partners.org or call us at (617) 582-7295 and tell us about any changes to your address or phone number. Keeping your information up to date allows us to send you your personalized health information.

Your Rights

How will my privacy be protected?

All information you provide will be confidential.

What if I want to stop participating?

If you decide to stop taking part in the study, it won't change the medical care you get from Harvard Vanguard Medical Associates, now or in the future. There will be no penalty. You won't lose any benefits you get now or have a right to get in the future.

I have other questions about Healthy Directions. Who can I ask?

You can always contact us.

Email us:

TrackMyChanges@partners.org

Call us:

(617) 582-7295

Mail:

Healthy Directions
Dana-Farber Cancer Institute
44 Binney Street, LW 703
Boston, MA 02115

Notes

About Healthy Directions

Healthy Directions is a research study that's being conducted by Harvard Vanguard Medical Associates, Harvard Pilgrim Health Care, and Dana-Farber Cancer Institute.

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The goal of Healthy Directions is to find ways to work with health care providers to help lower their patients' risk of cancer.

Healthy Directions is based on an earlier study that successfully lowered cancer risk factors among Harvard Vanguard Medical Associates patients. This study builds on what we've learned and will help us answer more questions about the best ways to deliver care.

About 3,000 Harvard Vanguard Medical Associates patients will be enrolled in Healthy Directions. Each person will be in the study for about 18 months. Healthy Directions is funded by the National Cancer Institute.

The Healthy Directions researchers are:

- Karen Emmons, PhD**
Principal Investigator, Dana-Farber Cancer Institute
- Matt Gillman, MD, SM**
Harvard Medical School, Department of Ambulatory Care and Prevention
- Gary Bennett, PhD**
Dana-Farber Cancer Institute
- Moira Cunningham, MD**
Harvard Vanguard Medical Associates
- Maria De Jesus, PhD**
Dana-Farber Cancer Institute
- Molly Greaney, PhD**
Dana-Farber Cancer Institute
- Jess Haines, PhD, RD**
Harvard Medical School, Department of Ambulatory Care and Prevention
- Elaine Puleo, PhD**
University of Massachusetts Amherst
- Vish Viswanath, PhD**
Dana-Farber Cancer Institute

Contact Us

If you have comments or questions about Healthy Directions, please contact us by email, phone, or postal mail.



We look forward to hearing from you!

Email us:

TrackMyChanges@partners.org

Call us:

(617) 582-7295

Mail:

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