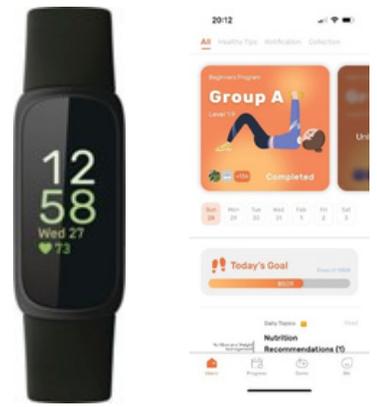


# PRECISION HEALTH PROGRAM IN CANCER SURVIVORS



Participation in regular physical activity is vital to a healthy lifestyle. Research has shown that regular participation in physical activity among cancer survivors is not only able to improve health outcomes, but is also related to their quality of life.

As we live in an age of technology, health wearables and smartphone apps might be one novel manner by which to help cancer survivors increase physical activity as well as improve health outcomes. Yet, the effectiveness of wearable and app as a tool for health promotion among cancer survivors is largely unstudied.

**The purpose of this study is to evaluate the effectiveness of a personalized m-health intervention via fitness wearable (Fitbit Inspire 3) & exercise app (sFitRx) on physical activity, weight, quality of life, individual beliefs, and emotions among cancer survivors.**

Think this study is for you? See the subject requirements below

## PARTICIPANT REQUIREMENTS

- older than 18 years and younger than 85 years
- previously diagnosed with stage 0-III cancer
- have had one or more of the cancers of interest (e.g., breast, colon, bladder, prostate, endometrium, lung, esophagus, kidney, renal pelvis, stomach, neck, ovarian, lymphoma, etc.)
- completed active cancer treatment at least three months prior to enrollment, with the exception of continued maintenance immunotherapy or endocrine therapy
- possess basic English communication capability
- Android or Apple smartphone owner
- willing to participate in mHealth-delivered programs
- willingness to consent and be randomized
- no contraindications to PA participation.

Subjects will be randomized into an intervention group utilizing the Fitbit tracker and/or receiving weekly personalized exercise prescriptions via sFitRx OR into a control group receiving usual care and a Fitbit tracker without any treatment for 12 months. A \$60 incentive will be given for successful completion of the study. All subjects will keep the Fitbit trackers upon completion of the study.

### Interested?

Please contact researchers at:

Zarina Amin, PhD; Zan Gao, PhD  
The University of Tennessee,  
Knoxville 202C2 HPER Building,  
1914 Andy Holt Avenue Knoxville,  
TN 37996-2700

**Email: [pael@utk.edu](mailto:pael@utk.edu)**

Phone: 865-974-7971

This study is partnered with UTMCK