

## **SUPPLEMENTAL MATERIAL**

# Framingham Heart Study Participant Tracking Update

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Framingham Heart Study investigators are thinking about using new electronic tools to conduct research on your heart and general health. We are interested in finding out what kind of electronic tools you use, including computers, internet and cell phones.

Please take a few minutes to respond to this survey.

## Internet

**Do you use the internet at least occasionally?**       **Yes**       **No**

If yes, please continue....

How do you access the internet?  
(check all that apply)

- Cell phone
- Tablet
- Computer or laptop

On average, how many hours a day do you use the internet \_\_\_\_\_ # of hours

## Email

**Do you use email?**       **Yes**       **No**

If yes please continue ....

Can you ...  
(check all that apply)

- Read new emails ?
- Use the reply feature?
- Send an email?
- Open a file attached to an email?

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## Cell Phones

Do you use a cell phone?  Yes  No

If yes, please continue ...

1. **Some cell phones are called “smartphones” because of certain features they have. Is your cell phone a smartphone, such as an iPhone, Android, Blackberry or Windows phone?**

Yes  No

2. **What type of cell phone do you use?**

*(check all that apply)*

- Android
- iPhone
- Blackberry
- Window phone
- Other *(describe)* \_\_\_\_\_

3. **Please tell us if you ever use your cell phone to do any of the following things.**

*(check all that apply)*

- Send or receive email
- Send or receive text messages
- Take a picture
- Access the internet
- None of the above

4. **On your cell phone, do you have any software applications or “apps” that help you track or manage your health?**

Yes  No

If yes, please continue...

**Health apps you currently have on your phone...** *(check all that apply)*

- Exercise, fitness, pedometer or heart rate monitoring (includes specific types of exercise like running, workouts, yoga, etc.)
- Diet, food, calorie counter
- Weight
- Blood pressure
- Blood sugar or diabetes
- Medication management (tracking, alerts, etc.)
- Mood
- Sleep
- Other *(describe)* \_\_\_\_\_

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## Computer Games

Do you use computer games?

Yes

No

If yes please continue ....

Do you play game on ...?

*(check all that apply)*

- Computer
- Tablet
- Cell phone
- Other *(describe)*

\_\_\_\_\_

## Social Networks

Do you use a social network to keep in touch with friends and family?

Yes

No

If yes please continue ....

Check all that apply

- Facebook
- LinkedIn
- Google Plus
- Twitter
- Other *(describe)*

\_\_\_\_\_

## Contact Information

May we please have your updated email address where you would prefer to be contacted by the Framingham Heart Study:

\_\_\_\_\_@\_\_\_\_\_

Will you please list your cell phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_