

# Are you 65 years of age or older? Would you like to help seniors keep well?

We need your help to test a new web-based application called “KeepWell”, which was designed by seniors for seniors. KeepWell empowers seniors to make positive lifestyle changes toward keeping well!



**Who is eligible?** You must be **65 years of age or older** (or turning 65 this year), have one or more chronic diseases, an email account, and access to a home computer or tablet device

## What is involved in participating?

- No travel required, you can participate from the comfort of your own home
- You will be randomly placed into one of two testing groups:
  1. **KeepWell group:** We will ask you to use KeepWell for 6 months
  2. **Control group:** You will be given access to KeepWell after the study ends
- All participants will be asked to complete a health risk questionnaire at the start of the study (at first login), at mid-point (3 months), and at the end of the study (6 months)
- You may also receive occasional emails from us, which will provide helpful information and reminders about keeping well

**How will my information be used?** Your participation in this evaluation study will help us to understand the effectiveness of the KeepWell application for helping seniors to manage their health and wellness. All information you provide will be kept strictly confidential.

## Are you interested?

For more information and to confirm your eligibility, please visit:  
[www.nygh.on.ca/keepwell](http://www.nygh.on.ca/keepwell) or contact the study coordinator, Julie Makarski at  
 Phone: 416-209-4055 or 416-540-7519 or email: [keepwell@nygh.on.ca](mailto:keepwell@nygh.on.ca)

