

Are you looking to lose weight or increase your level of activity? Do you know someone who would like to reduce their risk for developing heart disease? If so, you, or the person you know, may be eligible for the new web-based e-health project offered by the McGill Comprehensive Health Improvement Program (CHIP). We are evaluating the usefulness of an e-health website to improve cardiovascular risk factors through lifestyle changes.

In this project, individuals between the ages of 30 and 75 are offered access to an online lifestyle management program. You could be eligible to participate in this study if you are sedentary, have access to the internet and have at least two of the following health issues: cardiovascular disease, diabetes, excess body weight, high blood pressure, high cholesterol or smoke cigarettes. The program is free of charge.

Participants will use the website daily to improve their eating and exercise habits as well as other aspects of healthy living. They will be asked to participate in online challenges to motivate them to make lifestyle changes. Participants will meet with a health professional 3 times within the 6 month time period as well as receive monthly guidance and support by phone or email for the website.

This program is a research initiative led by Dr. Steven Grover, Professor of Medicine, McGill University and Medical Director at CHIP and is funded by the Canadian Institutes of Health Research.

If you are interested in participating and would like to find out if you are eligible, or if you have further questions, please contact Lisa Rutledge, project research coordinator, at chealth@cvage.ca or 514-846-7973, ext. 228.