Does your teen like to play video games?

...if so, join our GamerFit study!

**Who:** Teens (ages 14-17) who have received a mental health, ADHD, and/or autism diagnosis by a doctor and who are living at home.

**What:** This research study combines active video games, telehealth coaching, and a newly designed mobile app to provide support around exercise, sleep and healthy habits. Teens are also provided with a Fitbit to monitor how much they are moving.

**Where:** In your own home. If you do not have the right gaming system, we will provide it.

**When:** Your teen will play these video games 3 times per week and will check in with their health coach once per week through the app that we provide. The whole program will take 12 weeks.

**Why:** We want to study if the GamerFit app and health coaching improve levels of physical activity and sleep in teens managing mental health challenges.

**How:** To learn more, contact study manager Tara Daly at gamerfit@merrimack.edu or by phone: 978-837-5017 or scan the QR code below or visit www.joingamerfit.org for more details.

This study is a collaborative effort of researchers at Merrimack College and Pennington Biomedical Research Center.