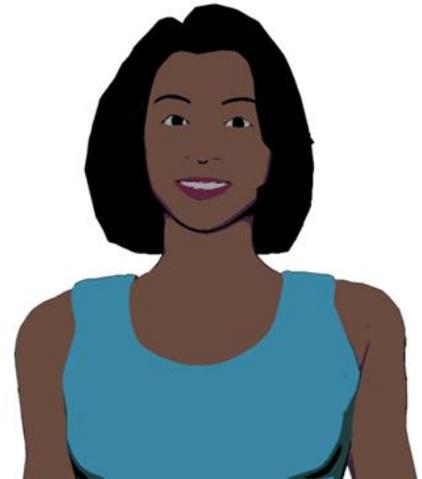


Help us recruit for the “Gabby Study” on Preconception Care!

Boston Medical Center is inviting **Black or African American women ages 18-34** to be part of a study about an online women’s health program, called *The Gabby Project*.

Why Preconception Care? Despite a lot of research, babies born to African American mothers are twice as likely to have serious health problems at birth, and new approaches like *The Gabby Project* may be able to help. It’s all about taking control of your health to be healthy *now*, and to also have a healthier pregnancy and baby in the *future* if you decide to have a baby.

Who is Gabby? The online program features a character named “Gabby.” After taking a brief 15 minute online survey, a woman can “talk” to Gabby when and how often she likes about things she can do to be healthier. **Gabby shares information on many different health topics** that affect the health of women now and also the health of their babies if they get pregnant.



How does the study work? There will be about **530 women** in the study. About half will use the online program for one year, and the other half will not. The group you will be in will be chosen at random. After 6 months and 12 months we will call the women from both groups to talk about their health status and ask the group that used the online program for feedback.

Women may be eligible if they speak English and are:

- **18-34 years old**
- **Black or African American**
- **Not currently pregnant**

All participants will receive a total of **\$50 in Target gift cards** for completing two follow up phone calls. They may be eligible to win **\$100 gift card(s)** in a monthly raffle. The study is approved by the BUMC IRB (protocol # H-31633)

How you can help us recruit!

- **Tell women about the study!**
- **Give them flyers or “Gabby cards”** with our contact info – they reach out to us.
- **Provide basic info if they ask:** it’s a one-year study using a computer program to learn about health before pregnancy.
- Once they sign up, **encourage them** to take the survey, log in, and do the follow up calls

For more information and to request flyers and other materials, contact us at:

pccstudy@bmc.org

Text GabbyStudyRecruiter to: 857-293-9874

Or visit <http://www.bu.edu/familymed/programs-and-research/project-preconception-care/>