



University of  
Pittsburgh



**MAGEE-  
WOMENS**  
RESEARCH INSTITUTE  
& FOUNDATION



**All mothers** who sign up for this study will receive the Family Check-Up program to support their child's development and their parenting.

**Some mothers** will be chosen at random to also get information about healthy eating, weight loss, smoking, and how to monitor their own weight and blood pressure.

## WHAT WILL I BE ASKED TO DO?

**If you agree to be in this research study:**



**Survey.** You will be asked to answer questions about how you and your baby are doing. The questions take about 60 minutes to complete.



**Records.** You will be asked to give permission to collect information from your medical records.



**Meetings.** You will meet with a trained Family Check-up Coach for an initial meeting, assessment, and Feedback Session. Your Coach will talk with you about topics important to you, such as sleep, child development, parenting, breastfeeding, nutrition, and more.



**Measurements.** We will measure your weight and your blood pressure. You may be given a blood pressure cuff and a body weight scale that sync to your phone, and your readings will be sent to the study team.



**Follow up.** We will contact you again after 6 months to complete a similar survey, meet with your Family Coach and take measurements, which will include your baby's blood pressure.



**Compensation.** You will be paid a total of \$70: \$20 for completing the survey, \$20 for completing the assessment, and \$30 for completing the Feedback Session. You will also receive a Fitbit and an additional \$30 for completing a second assessment when your child is about 6 months old.

### Are you:

- pregnant or have a baby less than 2 months old?
- WIC or Medicaid eligible?
- living in Allegheny County?

**If you answered yes to these questions, you may qualify for this study.**

**Contact us or scan the QR code if you are interested in participating.**

**412-407-2488**

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FCU Heart is an NIH-funded Research Version of the Family Check-Up®. Family Check-Up® is a federally registered trademark owned by the University of Oregon.