



Do you want to work on goals for a healthy restart in your life?

This research study may be for you!

We're testing a program where you work with a personal virtual wellness coach to improve your wellbeing and quality of life. You choose what to work on at your own convenience on Zoom! Study participants have a 50/50 chance of entering the new program OR getting an incentive, but everyone will be paid \$100 to complete 2 study interviews.

To find out if you are eligible, you can email the researchers at HealthyReStart2021@gmail.com or text/call 1-312-725-2966.

People who qualify for this study:

- ⇔ Are age 18 years or older and speak English
- ⇔ Have a mental health condition
- ⇔ Have access to a computer, smartphone, tablet, etc. for study participation
- ⇔ Are available to attend study meetings & interviews on Zoom over a 6-month period
- ⇔ Want to work with a trained coach to restart their lives, if assigned to the program

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