

Study Schedule

Changing eating, sleeping, screen time, and exercise routines can be difficult, but we are here to support you and your child as you work on the STAR goals.

Over the next year, your health coach will:

- Talk with you by phone four times (once every 2-3 months).
- Send you text messages (usually twice a week) to offer ideas and encouragement for your child's health behavior changes.
- Mail you information about the STAR goals, including tips and ideas, and fun surprises for your child.
- Follow up with you on the weight management plan you decide on with your child's clinician.

ATTENTION PARENTS:

Have you sent your consent form in? STAR is still missing some consent forms. If you haven't sent yours in yet, please do. If you need another copy or another pre-paid envelope, give us a call toll-free at 1-866-874-0857, or email us at STAR@hphc.org.

Thank you!



STAR



WELCOME!



STAR

 Harvard Vanguard
Medical Associates
Atrius Health





A Message from the Harvard Vanguard Pediatric Team

Dear Parent:

We are so glad that you are part of STAR. Together we can help your child achieve and maintain healthy behaviors. The clinicians in your office are there to support you as you work towards a healthier, happier lifestyle for your child, yourself, and your family.

Best of luck, and have fun! We'll see you at your child's next visit.

Sincerely,

Harvard Vanguard Pediatrics



Goals for STAR kids:

Sleep at least 10 hours
a night

Keep screen time to less than
2 hours a day

Get at least 1 hour of
moderate to vigorous physical
activity per day

Drink 0 sugary drinks

A Message from the STAR Study Health Coaches

Welcome to STAR! As part of this research study, we'll help you set goals for your child and will support you in working to reach them. Every couple of months, we will call you to check in, and between those calls we will send you text messages to ask how your child is doing with the goals. We will also send tips that we hope will be helpful in figuring out ways to help your child meet the STAR goals.

We look forward to speaking with you next month. Any questions? Please call the STAR hotline at 1-866-874-0857.

Welcome to the program!

