

Physical Activity Assessment, Promotion, and Monitoring in NYU Langone Children's Diabetes Center

Participants: age 18 -25 with dx of T1D (n=25)

Summary: The purpose of this study "*Physical Activity(PA) Assessment and Promotion in Young Adults with Type 1 Diabetes*" is to address the current lack of physical activity promotion in the clinical setting for patients at risk of cardiovascular disease (CVD). We will do this by assessing regular physical activity using the physical activity vital sign (PAVS) (in the screening section of Epic) which asks three questions: 1) "On average, how many days per week do you engage in PA or exercise?"; 2) "On average, how many total minutes of PA or exercise do you perform on those days?; and 3) "Describe the intensity of your PA or exercise (light=casual walk, moderate=brisk walk, or vigorous=jogging)". The provider can view these results and counsel the patient to start, maintain or increase duration or intensity of PA based on their PAVS results. We will test the efficacy of this intervention by having a sample of 25 patients wear a fitbit zip, download the fitbit and mychart apps and sync their fitbit step data to Epic using mychart.

Clinic flow: During every clinical visit, the MA will collect the PAVS during routine vital sign collection and enter the data in the EHR. These data will be visible to the provider during the clinical visit. The provider will be instructed to verbally counsel the patient to start, maintain or increase duration or intensity of PA based on their PAVS results. The patient will then be seen by a CDE for one-to-one PA counseling and collaborative goal setting regarding PA. The CDE will also inform the patient about this study and ask if they are interested in participating in this study of 3-months of PA Home Monitoring using a Fitbit Zip activity tracker.

The CDE or RA will then obtain consent and discuss instructions on the use of the Fitbit Zip and connecting their Fitbit account to their My Chart Home Monitoring account using Apple HealthKit. The participant will be given the Fitbit Zip with instructions to be worn all hours except for water-based activities. Participants will also be instructed on downloading the Fitbit and MyChart apps on their mobile phone, and the process for wireless syncing of activity data. These mobile PA step-count data will be synced to their EHR (patient must click 'start syncing' from their phone). The provider can view recent step-count data at any time by visiting the 'Health Trends' screen in the Epic EHR. The data can be viewed in table or graph form for any desired length of time (e.g. four weeks). The provider can view participants step-counts trends during the clinic visit once the patient is enrolled.

Lastly, the RA will assist with the completion of 4 survey questionnaires. Participants will be contacted by the PI/RA after 1 week by a method of their choosing (phone, email or text message) to check in and answer any questions about the use of the Fitbit or PA plan. They will also be provided with the PI/RA contact information should any concerns arise. The PI/RA will contact participants monthly after enrollment to affirm efforts in increasing PA, and to discuss any challenges they have experienced. Episodes of severe hypoglycemia will be monitored by the PI/RA during monthly follow-up. Step- count data will be continuously integrated into the EHR through 'My Chart Home Monitoring'.

Linking Health Tracking App Data to MyChart

January 9, 2026

Connecting Your Account

1. Log into MyChart website and select **Track My Health** under Medical Record.
2. Click the **Connect My Account** button.

MyChart at NYU Langone Health

Jake

Medical Record Appointments Messaging Research Billing My Account

Track My Health

Have a Fitness Tracker?
We can use data from the following services to fill in your flowsheets.

Connect My Account

You have been assigned the flowsheets below by one or more healthcare providers who want to monitor your health.

Active Flowsheets

Flowsheet	Start Date
Weight Flowsheet Weight	11/15/2017
Steps Flowsheet Steps	11/15/2017

3. Click the **Connect Account** button to acknowledge that you are going to the Fitbit site.

MyChart at NYU Langone Health

Matthew

Medical Record Appointments Messaging Research Billing My Account

Fitness Tracker Accounts

If you have an account with one of the following services, we can use their data to fill in your assigned flowsheets. We will collect data for any measurements that you decide to link.

fitbit Connect Account

Steps Appears in: Steps Flowsheet	Weight Appears in: Weight Flowsheet
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4. Click on the **Continue to Fitbit, Inc.** button and proceed to Log in to your Fitbit Account.

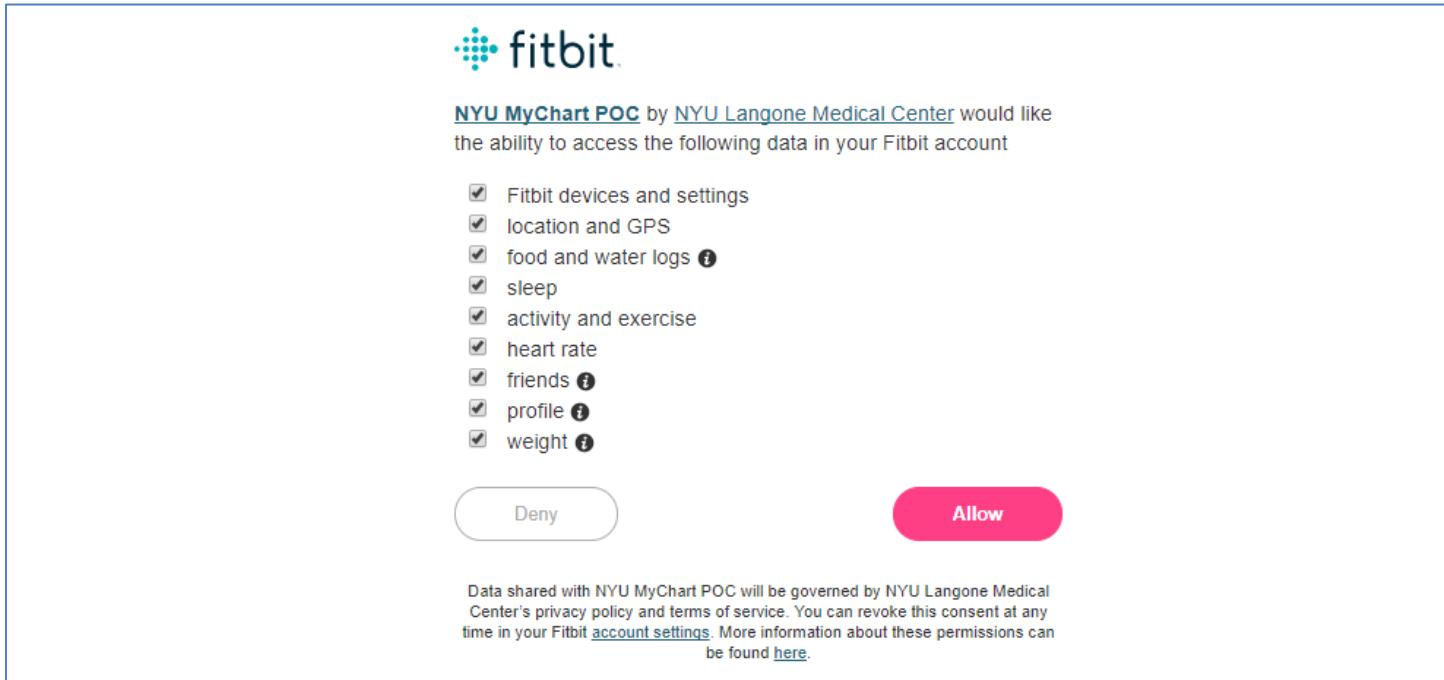
The screenshot shows the MyChart interface for a user named Matthew. In the top navigation bar, there are links for Medical Record, Appointments, Messaging, Research, Billing, and My Account. Below the navigation, a section titled "Fitness Tracker Accounts" is displayed. It includes a "fitbit" button and a "Connect Acc" button. A modal window titled "Jumping to Fitbit, Inc." is open, containing the text: "You are about to jump to the **Fitbit, Inc.** website to enter your account information or to create a new account. You will then be returned to this page after successfully linking your account." It features two buttons: "Continue to Fitbit, Inc." (highlighted with a red border) and "Stay Here".

The screenshot shows the Fitbit login page. At the top, there are navigation links: Products, Why Fitbit, Get Motivated, App & Dashboard, and Help. On the right, there are links for Setup, Log in, and Store. A green success message box says: "You have logged out successfully." Below it is a "Log in" form with fields for Email and Password, a "Remember Me" checkbox, and a "Forgot password?" link. A "LOG IN" button is at the bottom of the form. At the bottom of the page, there is a message: "Want to try out Fitbit before getting a device? Sign up for a [free account](#)".

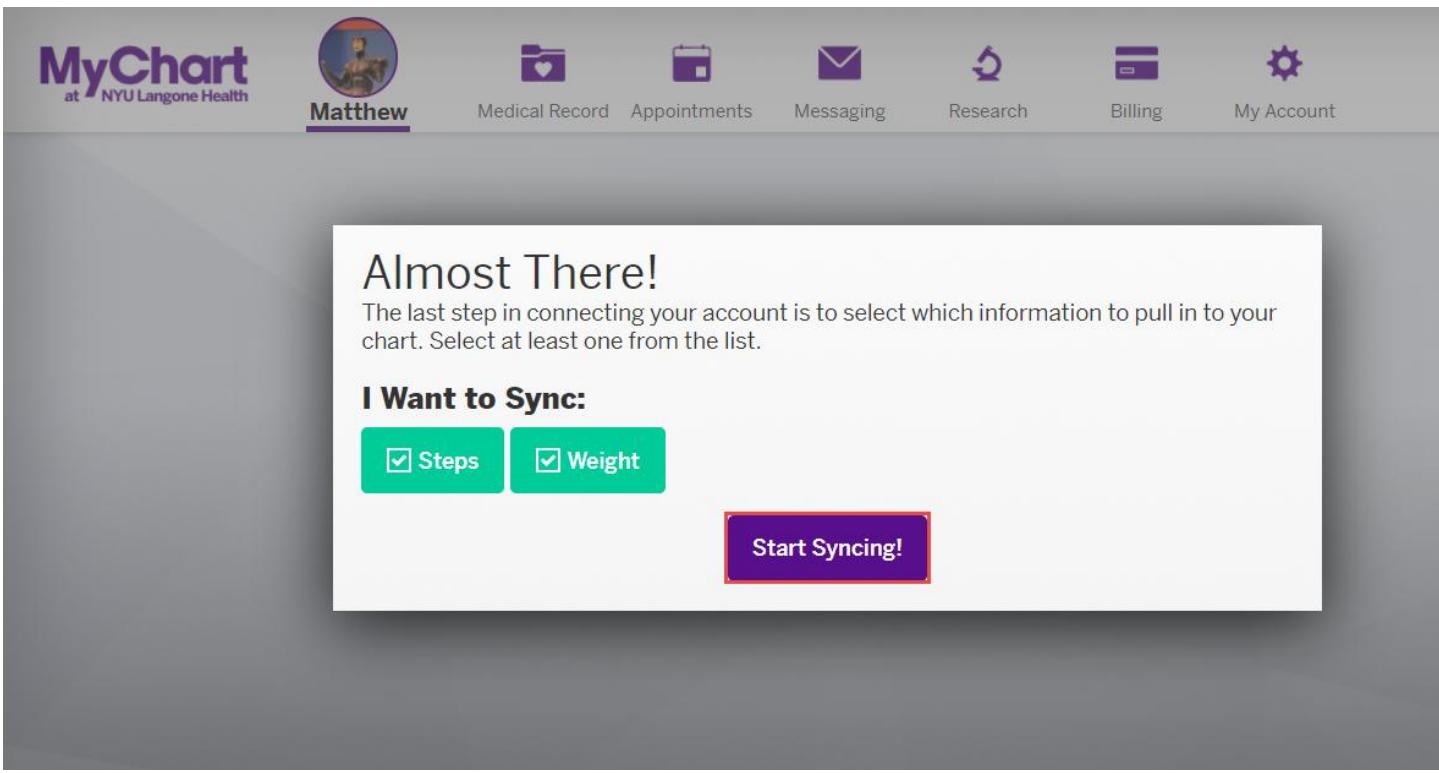
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5. Allow MyChart to Access to the Fitbit data.



6. Click on **Start Syncing** to Sync your account.



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To Disconnect:

1. Log into MyChart and select **Track My Health** under Medical Record. Click **Manage Accounts**.
2. Click **Unlink**.

The screenshot shows the MyChart interface with a purple header bar. The top navigation bar includes icons for Medical Record, Appointments, Messaging, Research, Billing, and My Account. A user profile for 'Matthew' is shown on the left. The main content area is titled 'Fitness Tracker Accounts' and contains two data cards:

- Steps**: Appears in: Steps Flowsheet. Sync Now (purple button) and Unlink (red button) buttons are present. Last synced on Thursday, November 16, 2017 at 10:05 AM.
- Weight**: Appears in: Weight Flowsheet. Sync Now (purple button) and Unlink (red button) buttons are present. Last synced on Thursday, November 16, 2017 at 10:05 AM.

Linking Health Tracking App Data to MyChart

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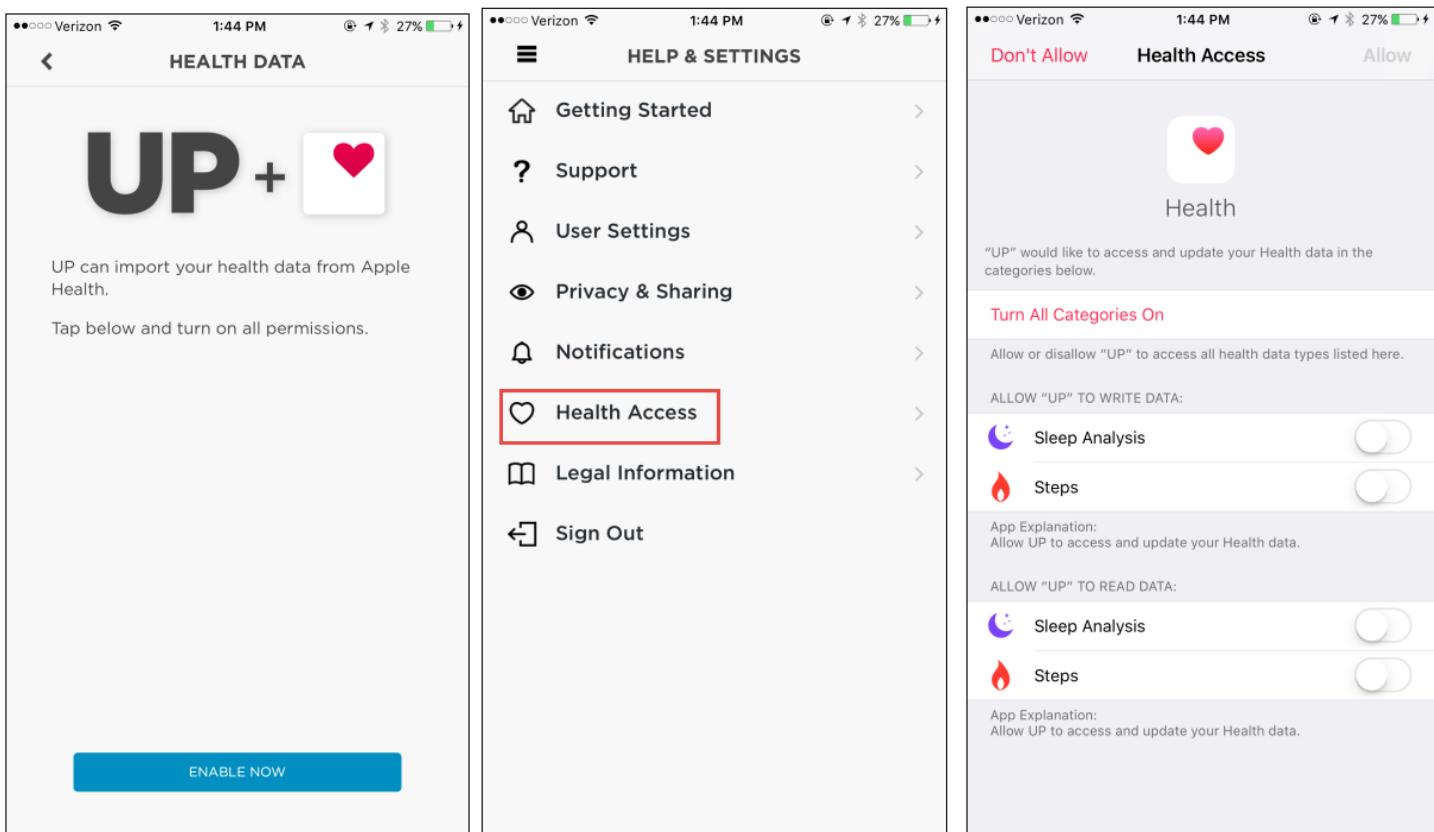
If you have an iPhone you can link various health tracking devices (Ex: glucometers, pedometers, blood pressure cuffs etc.) to MyChart at NYU Langone using **Apple Health**. This makes sharing vitals and health information with your doctor faster and easier.

Note that your doctor needs to request linking your MyChart account with Apple Health in order for this data to appear in the NYU Langone Health app.

Setting Up Your Health Tracking App to Share Data with Apple Health

1. Download the app associated with your device and follow the instructions to link it to Apple's **Health** app. The configuration may vary depending on your device.

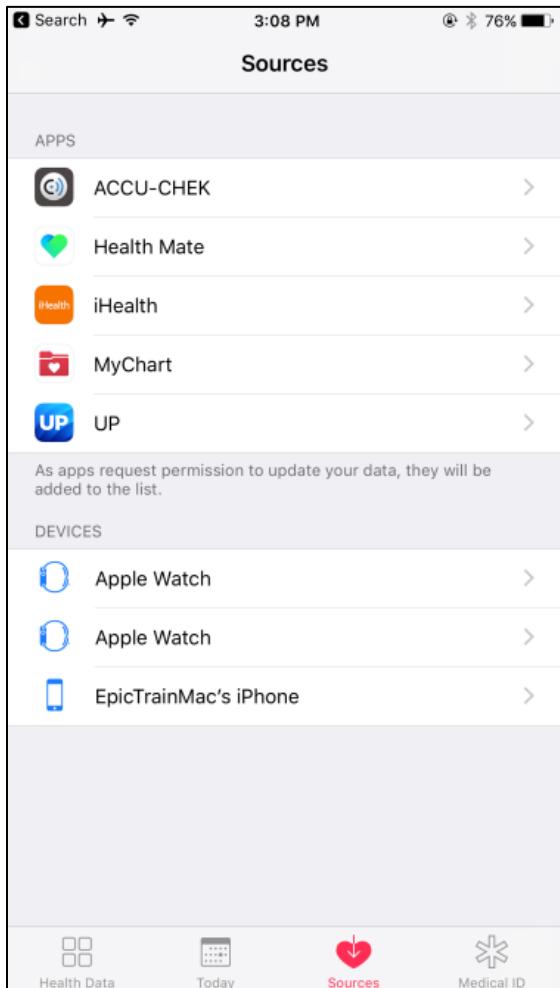
The example below illustrates linking of the UP app with **Health**. Go to settings, Health Access and then select the categories to allow access.



Linking Health Tracking App Data to MyChart

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- Once your device is connected to Apple **Health**, it will appear in the Sources section of the **Health** app.

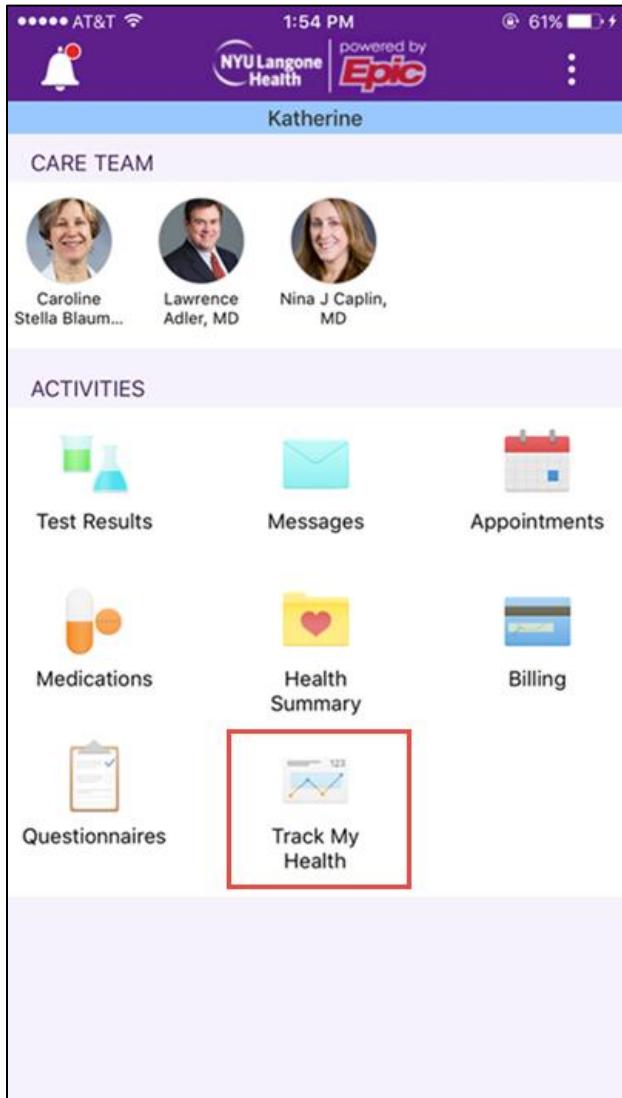


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Connecting Apple Health to the NYU Langone Health App

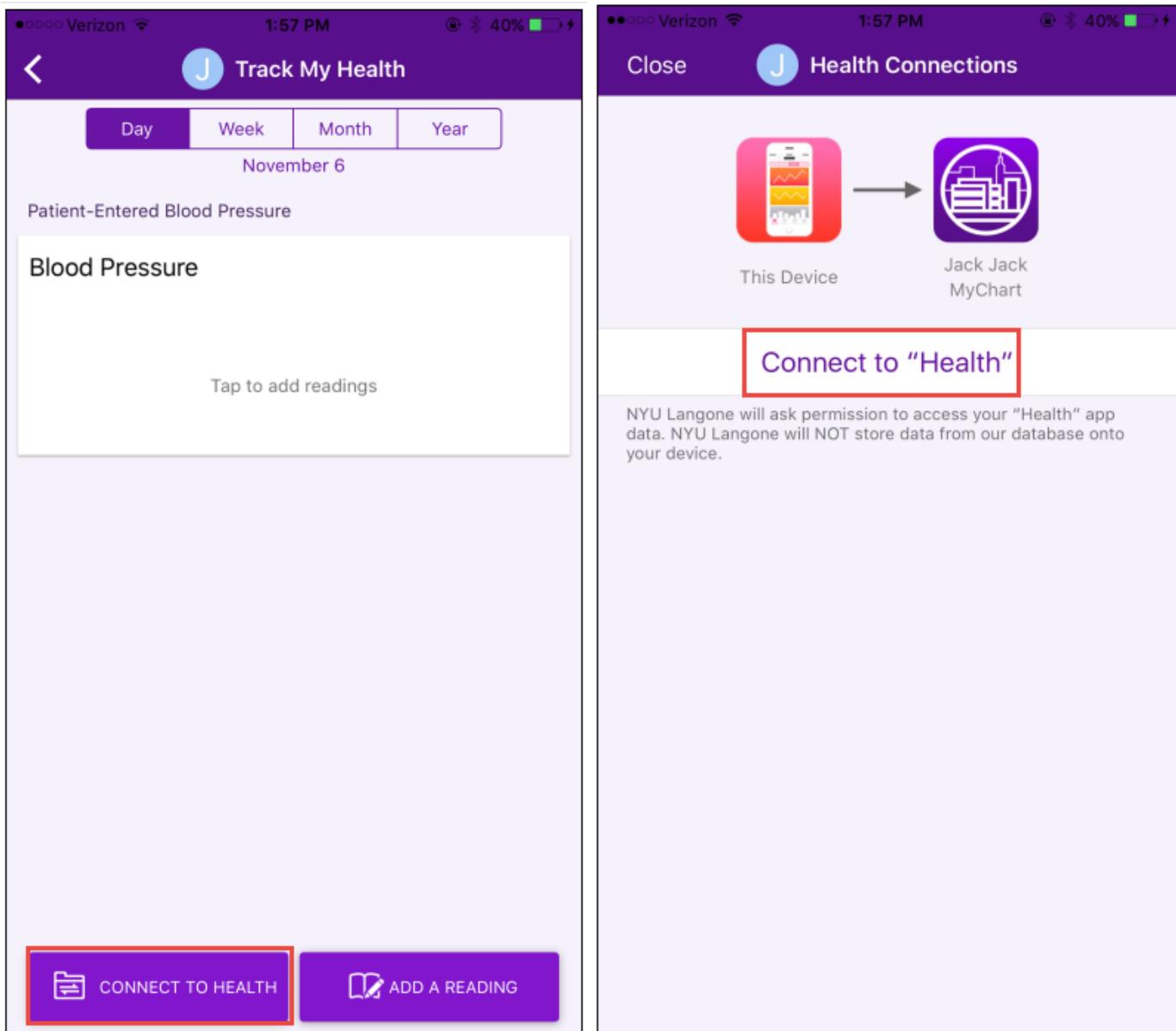
1. Open the NYU Langone Health app on your iPhone. If you have not already done so, you will need to download the NYU Langone Health app from the Apple app store.
2. Select the Track my Health feature from the main screen.
Remember you will only see Track my Health if your doctor has entered an order.



Linking Health Tracking App Data to MyChart

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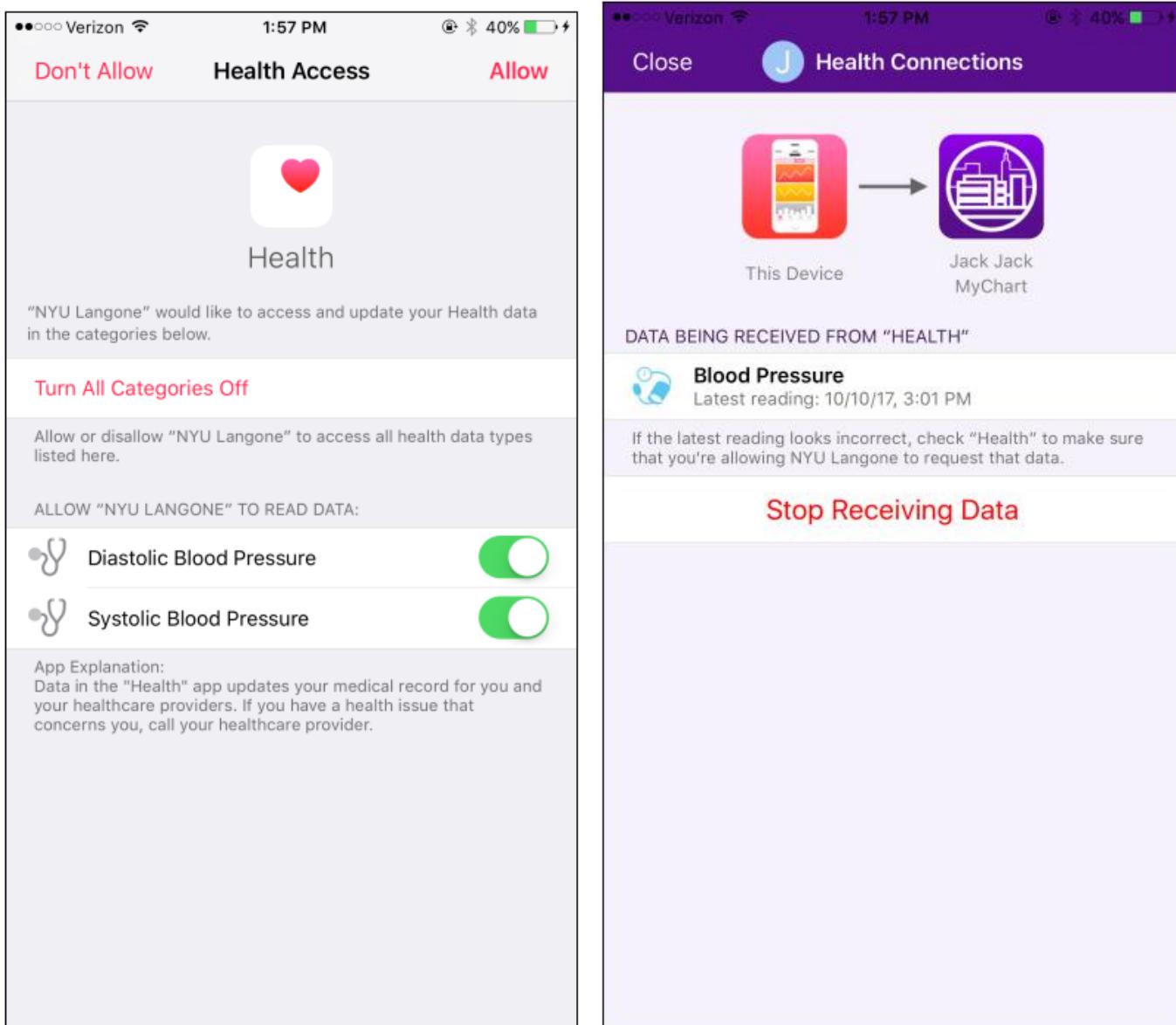
3. In **Track My Health**, Select the **Connect to Health** button from the bottom left of your screen. Then in Health Connections, select **Connect to “Health”**.



Linking Health Tracking App Data to MyChart

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4. Turn on the categories you would like to Health to allow to read data.
5. The next screen shows the information that Apple Health is sharing with MyChart.



Your Health data will now be sent from your monitoring device to your doctor's office using via MyChart.

Linking Health Tracking App Data to MyChart

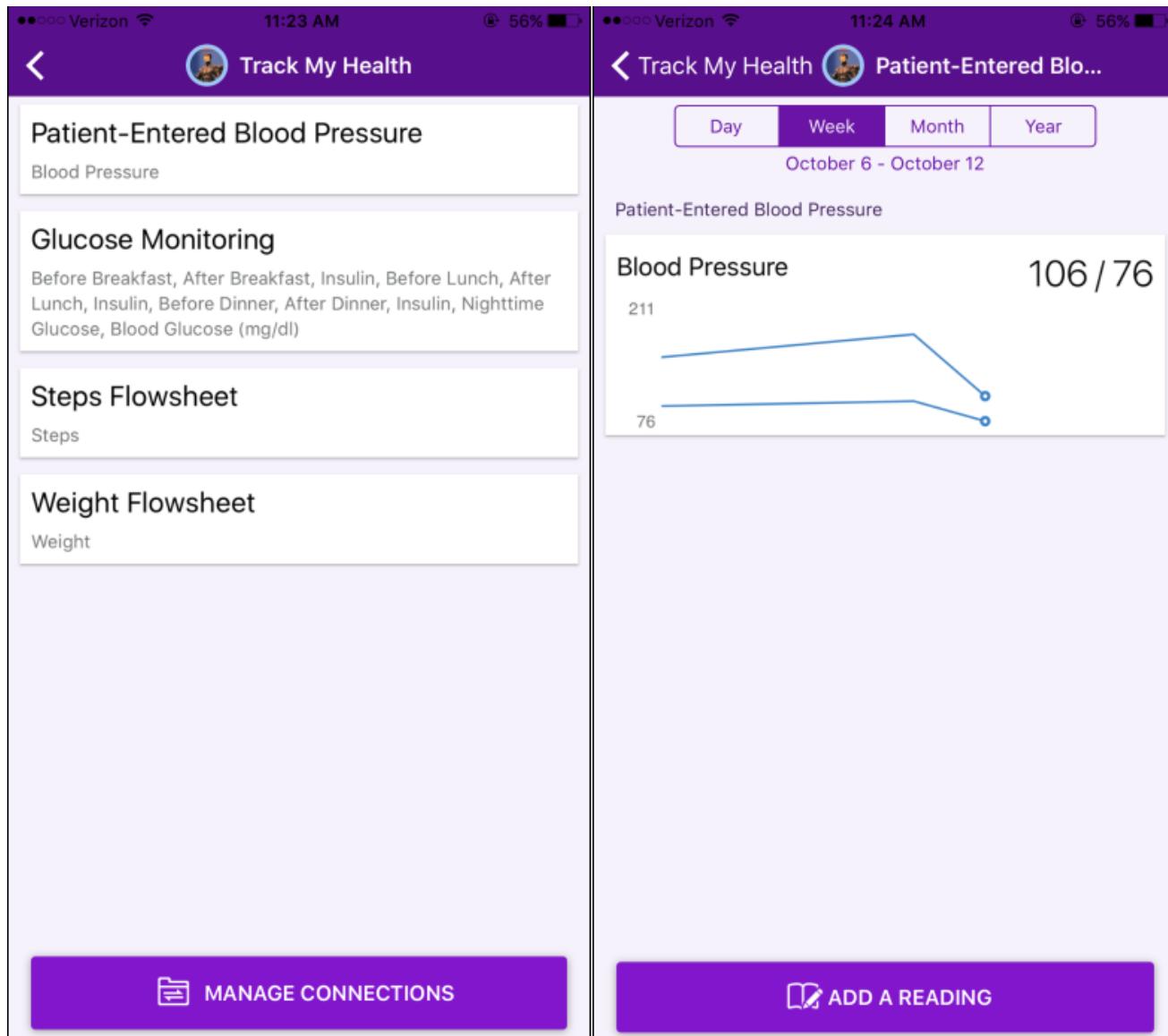
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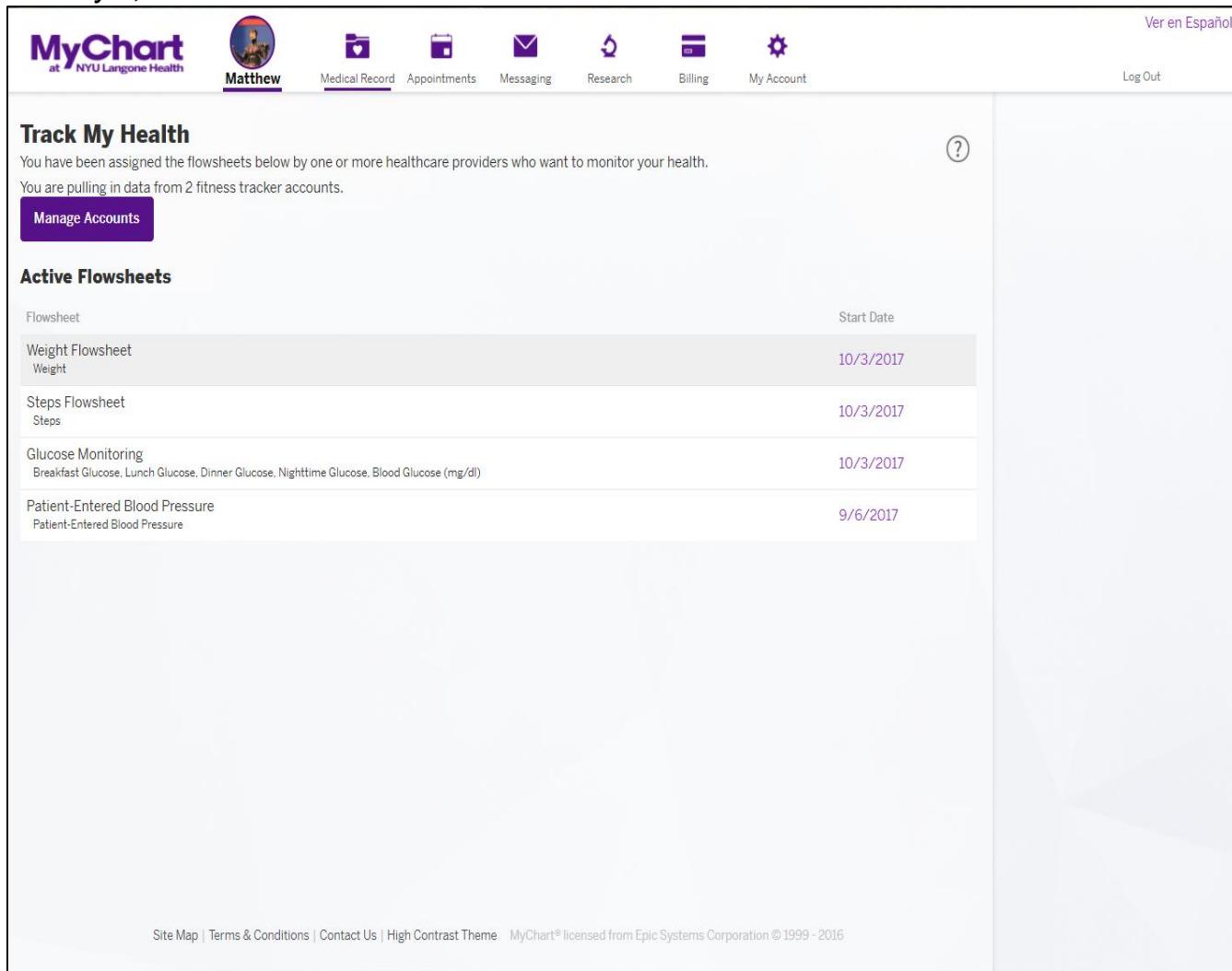
Viewing your Linked Data in MyChart

To view your data, go to the **Track My Health** section of the NYU Langone Health app or the MyChart at NYU Langone Health website.



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The image shows the MyChart interface for a user named Matthew. The top navigation bar includes links for Medical Record, Appointments, Messaging, Research, Billing, and My Account, along with options for switching to Spanish and logging out. The main content area is titled "Track My Health" and displays a list of active flowsheets. The flowsheets listed are: Weight Flowsheet (Weight, Start Date 10/3/2017), Steps Flowsheet (Steps, Start Date 10/3/2017), Glucose Monitoring (Breakfast Glucose, Lunch Glucose, Dinner Glucose, Nighttime Glucose, Blood Glucose (mg/dl), Start Date 10/3/2017), and Patient-Entered Blood Pressure (Patient-Entered Blood Pressure, Start Date 9/6/2017). A "Manage Accounts" button is located in the top left of the main content area. The bottom of the page includes links for Site Map, Terms & Conditions, Contact Us, and High Contrast Theme, followed by a copyright notice: MyChart® licensed from Epic Systems Corporation ©1999 - 2016.

Flowsheet	Start Date
Weight Flowsheet Weight	10/3/2017
Steps Flowsheet Steps	10/3/2017
Glucose Monitoring Breakfast Glucose, Lunch Glucose, Dinner Glucose, Nighttime Glucose, Blood Glucose (mg/dl)	10/3/2017
Patient-Entered Blood Pressure Patient-Entered Blood Pressure	9/6/2017

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MyChart at NYU Langone Health

Matthew

Medical Record Appointments Messaging Research Billing My Account

Patient-Entered Blood Pressure

Select number of readings or a date range to view the data you are tracking, and click **Apply**.

You are pulling in data from 2 fitness tracker accounts.

Manage Accounts

Add New Data

Graph

From 9/19/2017 to 10/10/2017 - or - 10 latest values **Apply**

More Options

Date	Top Number (Systolic)	Bottom Number (Diastolic)
9/19/2017	200	105
9/21/2017	180	98
9/24/2017	160	85
9/27/2017	150	78
9/30/2017	145	80
10/3/2017	140	82
10/6/2017	150	85
10/9/2017	190	75

Table Line Graph

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Linking Health Tracking App Data to MyChart

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How to Stop Sharing Data to MyChart via the NYU Langone Health App

You can stop sharing data at any time.

From the **NYU Langone Health app**, navigate to **Track my Health** and then to **Manage Connections**. From there you can choose to stop syncing data with **Health**.

