

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

[Year]

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.

The screenshot shows the MyChart interface for a user named Jake. The top navigation bar includes the MyChart logo, a user profile icon for Jake, and several service icons: Medical Record, Appointments, Messaging, Research, Billing, and My Account. The main content area is titled 'Track My Health' and includes a question mark icon. Below the title, it asks 'Have a Fitness Tracker?' and states 'We can use data from the following services to fill in your flowsheets.' It lists 'fitbit' and 'Withings' as available services. A prominent red button labeled 'Connect My Account' is displayed. Below this, a message states: 'You have been assigned the flowsheets below by one or more healthcare providers who want to monitor your health.' Under the heading 'Active Flowsheets', there is a table with two columns: 'Flowsheet' and 'Start Date'.

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

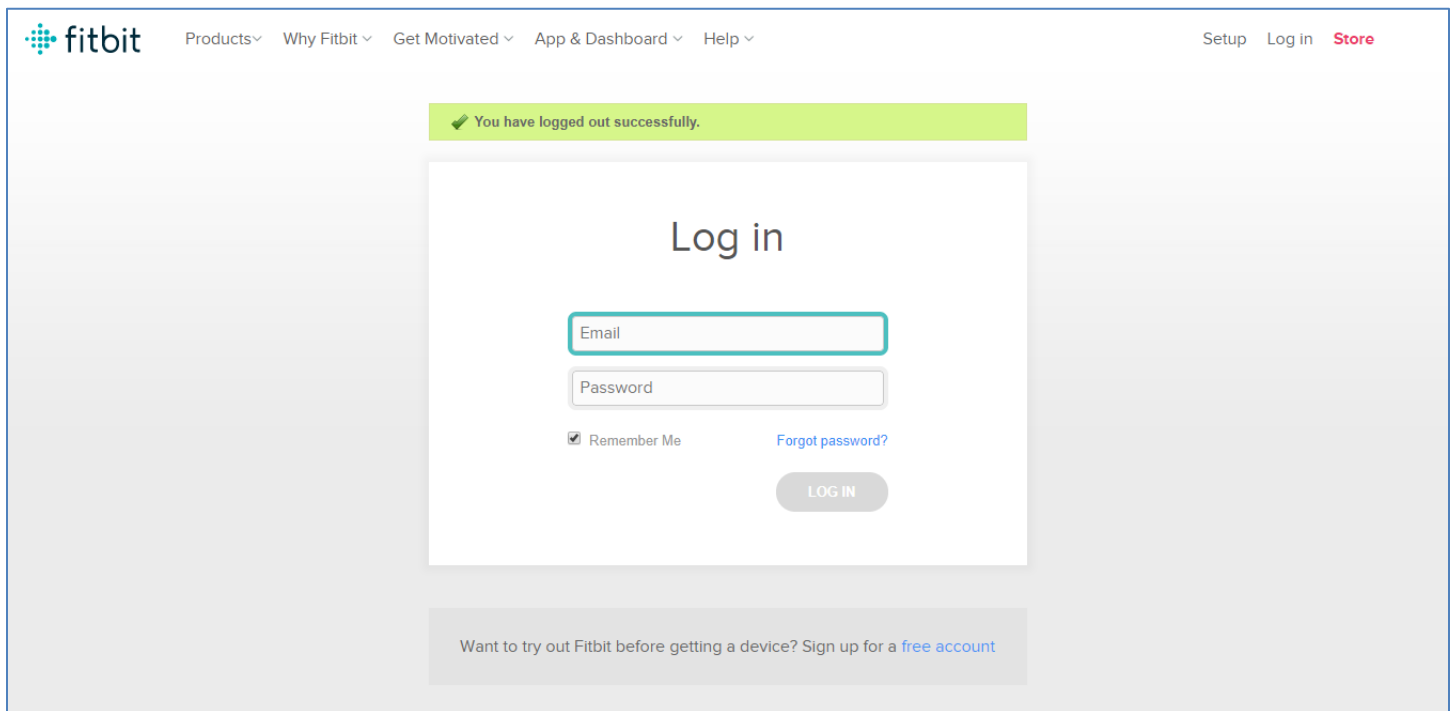
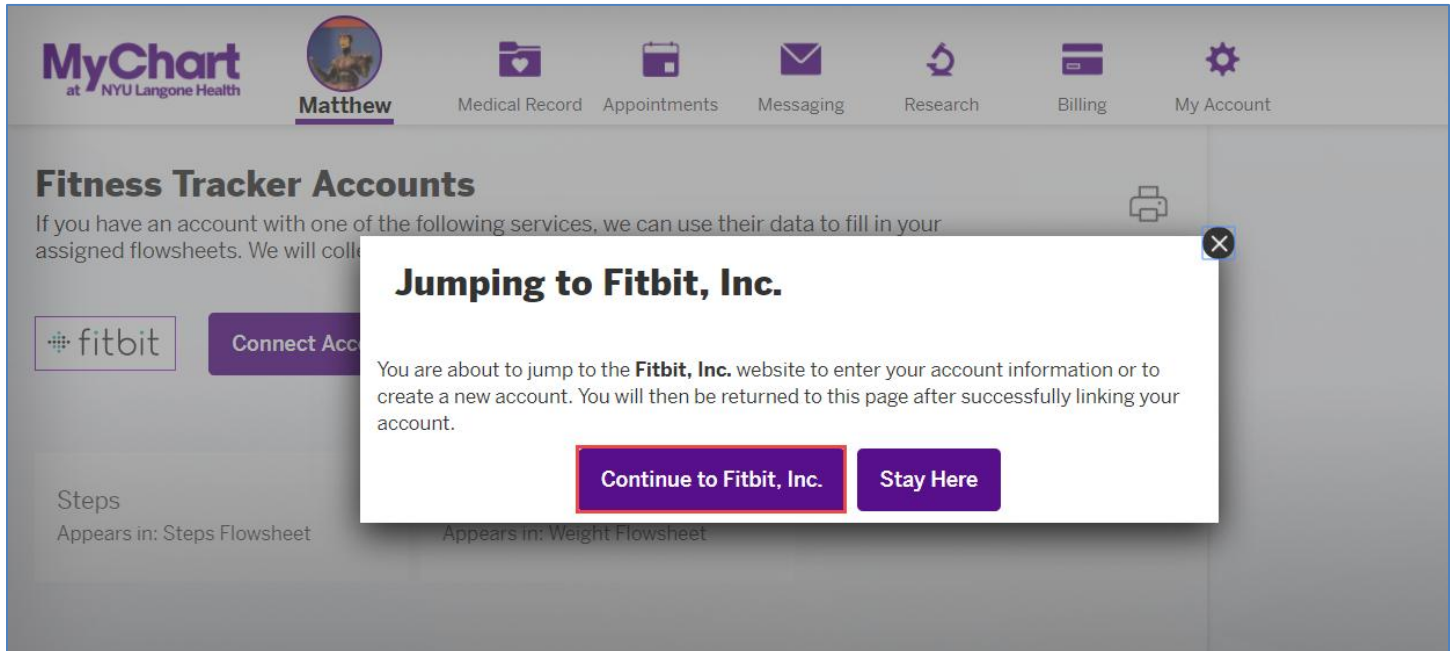
3. Click the **Connect Account** button to acknowledge that you are going to the Fitbit site.

The screenshot shows the MyChart interface for a user named Matthew. The top navigation bar is similar to the previous one, but the user profile icon is for Matthew. The main content area is titled 'Fitness Tracker Accounts' and includes a printer icon. Below the title, it states: '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.' A red button labeled 'Connect Account' is shown next to the Fitbit logo. Below this, there are two boxes: one for 'Steps' (noting it appears in the Steps Flowsheet) and one for 'Weight' (noting it appears in the Weight Flowsheet).

Linking Health Tracking App Data to MyChart

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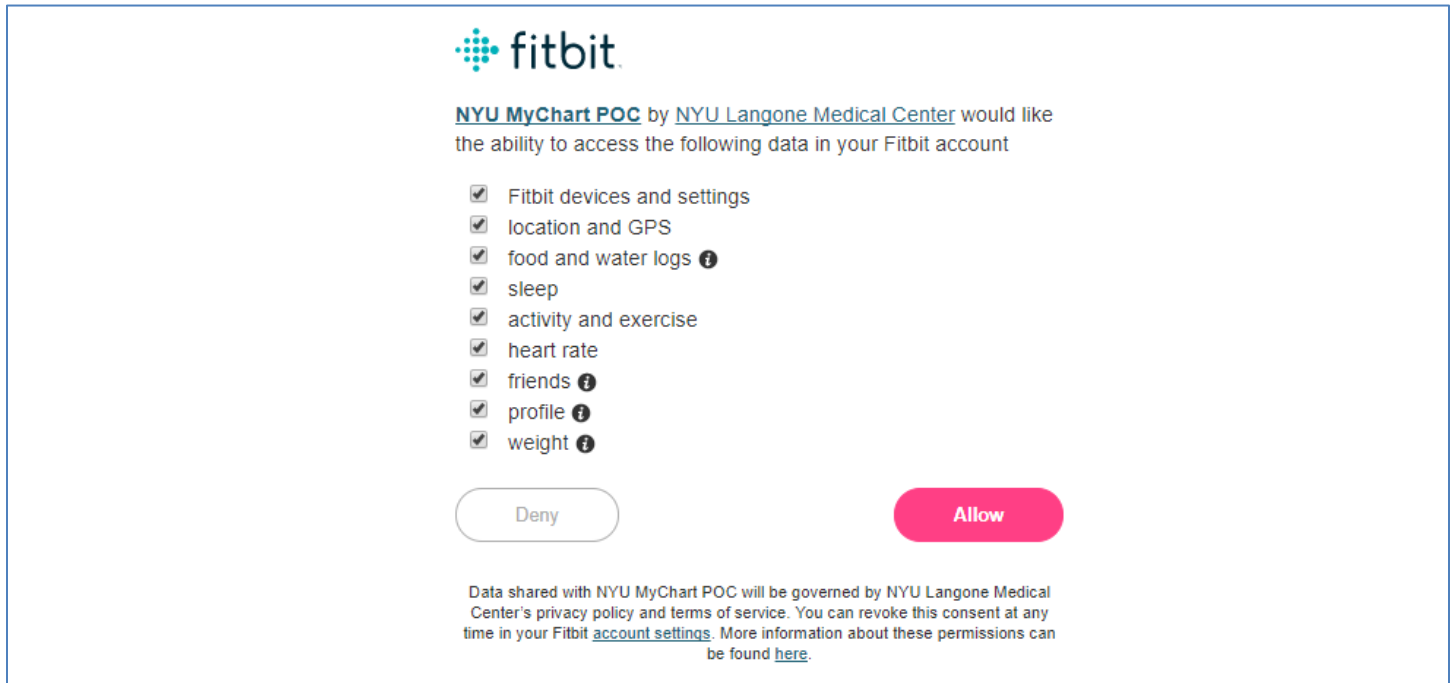
4. Click on the **Continue to Fitbit, Inc.** button and proceed to Log in to your Fitbit Account.



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5. **Allow** MyChart to Access to the Fitbit data.



The image shows a Fitbit permission screen. At the top is the Fitbit logo. Below it, text states: "NYU MyChart POC by NYU Langone Medical Center would like the ability to access the following data in your Fitbit account". A list of permissions follows, each with a checked checkbox: "Fitbit devices and settings", "location and GPS", "food and water logs", "sleep", "activity and exercise", "heart rate", "friends", "profile", and "weight". At the bottom are two buttons: "Deny" and "Allow". Below the buttons, a small disclaimer states: "Data shared with NYU MyChart POC will be governed by NYU Langone Medical Center's privacy policy and terms of service. You can revoke this consent at any time in your Fitbit account settings. More information about these permissions can be found here."

fitbit

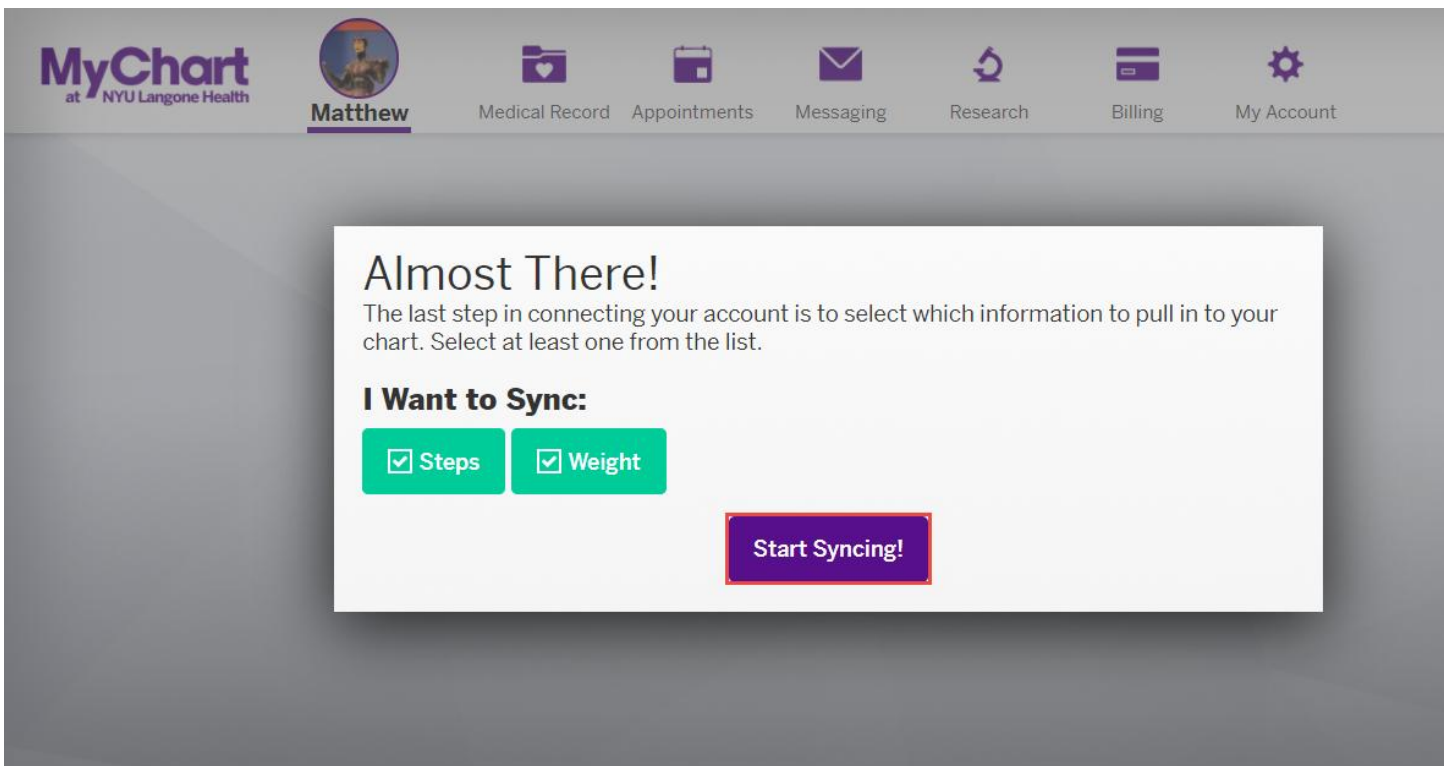
NYU MyChart POC by NYU Langone Medical Center would like the ability to access the following data in your Fitbit account

- ☒ Fitbit devices and settings
- ☒ location and GPS
- ☒ food and water logs
- ☒ sleep
- ☒ activity and exercise
- ☒ heart rate
- ☒ friends
- ☒ profile
- ☒ weight

Deny Allow

Data shared with NYU MyChart POC will be governed by NYU Langone Medical Center's privacy policy and terms of service. You can revoke this consent at any time in your Fitbit [account settings](#). More information about these permissions can be found [here](#).

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



The image shows a MyChart interface. The top navigation bar includes the MyChart logo, a user profile for "Matthew", and icons for Medical Record, Appointments, Messaging, Research, Billing, and My Account. A central white box contains the heading "Almost There!" and the text: "The last step in connecting your account is to select which information to pull in to your chart. Select at least one from the list." Below this, under the heading "I Want to Sync:", are two green buttons with checkboxes: "Steps" and "Weight", both of which are checked. At the bottom right of this box is a red button labeled "Start Syncing!".

MyChart
at NYU Langone Health

Matthew

Medical Record Appointments Messaging Research Billing My Account

Almost There!

The last step in connecting your account is to select which information to pull in to your chart. Select at least one from the list.

I Want to Sync:

☒ Steps ☒ Weight

Start Syncing!

Linking Health Tracking App Data to MyChart

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To Disconnect:

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

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.

| Tracker | Sync Now | Unlink | Last Synced |
|--|--------------------------|------------------------|--|
| Steps Appears in: Steps Flowsheet | Sync Now | Unlink | Last synced on Thursday, November 16, 2017 at 10:05 AM |
| Weight Appears in: Weight Flowsheet | Sync Now | Unlink | Last synced on Thursday, November 16, 2017 at 10:05 AM |

Linking Health Tracking App Data to MyChart

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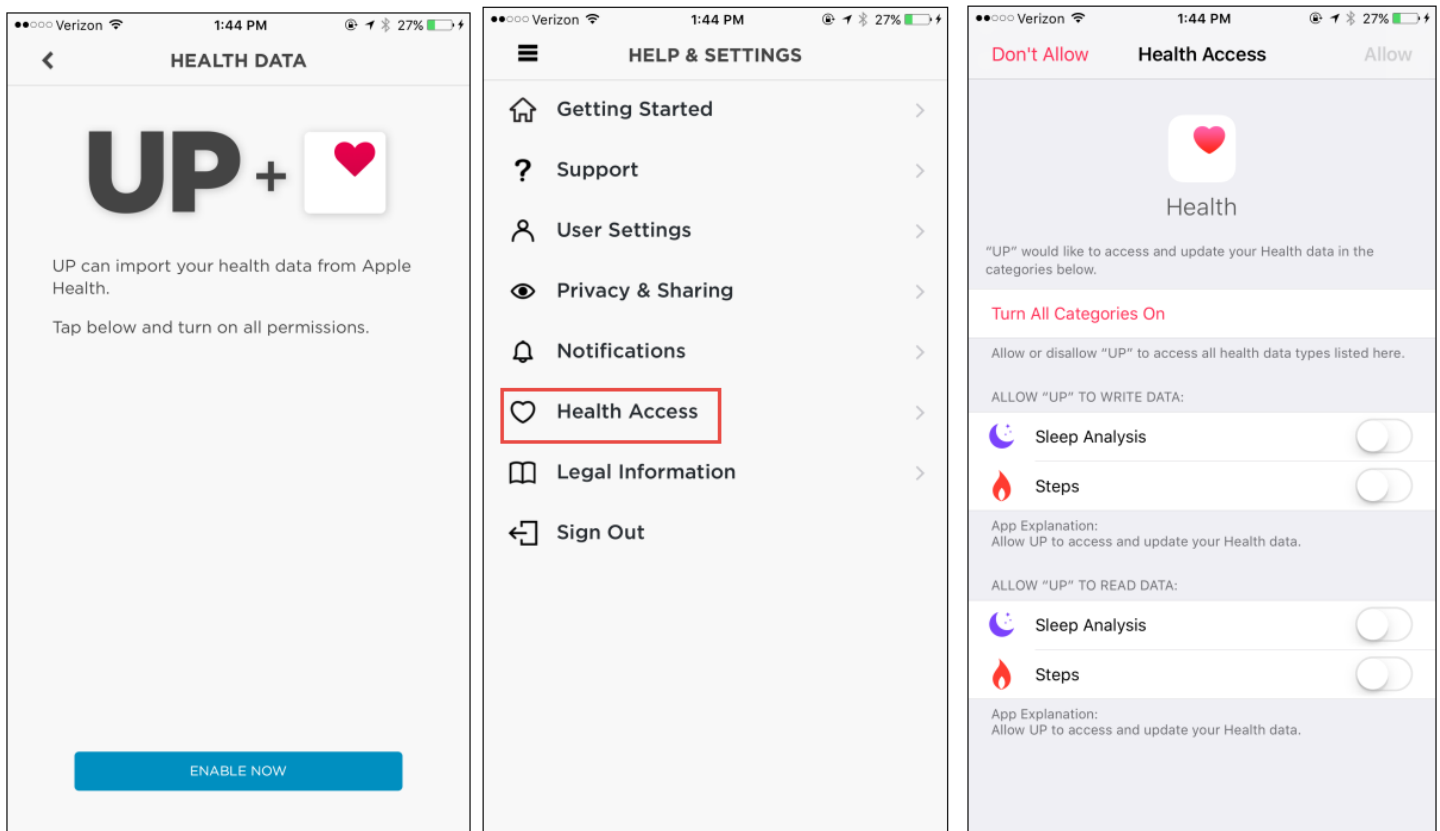
If you have an iPhone you can link various health tracking devices (Ex: glucometers, pedometers, blood pressure cuffs etc.) to MyChart at NYU Langone using **Apple Health**. This makes sharing vitals and health information with your doctor faster and easier.

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.

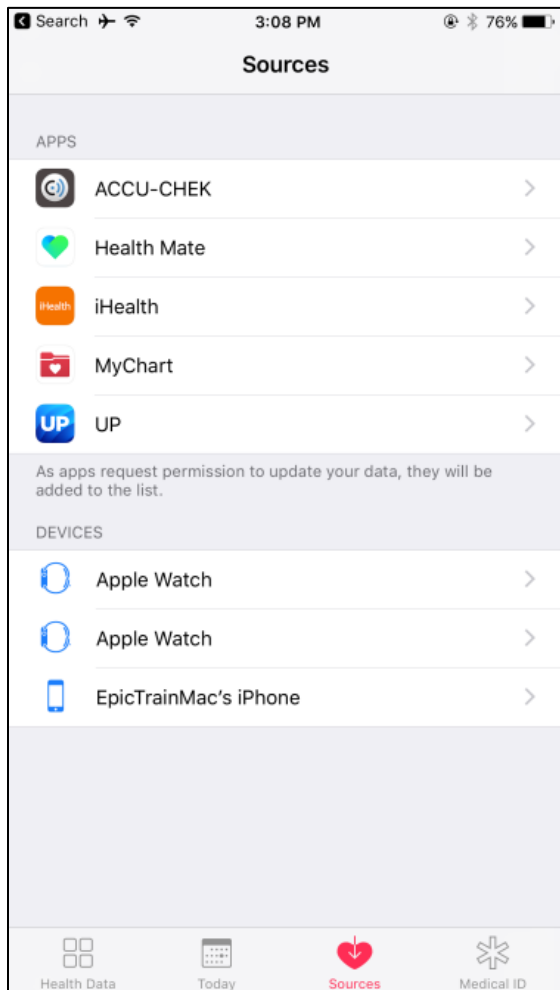
The example below illustrates linking of the UP app with **Health**. Go to settings, Health Access and then select the categories to allow access.



Linking Health Tracking App Data to MyChart

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

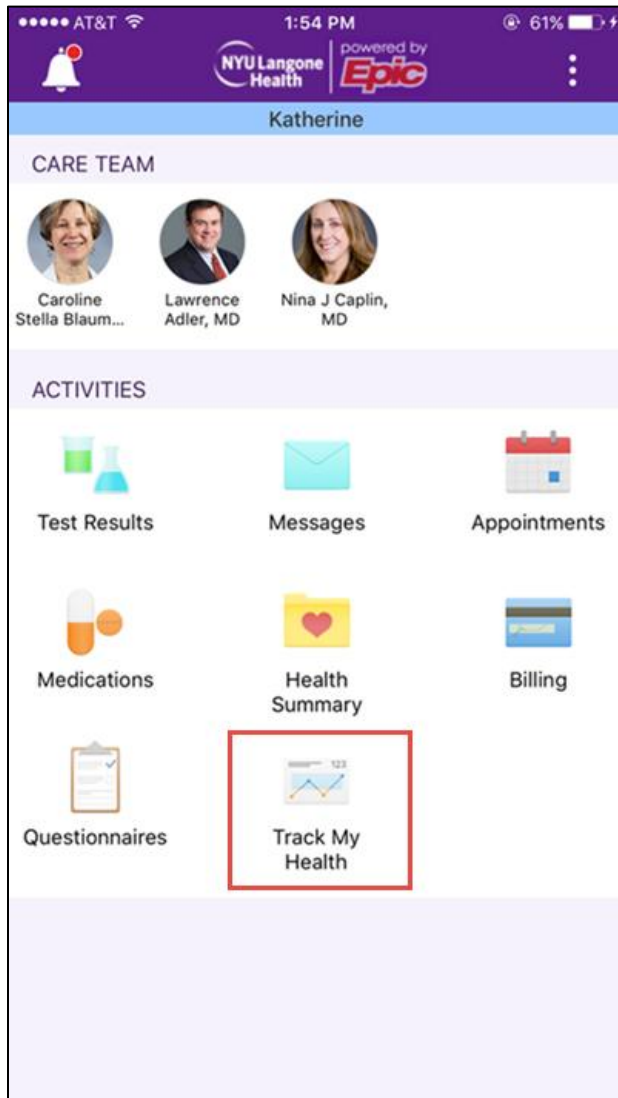


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Connecting Apple Health to the NYU Langone Health App

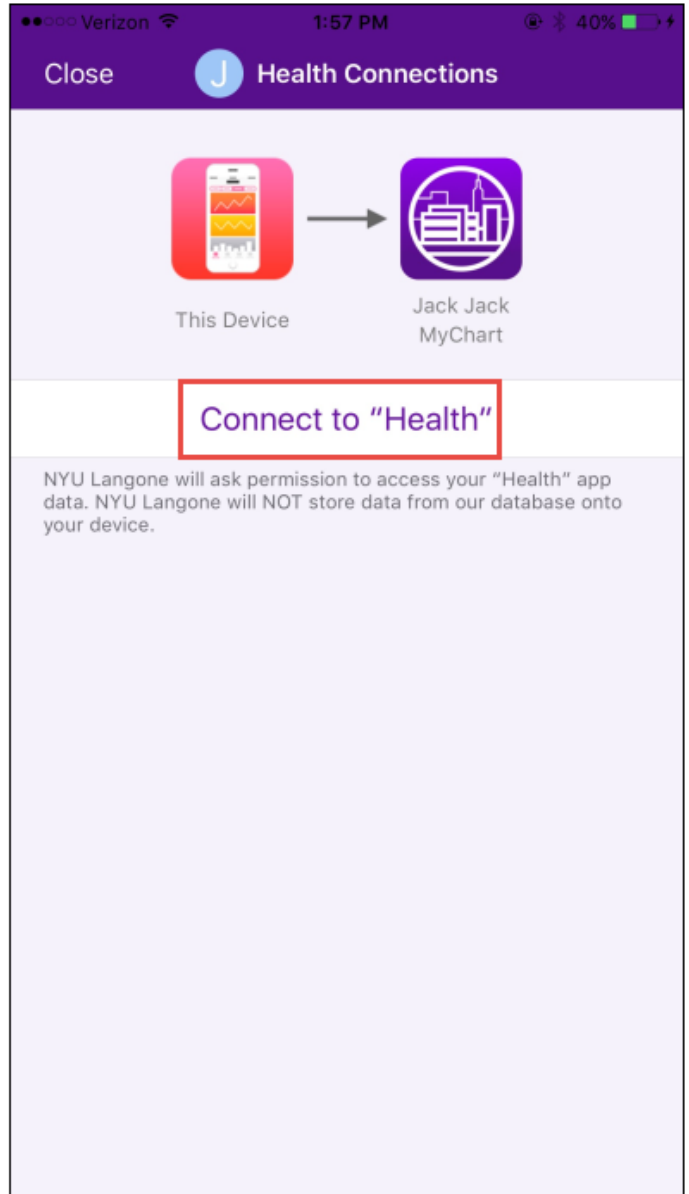
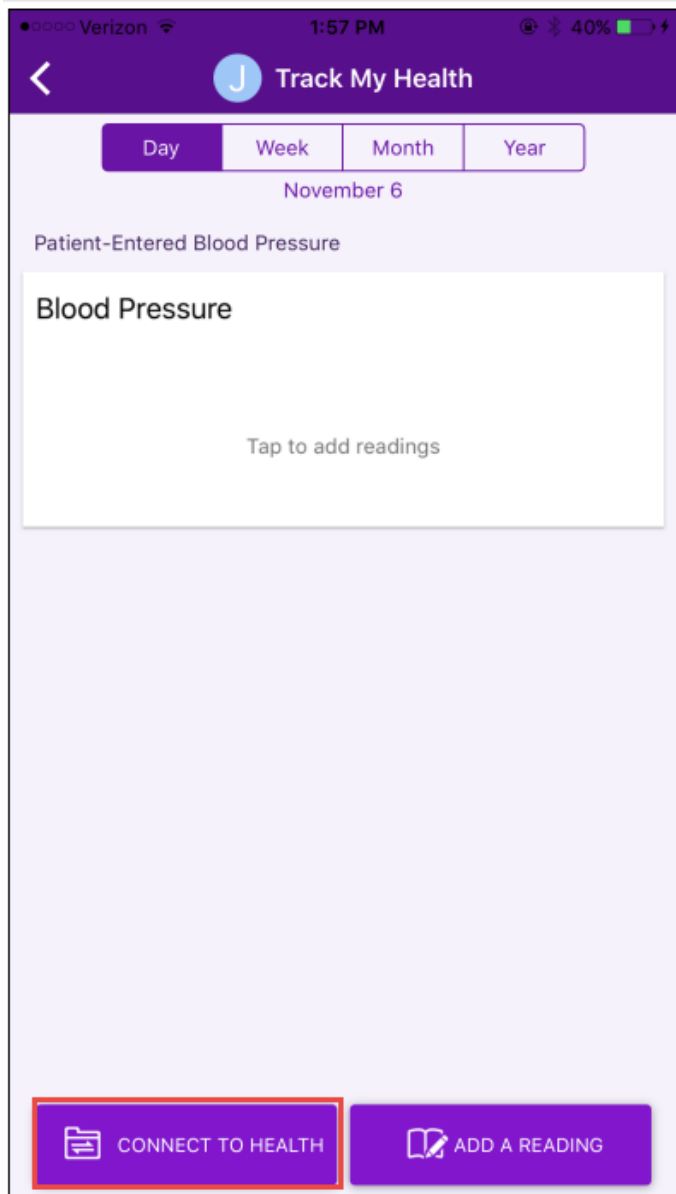
1. Open the NYU Langone Health app on your iPhone. If you have not already done so, you will need to download the NYU Langone Health app from the Apple app store.
2. Select the Track my Health feature from the main screen.
Remember you will only see Track my Health if your doctor has entered an order.



Linking Health Tracking App Data to MyChart

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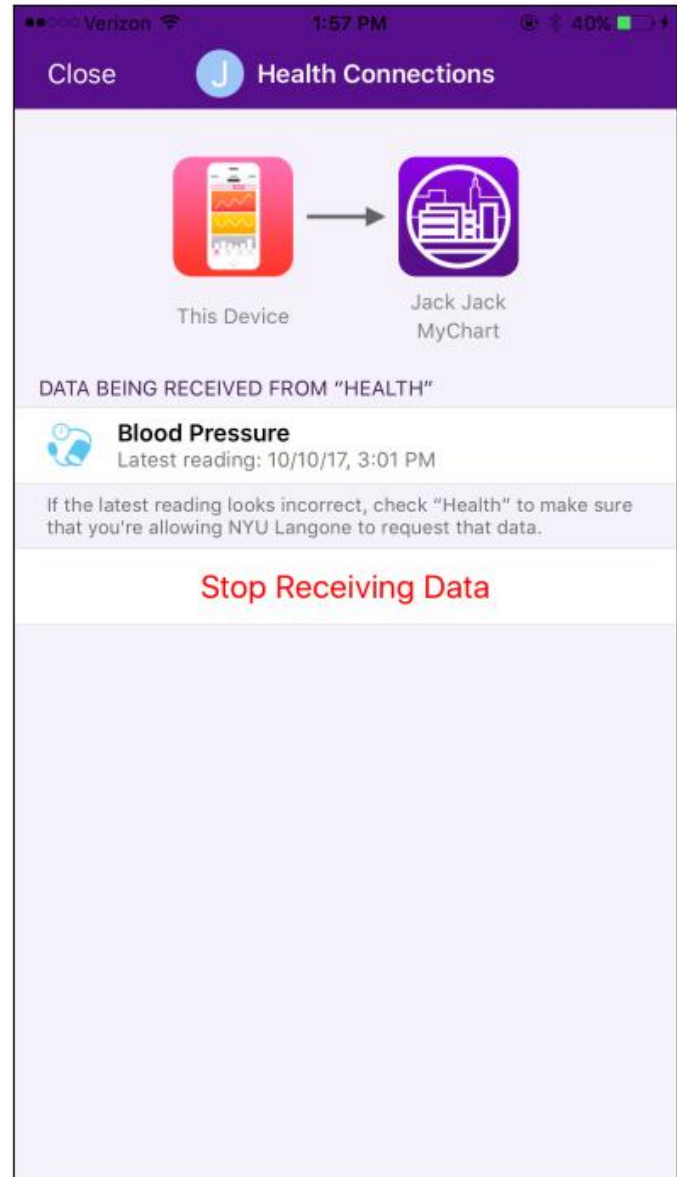
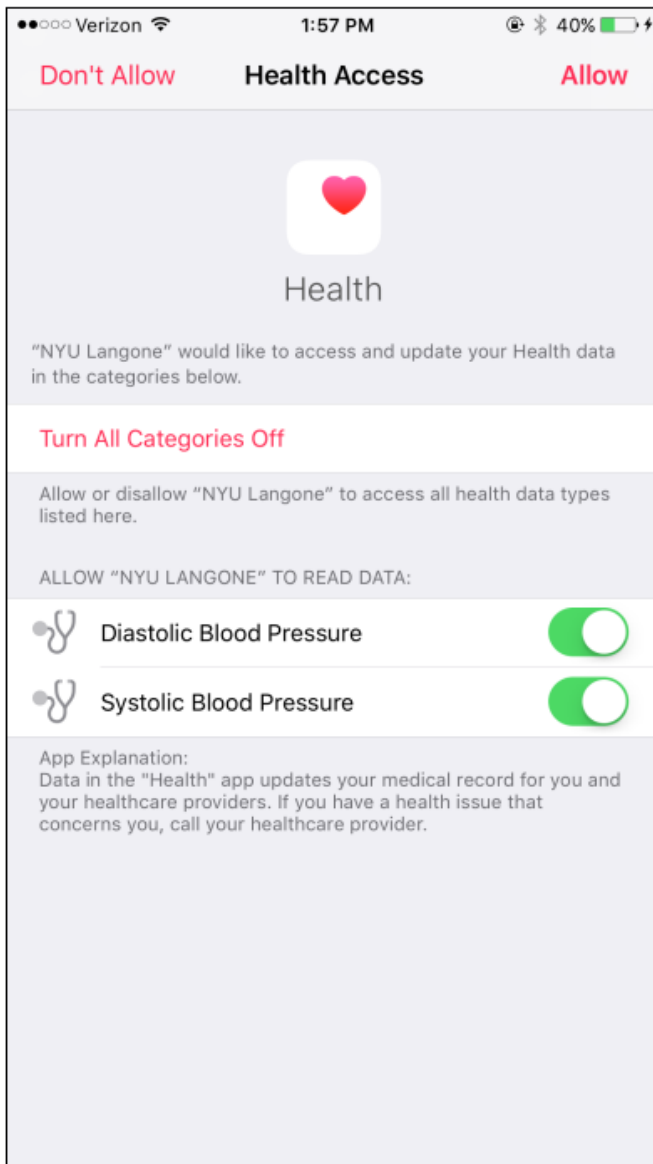
3. In **Track My Health**, Select the **Connect to Health** button from the bottom left of your screen. Then in Health Connections, select **Connect to "Health"**.



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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

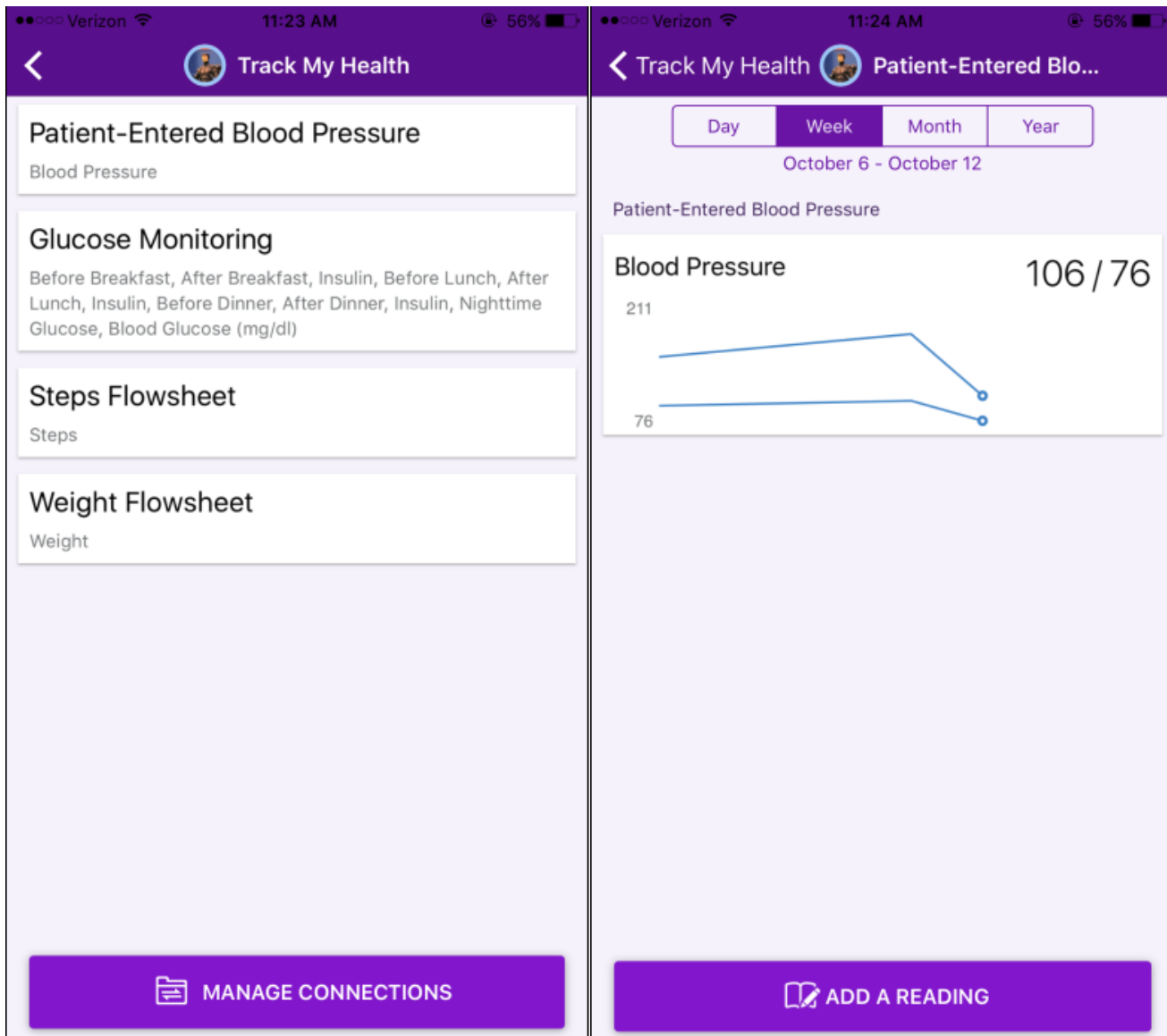
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Linking Health Tracking App Data to MyChart

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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.





Linking Health Tracking App Data to MyChart


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MyChart
at NYU Langone Health


**Matthew**


 Medical Record

 Appointments

 Messaging

 Research

 Billing

 My Account

Ver en Español

Log Out

Track My Health

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

You are pulling in data from 2 fitness tracker accounts.

Manage Accounts

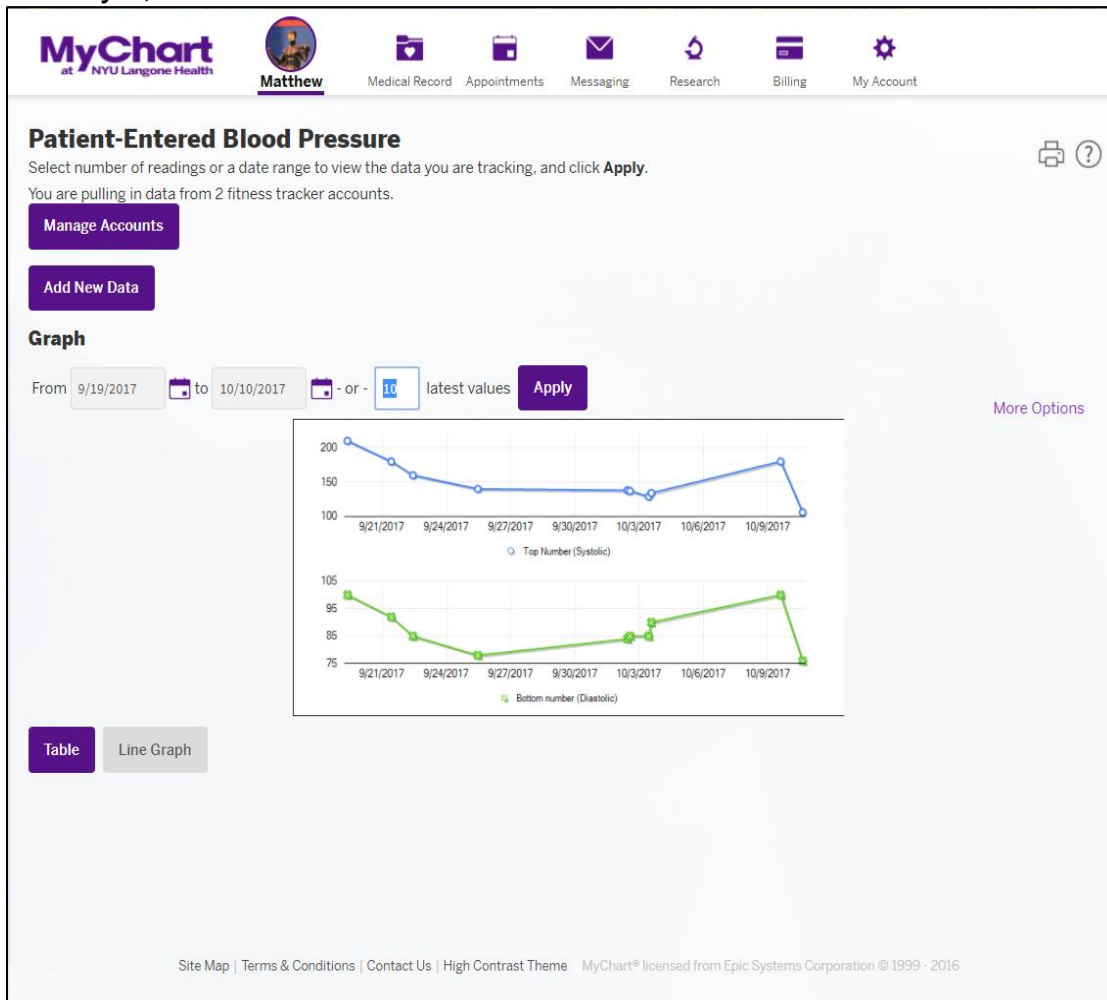
Active Flowsheets

| 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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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**.

