

Get extra help  
managing healthcare  
for an older adult at  
no cost to you



Use an  
online tool  
for busy Families and get a  
FREE gift card for your time

[www.UMSL-HealthcareStudies.org](http://www.UMSL-HealthcareStudies.org)

*Sponsored by the University of Missouri-St. Louis  
and SSM Health at Home*



Help nurses, doctors and social workers understand your family's challenges by participating in a study.

Your health-related stress shouldn't go unnoticed. Healthcare professionals are seeking better ways to simplify your family's efforts. You can help today by participating in one of our latest studies, plus you'll receive a gift card reward for your time.

We reward your efforts to:

- Ask the best questions to nurses, doctors, social workers and pharmacists
- Organize complex medical prescriptions
- Enhance family communication
- Minimize the stress of medical illnesses



Participate in a survey or study today: >>

Visit [www.UMSL-HealthcareStudies.org](http://www.UMSL-HealthcareStudies.org)



### WHO'S ELIGIBLE

Daughters/Daughter-in-laws or close female friends of an older adult enrolled in SSM Health at Home services. You will need access to the internet to participate.



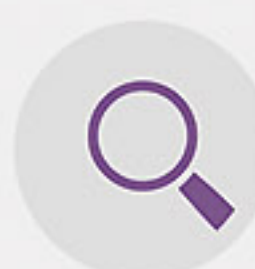
### HOW TO PARTICIPATE

- 1) Visit: [www.UMSL-HealthcareStudies.org](http://www.UMSL-HealthcareStudies.org)
- 2) Select and complete a study or survey
- 3) Receive the defined reward.



### YOUR REWARDS

Receive an Amazon.com® gift card for up to \$50 after successfully completing a study. The gift card amount varies per study and ranges from \$10-\$50.



### LEARN MORE

Learn more about our study program at [SandwichGenerationDiner.com/promo](http://SandwichGenerationDiner.com/promo)

# More Information

YOU CAN WATCH THIS VIDEO TO LEARN MORE:  
[www.SandwichGenerationDiner.com/promo](http://www.SandwichGenerationDiner.com/promo)

## WHO MANAGES THESE PROJECTS?

Faculty from the Women's Health & Aging research team at the University of Missouri-St. Louis.

## HOW IS MY INFORMATION USED?

**Securely & Professionally.** Your critical insight helps the health education field understand healthcare concerns and challenges. Nurses, social workers and pharmacists then use this information to work with older adults and their support systems of family and friends.

## WILL I BECOME PART OF A MARKETING LIST?

**No.** Your personal information will only be used for our research projects and future projects related to healthcare. You decide *if you wish* to receive future research project notifications.

## CAN I CONTACT SOMEONE BEFORE I TAKE THIS SURVEY?

**Absolutely.** You can email us at [caregiverpsychology@umsl.edu](mailto:caregiverpsychology@umsl.edu) or leave a message at (314) 516-4395 or toll free 1 (844) 516-4395.



UM-St. Louis Institutional Review Board  
Protocol #969901

SSMHealth IRB  
Protocol #15-09-0742