

# CommHEAT Research Study



## Why is this important?

Extreme heat events are becoming more common and can pose serious health risks. Our app aims to provide customized indoor heat alerts and facilitate community support networks to help people during these events. The study is to evaluate if the app can lead to better heat-protective behaviors.

## Who can participate?

- Adults 18+ years old
- Live in Capitol East Neighborhood or part of Harding Middle School district (map available upon request)
- Smartphone owners who can receive texts
- People with window AC units or no AC
- Living at same address July–Oct 2025
- Only one participant per household

## What will you be asked to do?

The study will run from July to October 2025 and includes:

- An initial onboarding survey (10–15 minutes)
- Downloading and using the CommHEAT app on your phone
- During heat events (typically 3–5 events throughout summer):
  - Daily app usage (5–10 minutes per day)
  - Brief daily surveys sent via text message (5 minutes each)
- A final survey at the end of the study (15–20 minutes)
- Optional: A follow-up interview (30–60 minutes)
- Optional: Temperature sensor installation in your home

## Compensation

Participants can receive up to **\$170** gift cards.

The participation is completely voluntary, and all information collected will be kept confidential.



To participate or learn more, please scan the QR code or contact:

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