

Consent for Participation in Digital Health and Care R&D Demonstration Project

Research and Development (R&D) Project Title: Digital Health and Care R&D Demonstration Project for Lifestyle Improvement

Introduction:

1) Purpose of the R&D Project:

- a) The goal of this R&D project is to demonstrate and learn how best to assist people living with obesity, high BMI, or Type 2 diabetes (including those in remission) in improving their diet and lifestyle by utilising citizen-centred, digital health systems, tools, and methods, using the novel business model innovation pioneered by Moray Leisure Centre (MLC) as a pathfinder for optional adoption by other leisure centres in Moray and beyond.

Consent to Participate:

2) Participation in the R&D Project:

- a) I voluntarily agree to participate in the Digital Health and Care R&D Demonstration Project. I understand that my participation involves using digital health tools, methods, systems and 'new and exciting' services offered by MLC to demonstrate improved diet and lifestyle.

3) Use of Personal Data:

- a) I consent to the collection, storage, and use of my personal data, including health-related information, for the purposes of this R&D project. I understand that this data will be used to:
 - i) Monitor and evaluate the effectiveness of the R&D demonstration project.
 - ii) Develop and refine digital health tools, methods, and systems.
 - iii) Conduct research to advance understanding of diet and lifestyle improvement for individuals living with obesity, high body-mass index (BMI), or Type 2 diabetes.

4) Confidentiality and Data Protection:

- a) I understand that my personal data will be handled in accordance with applicable data protection laws and regulations. Measures will be taken to ensure the confidentiality and security of my data, and it will not be shared with unauthorised third parties.

5) Voluntary Participation:

- a) I acknowledge that my participation in this project is entirely voluntary. I have the right to withdraw from the project at any time without any negative consequences.

6) Potential Risks and Benefits:

- a) I understand that participation in this project may involve certain risks, such as discomfort from changes in diet or lifestyle. However, the project aims to provide benefits such as improved health and well-being.

7) Contact for Further Information:

- a) If I have any questions or require further information about the project, I can contact the R&D service provider at Moray Leisure Centre.

8) Additional Requirements:

- a) I understand that my participation may involve the following additional requirements:
 - i) Regular use of the provided digital health software tools and reporting on my progress.
 - ii) Participation in surveys, interviews, or focus groups to gather feedback on my experience.
 - iii) Allowing anonymized data to be used in publications or presentations related to this R&D project.

9) Participant's Statement:

- a) I have read and understood the information provided above. I have had the opportunity to ask questions and have received satisfactory answers. I freely consent to participate in this R&D project and to the use of my personal data as described.