



# Text Messages and Remote Patient Monitoring Encourage Physical Activity in Older Adults



## The Case Study

As the U.S. population ages, physical inactivity among older adults remains an important concern, with significant health implications such as increased risks of cardiovascular disease, diabetes and obesity. **The National Institute on Aging (NIA) developed the Go4Life® campaign to provide free exercise resources to older adults.**

In conjunction with the Department of Medicine, Michigan State University and published by the Archives of Gerontology and Geriatrics Plus, via Science Direct, the study **Virtual delivery of Go4Life® resources: A pilot study enhancing physical activity in older adults through pre- and post-intervention evaluation** was made available in March of 2025.

The objective was to assess how Go4Life® Resources, including motivational text messages and remote patient monitoring delivered via the Dialog Health platform, can influence physical activity levels in older adults. Specifically, improving endurance, strength, balance and flexibility.

## The Summary

### → Consistent Engagement

Participants were sent weekly automated text messages and video links encouraging exercise as well as periodic check-in questionnaires utilizing Dialog Health's automated workflows. Participants answered a series of questions, which served as the basis of the Go4Life® study findings.

### → Remote Patient Monitoring

Periodic check-in questionnaires encouraged active participation while providing easy access to Go4Life® resources. Researchers were able to easily identify participants' level of activity and adherence to the program using Dialog Health's analytics.

### → Increased Frequency of Exercise

The combination of Go4Life® resources, delivered via two-way text messaging, may lead to significant improvements in both strength and balance activities of older adults on a larger scale.

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## The Problem

The National Institute on Aging (NIA) Go4Life® campaign offers free exercise resources for older adults, focusing on four key areas: endurance, strength, balance and flexibility. Information is traditionally available via pamphlets, brochures and online videos.

Researchers recognized a gap in delivering this information digitally and wanted to explore if virtually delivered information was effective in Go4Life® interventional strategies.

## The Solution

By partnering with Dialog Health and incorporating text messaging solutions into the Go4Life® approach, researchers set out to determine if frequent two-way texting would motivate participants to improve their health. Examples of text messages include both weekly motivational texts as well as weekly multiple-response questions, both pictured below.

### Weekly Motivational Texts

Thurs, Nov 15 at 9:30 AM

**Go4Life:** Let's begin with some low intensity exercises and build up slowly. Remember to warm up before and cool down afterward. Wear comfortable shoes and clothing.

<https://www.youtube.com/watch?v=VPiahy7tf>

Thurs, Nov 21 at 9:30 AM

**Go4Life:** Staying active can help your physical and emotional health and mobility. Find ways to stay motivated and fit exercise into your life.

### Weekly Activity Tracking

Thurs, Nov 19 at 10:30 AM

**Go4Life:** In the past 1 week, how many times did you do any of the endurance activities such as a brisk walk, yard work, climbing stairs, biking, playing sports, etc? Choose from the options below:

- a. Never
- b. Once a Week
- c. 2-3 Times a Week
- d. 3-4 Times a week
- e. 4-6 Times a Week
- f. 7 Times a Week

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**Go4Life:** You have done a great job so far. Let us keep up the spirit and continue doing what you were doing most of the days of the week.

## Case Study Dialog Health Solution used in Michigan State Go4Life® Study

## The Conclusion

The study found that the combination of Go4Life® resources, motivational text messages sent via Dialog Health, and remote patient monitoring may lead to significant improvements in strength and balance activities among older adults. Further, it was found that the longer participants were engaged in the in the program, the more likely they were to increase their endurance. These findings emphasize the importance of sustained engagement in physical activity interventions for promoting overall health and well-being in older adults.

## The Results

# Dialog Health's Texting Platform Created A Statistically Significant Increase in:

- **STRENGTH & BALANCE**

Dialog Health's HIPAA-compliant texting solutions are cloud-based, easy-to-use, and proven to improve patient engagement while increasing staff productivity.

Powerful mobile solutions, better engagement for today's world.

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