

Let's be partners to combat viral illness

Your smartwatch or activity tracker might be an early warning system for viral illness, such as COVID-19.



Download the MyDataHelps™ app



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Contribute your data

When your heart beats faster than usual, it can mean that you're coming down with a cold, flu, COVID-19 or another viral infection. Your sleep and daily activities can also provide clues. So wearable devices that measure your resting heart rate—made by Apple, Fitbit and others—might help scientists spot viral outbreaks, and also give you more insights into your own health.

Join thousands of citizen scientists

Scripps Research is leveraging the power of digital tools to improve detection of illnesses. The DETECT study is crowdsourcing anonymized data from hundreds of thousands of wearable device users across the United States.

Spot viral outbreaks

As a participant in the DETECT study, you'll be able to track your resting heart rate and anonymously share this information and recorded symptoms, like fever or coughing, with scientists at Scripps Research.

Our goal is to identify areas with viral outbreaks quickly. We hope that an early warning system might someday alert public health officials to take action, and for you to take better care of yourself and your loved ones.

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DETECT



 **Scripps Research**
Digital Trials Center

The DETECT study is approved by the Scripps Research Institutional Review Board (IRB). MyDataHelps™ has undergone rigorous assessment and evaluation to ensure it meets the same stringent security practices implemented by the federal government to protect sensitive data.