

# SmartManage



## AN ONLINE STRESS MANAGEMENT INTERVENTION TO IMPROVE QUALITY OF LIFE FOR GAY AND BISEXUAL CANCER SURVIVORS LIVING WITH HIV

To participate in this study you must:

- Be age 18 or over
- Identify as a gay or bisexual man
- Be HIV-positive
- Have had cancer (non-metastatic)
- Be at least 30 days past the end of your cancer treatment

Participants will receive a \$150 giftcard on the completion of the study

### What is SmartManage?

SmartManage is a 10-week, web-based program that includes information on cancer and HIV co-management, communication, sex and intimacy, and healthy living. SmartManage includes both online information, as well as interactive, online group sessions.

We are conducting a pilot study of SmartManage. This pilot study is designed to get feedback from cancer survivors living with HIV, so that we can improve our SmartManage content.

The goal is to help people like you cope with the challenges you face in relation to your healthcare and to improve your quality of life.



**Interested in joining our study?**

Contact the research team at

305-243-5393



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