



Metropolitan Transit System

Memorandum

DATE: July 15, 2020
TO: All Eligible Employees (Non-commercial Drivers)
FROM: Brendan R. Shannon, Director of Human Resources
SUBJECT: DETECT Study

We are pleased to announce that MTS, in collaboration with Scripps Research Translational Institute (SRTI), will participate in a study called “DETECT,” which aims to use smartwatch (e.g., Fitbit, Apple Watch, etc.) biometrics (physical body measurements such as heart rate, pulse, temperature, sleep patterns, etc.) to study early detection of viruses (e.g., Flu, COVID-19).

Approximately 400 MTS employees who agree to participate in the study and do not already own a smartwatch will receive a free Fitbit so they can participate.

Scripps Research DETECT Study

Since the COVID-19 pandemic surfaced, MTS employees have been on the front lines providing uninterrupted, safe, and reliable transportation to the citizens and essential workers of San Diego. The DETECT study is another opportunity for MTS employees to help our community by participating in a research study that is designed to study early viral detection (including COVID-19).

Scientists at SRTI are attempting to leverage the data collected by smartwatches to detect viral infections and track the spread of viruses. As you probably know, smartwatches track the fitness activities of the people wearing them, as well as biometric data such as sleep patterns and resting heart rate. Scientists at SRTI believe that smartwatch data can potentially be used to identify people who are sick before they show symptoms through changes in their resting heart rate. It is important to note that this study is not a COVID-19 test and is not designed to replace any of the safety precautions MTS has in place to prevent the spread of COVID-19.

Scientists will not contact participants in real time to report changes in their biometric data because the methodology for early detection is still being refined and tested. Please read the attached DETECT study brochure for further details.

Steps to enroll in the [DETECT Study](#):

1. Download the MyDataHelps App on your smartphone or other mobile device from the [App Store](#) or [Google Play](#).

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Metropolitan Transit System (MTS) is a California public agency comprised of San Diego Transit Corp., San Diego Trolley, Inc. and San Diego and Arizona Eastern Railway Company (nonprofit public benefit corporations). MTS is the taxicab administrator for seven cities. MTS member agencies include the cities of Chula Vista, Coronado, El Cajon, Imperial Beach, La Mesa, Lemon Grove, National City, Poway, San Diego, Santee, and the County of San Diego.

2. Open the app and follow the steps to join the DETECT study when prompted. Employees who have wearable devices can begin participating immediately.
3. Employees who would like to participate but do not have a wearable device should email Joshua Sam-Ramos at Joshua.samramos@sdmts to request a Fitbit. The first 400 employees who agree to participate in the study and do not already own a smartwatch will receive a free Fitbit so they can participate. Fitbits will be distributed on a first come first served basis. Bus Operators and Train Operators are not eligible, as personal electronic devices may not be worn while in revenue service.
 - a. Email subject: DETECT Study – Fitbit Lottery
 - b. Include in email body:
 - i. Full Name
 - ii. Employee ID Number
 - iii. Job Title
 - iv. Division (Bus / Rail / MTS)
 - v. Phone Number
 - vi. Email Address
 - c. Attach a screenshot from your mobile device documenting your enrollment in the study.

The Human Resources Department will respond with instructions for picking up your new Fitbit (while supplies last).

Attachments:

1. DETECT Study Description
2. Example of DETECT Enrollment Screenshot

cc: All Agency Bulletin Boards
All COVID-19 web pages
Announce Via Text Message