

## WHY SHOULD I JOIN?

### Research may help:

- Find the best ways for people to stay healthy.
- Create better tests to see if people are sick or at risk of getting sick.
- Make new discoveries that could advance precision medicine.

**Better health.  
Better tests.  
New discoveries.**



## HOW DO I JOIN?



**Download  
the *All of Us* app**

or



**Visit our  
website**

## JOIN TODAY

**JoinAllofUs.org/together  
(301) 545-6140  
contact@aahd.us**

All of Us and the All of Us logo are service marks of the U.S. Department of Health and Human Services.

**All  
of  
Us**  
RESEARCH PROGRAM



**We invite you to be  
one in a million to help  
speed up medical  
breakthroughs.**



American Association on  
Health and Disability

**JoinAllofUs.org/together  
(301) 545-6140  
contact@aahd.us**



# We're all different.

But when we visit the doctor, our treatments are often the same. We think one day health care should be tailored for you.

This is called **precision medicine**. And research can help us get there.

## Precision medicine is health care that is based on each person.

It is made up of three factors:



### ENVIRONMENT

Like where you live

+



### LIFESTYLE

Like what you eat

+



### BIOLOGY

Your genes and family history

## The *All of Us* Research Program

*All of Us* is a new research program. The goal is to learn how differences between us might lead to different types of treatments.

We want **one million or more people** to join. People who join will share information. This might be about their health, habits, and what it's like where they live. It might also be about family history and genes.

Researchers will use this to do studies. This may help improve health for everyone.

## WHAT KIND OF INFORMATION WILL I GIVE?

You **will** be asked to:



Take online surveys



Share your electronic health record (EHR)

You **may** be asked to:



Give blood and urine samples



Have your physical measurements taken



## TOP 6 THINGS TO KNOW

1. Taking part is free, and won't cost you anything more than a little bit of your time.
2. All eligible adults in the United States can join. You can be involved in the program as much or as little as you like.
3. If you join, you will complete surveys, safely share your medical records, and you may be asked to give a blood and urine sample.
4. The program will last for at least 10 years; we hope you stay in it that long. You can choose to stop taking part at any time. If you do, your access to health care or treatment will not be affected.
5. The program is getting information from different people across the country. This will help researchers learn new things to make discoveries.
6. We use the latest technology to help keep your data private and safe.

Visit [JoinAllofUs.org](https://JoinAllofUs.org) to learn more.

