

# The future of health begins with you.

## Become Our Partner

### What is precision medicine?

Precision medicine is health care that is based on you as an individual. It takes into account factors like where you live, what you do, and your family health history. Precision medicine's goal is to be able to tell people the best ways to stay healthy.

### What is the *All of Us* Research Program?

The *All of Us* Research Program is a large research program from the National Institutes of Health. The goal is to help researchers understand more about why people get sick or stay healthy.

We hope that more than one million people will join the *All of Us* Research Program. People who join will share information about their health, habits, and what it's like where they live. By looking for patterns in this information, researchers may learn more about what affects people's health.

The *All of Us* Research Program will last for 10 years or more. This will allow researchers to study health over time. If you decide to join the *All of Us* Research Program, you will be contributing to an effort to improve the health of generations to come. You also may learn about your own health.



### To start your journey, go to [Participant.JoinAllofUs.org](https://Participant.JoinAllofUs.org) and:

- 1 Create an account
- 2 Give your consent
- 3 Agree to share your electronic health records
- 4 Complete the Consent to Get DNA Results
- 5 Answer health surveys
- 6 Have your measurements taken (height, weight, blood pressure, etc.) and give blood and urine samples, if asked

**After completing these steps, you'll receive \$25.**

**To learn more and to enroll, contact us at:**

**[JoinAllofUs.org](https://JoinAllofUs.org) | [help@joinallofus.org](mailto:help@joinallofus.org) | (844) 842-2855**