

**The future of health begins with you.**

**All of Us**  
RESEARCH PROGRAM



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



**At the moment, health care is often one-size-fits-all.**

**But imagine a future where your health treatments are tailored to you.**

**This is called precision medicine. And we can make that future possible.**

The mission of *All of Us* is simple. We want to speed up health research. To do this, we're asking one million or more people to share their unique health data. This information will be added to a database. Researchers can then access this data to conduct thousands of studies on health and disease.

### Why one million?



The key to the *All of Us* Research Program is diversity. Diversity of people, data types, and ways of life.

The more we know about what makes people unique, the more customized health care can become. That's why we're asking one million or more people to join us.

### Why should I join?



It's simple. You'll contribute to research that may improve health for generations to come.

There's no one exactly like you. Your unique health data may help researchers find the next big medical breakthroughs.

## How do I get involved?



Download the app



Visit our website

**For more information:** Call (844) 842-2855  
Email us at [help@joinallofus.org](mailto:help@joinallofus.org)  
Visit us at [JoinAllOfUs.org/nlm](http://JoinAllOfUs.org/nlm)

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# What is precision medicine?



Precision medicine is health care that is based on each individual.

The goal of the *All of Us* Research Program is to advance precision medicine.

Precision medicine focuses on the power of three: the differences in our environment, lifestyle, and biology.

By studying these differences, researchers may find patterns. This may help improve health for everyone.

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

# What will I be asked to do?



There will be many ways to participate in the *All of Us* Research Program.

You may be asked to:



Take online surveys



Share your electronic health record (EHR)



Give blood and urine samples



Have your physical measurements taken



## Your privacy is important.

We take your privacy very seriously. We use the latest technology to help keep your data private and safe. When you provide personal information, your name and other direct identifiers will be removed and replaced with a unique code.