



HEALTH AND WELLNESS AWARENESS For Veterans



The Peninsula Special Interest Lions Club supports our local Veterans who have served our country and we are here to help them with their current needs through the [Lions Global Initiative for Health and Wellness](#).



We would like to bring awareness to the **Million Veteran Program (MVP)** and **All of Us Research Program (AoURP)**.

America's Veterans are serving the country by participating!

Please share this with Veterans and encourage participation!

for **Million Veteran Program** Brochure
[See Attachment](#)

The **Million Veteran Program** is a national research program to learn how genes, life style and military exposures affect health and illness. Since launching in 2011 825,000 Veteran partners have joined in one of the world's largest programs on genetics and health.

Veterans that partner with **MVP** contribute to improving the lives of fellow Veterans and ultimately, everyone. Scientific discoveries from **MVP** are already underway to help them research their goal of transforming health for now and for future generations.

All of Us Research Program Brochure
[See Attachment](#)

[CLICK HERE](#) YouTube Testimonial – Brian
[CLICK HERE](#) YouTube Testimonial - Keisha

The Mission of All of Us Research Program is to accelerate health research and medical breakthroughs, enabling individualized prevention, treatment and care for all of us.

For more information, please contact: Pallavi Gautam, MPT, Clinical Research Coordinator
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WHY SHOULD I JOIN?

You may help researchers to:

- Understand how genes, lifestyle, and environment influence health and wellbeing.
- Create new approaches to help people stay healthy, and develop better tests and treatments for those who are sick.
- Make new discoveries to advance precision medicine for Veterans and for all of us!

**A healthier future.
Let's work on it together.**



HOW DO I JOIN?

1. Visit Veterans.JoinAllofUs.org
 2. Click "Join Now" in the upper right-hand corner of the page
- JOIN NOW**
3. Register using an email or cell phone number (you will need to have one of these readily available to verify your account)
 4. Once you sign the primary consent form, click "Find a Partner" at the top of the page and select the VA closest to you
 5. Review and sign the optional electronic health records (EHR) consent (required for #7)
 6. Complete surveys found under "My To Do List"
 7. Call the VA *All of Us* Information Center at (833) 805-0426 to set up an appointment for your physical measurements and blood draw, or for help.

You can complete these steps during your appointment, but completing them on your own will significantly shorten your appointment time.

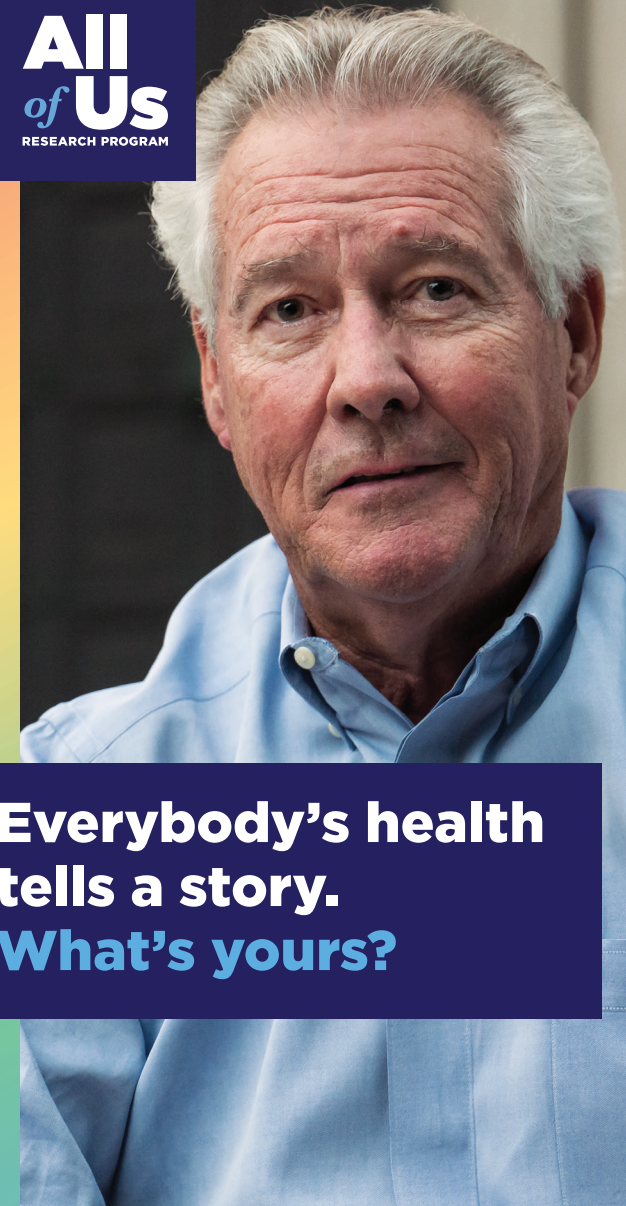
All of Us works closely with the Million Veteran Program (MVP), but is not the same program. You can join both.

JOIN TODAY

Veterans.JoinAllofUs.org
(833) 805-0426
allofus@va.gov

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



**Everybody's health
tells a story.
What's yours?**

VA



U.S. Department
of Veterans Affairs
Veterans Health
Administration

Veterans.JoinAllofUs.org
(833) 805-0426
allofus@va.gov

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 to 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.

Researchers need you to join to make sure Veterans are represented in this important research. 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.

Your participation will help researchers to further precision medicine, which may improve health for everyone. You may even learn more about your genes along the way.



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

This program will ask you to participate from time to time, either online or in person. You can choose to stop taking part in this research program at any time.



Visit Veterans.JoinAllofUs.org to learn more.



Call toll-free 866-441-6075

More questions?

For more information or to join online, visit mvp.va.gov.

Call the MVP Info Center toll-free at **866-441-6075** with any questions or to schedule an MVP visit.



MILLION VETERAN PROGRAM

A Partnership with Veterans

Why is it important to study genes?

Genes carry instructions for building and maintaining people's bodies such as hair and eye color. Small differences in genes may explain why some people get diseases or why people respond differently to medications and treatments. Genes also interact with lifestyle and environmental factors to influence the risk for developing common illnesses, such as heart disease, diabetes, and cancer. A better understanding of how genes work helps prevent health problems and improve treatment of disease.



Contact the VA Central Institutional Review Board (IRB) toll-free at 877-254-3130 with any questions about participant rights or to make sure MVP is an approved VA program.

VA



U.S. Department of Veterans Affairs

DISCOVERY ★ INNOVATION ★ ADVANCEMENT

07/2019-55



What is the Million Veteran Program?

The Department of Veterans Affairs' Million Veteran Program (MVP) is a national, voluntary research program to help researchers better understand how genes affect health and illness. The goal is to improve health for Veterans and the population at large. Participation in MVP is entirely voluntary and will not affect Veterans' access to health care or benefits.

What is MVP researching?

MVP is one of the largest research programs in the world on genes and health. Researchers are using information from MVP Veteran partners to learn how genes, lifestyle, and military experiences affect health and disease. With an expected enrollment of at least one million partners, MVP provides an important opportunity to understand genes and health, especially among the Veteran population.



Participation in MVP is entirely voluntary and will not affect Veterans' access to health care or benefits.

How do Veterans join MVP?

Joining MVP is easy and can happen at MVP locations across the country or online.

1. Filling out surveys through the mail or online about health and lifestyle.
2. Providing a blood sample for genetic analysis at participating MVP locations.
3. Permitting MVP access to information from health records on an ongoing basis.
4. Agreeing to future contact by MVP for additional research opportunities.

Go to mvp.va.gov or call the MVP Info Center toll-free **866-441-6075** to learn more, including how to join online or schedule a visit at a participating MVP location.

What are the potential benefits of MVP?

Research findings based on MVP are helping lead to new ways of preventing and treating illnesses. While joining MVP may not provide a direct benefit, findings from MVP benefit all Veterans and the population at large.

Are there any risks in joining?

There are slight risks involved with joining MVP including:

- Pain, bleeding, bruising, or infection from the blood draw.
- Filling out MVP surveys may cause distress, such as learning about family health conditions of which you were not aware.
- There is a slight risk of a confidentiality breach. See the next section for how VA minimizes this risk.

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What confidentiality and privacy protections are in place?

Safety and information security are top priorities for both MVP and all VA research. MVP Veteran partners' privacy and confidentiality are protected in the following ways:

- All samples are data stored in secure VA and VA-approved locations with many protections in place to avoid unauthorized access.
- All samples and data are coded and only limited MVP staff can link the coded information to identities.
- Researchers with approved access to samples and data do not receive name, date of birth, contact information, or social security number of MVP partners.

