



BE ONE IN A MILLION

What is the *All of Us* Research Program?

The *All of Us* Research Program is a large research program. 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.



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.

The future of health begins with you.



How do I get involved?



Download the app



Visit our website

There are many ways to participate.

You may be asked to:



Take online surveys



Complete the Consent to Get DNA Results



Share your electronic health record (EHR)



Give blood and urine samples



Have your physical measurements taken

Contact Us:

(844) 842-2855

help@joinallofus.org

[JoinAllofus.org](https://www.joinallofus.org)

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All of Us

RESEARCH PROGRAM