

Dear [Title, Forename, Surname]

[Title, Forename, Surname]

[address]

[Postcode]

An invitation to take part in a new health research programme to help future generations live healthier lives for longer

You are invited to take part in a new health research programme called **Our Future Health**. This letter explains what is involved and what to do next.

Today, too many people spend many years of their later life in poor health. **Our Future Health** aims to help researchers make discoveries to prevent, detect, and treat diseases earlier. Diseases like dementia, cancer, diabetes, heart disease and stroke.

Our Future Health will be the UK's largest ever health research programme. With up to 5 million volunteers, it will be one of the most detailed pictures we've ever had of people's health. Researchers will use this information to make new discoveries that could help future generations live in good health for longer.

Anyone over the age of 18 in the UK is eligible to take part in **Our Future Health** and you are among the first to be invited.

Taking part in **Our Future Health** involves:

1. Answering some online questions about yourself, your health and lifestyle
2. Giving Our Future Health permission to securely link to your health records
3. Providing a blood sample at one of our local clinics at a time that suits you

Your data will be stored and managed securely and to the highest professional standards, in compliance with data protection laws.

Our Future Health is also the name of the charity that is running this research programme. It is supported by many organisations, including the NHS, health charities and companies, universities, and the government.

Please visit www.ourfuturehealth.org.uk or scan this QR code for more information.

You will also be able to register and volunteer to take part at our website.

If you have any questions, please call 0808 501 5634 or email support@ourfuturehealth.org.uk.

Yours sincerely,
[Name of signatory]

Why was I sent this letter?

You have been sent this letter because you are over the age of 18 and live in a selected area of England.

Our Future Health asked NHS Digital to identify people like you and invite them to join the research programme. NHS Digital holds this information from records that health and social care providers in England keep about the care and treatment they give.

Does Our Future Health have my data?

No. NHS Digital arranged for this invitation to be sent using a secure and trusted printing and postage company. Your data has not been shared with Our Future Health. The printing and postage were paid for by Our Future Health.

Who gave permission for me to be sent this letter?

NHS Digital received legal permission to identify and invite people like you from the Health Research Authority, who themselves received advice from an independent body called the Confidentiality Advisory Group. This permission comes under Regulation 5 of The Health Service (Control of Patient Information) Regulations 2002.

Why have I been sent this letter if I have signed up before?

This invitation was sent to randomly selected adults living in specific areas of the UK. If you have already registered to volunteer, please ignore this letter. If you have previously registered and chosen to withdraw, Our Future Health has disposed of your data in accordance with your wishes so please ignore this letter. Our Future Health does not hold any of your personal data at the time of this invitation.