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Dear [first name]

**An invitation to take part in research 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 life in poor health. Our Future Health aims to help researchers 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 five million volunteers. People over the age of 18 in the UK are eligible to take part, and you are among the first to be invited.

Taking part involves answering some online questions about yourself, giving Our Future Health permission to securely link to your health records, and providing a blood sample and having some physical measurements taken (for example, blood pressure) at one of our local clinics. Your data will be stored and managed securely and to the highest professional standards, in compliance with data protection laws.

For more info and to sign up visit ourfuturehealth.org.uk/join/0401 or scan this QR code.



Your invite code is 0401

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

Yours sincerely,

Signatory 1
[Role/Title etc]

Signatory 2
[Role/Title etc]

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.

Why was I sent this letter?

Our Future Health asked NHS Digital to invite people over the age of 18 and who live in a selected area of England 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 invite people 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.