All of Us is powered by participants. We want you to understand each step along the way. Understanding the process is an important part of the enrollment which is why the Henry Ford All of Us Research Program partnered with JoAnne Purtan from 104.3 FM - WOMC to walk through the participant journey. By clicking on the button below, you can share the enrollment experience with a family or friend who is interested in the program.

As a reminder, we will ask you to update your health and lifestyle information from time to time to help us keep our records up to date. We hope you’ll be part of All of Us for many years.

Share the enrollment journey >>
**Program Updates**

The All of Us Research Program is now providing automated messages sent by the national All of Us Research Program to help participants through the enrollment process and to help with future program updates. These include messages via:

- **Emails:** Sent to participants who have provided their email address.
- **SMS:** Text messages are sent to participants who have provided their mobile phone numbers and agreed to receive texts.
- **In portal notifications:** These are short alerts that participants can see when they log into their All of Us account.
- **Push notifications:** These are sent to participants who have downloaded the All of Us app to their mobile phones.

Program updates are also sent to your portal and through the All of Us app. If you haven’t already done so, now’s a great time to pop into the Participant Portal and fill out surveys about your health and lifestyle. These surveys help us paint a more detailed picture of our participants. This will help researchers better understand connections between our genetics, environments, and health.

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**All of Us Research Program**

The All of Us Research Program continues to make it easy to join the program. Henry, the All of Us mobile unit hit the road making stops at various Henry Ford OptimEyes locations, colleges and universities, and partners. Onsite enrollment took place as well as activities to help learn about the program. If you would like to host a pop-up clinic or get involved in the program, contact us.

[Learn more >>]

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Like our new All of Us Facebook page to keep up with the latest program updates.