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**All of Us**  
RESEARCH PROGRAM

The  
Future of  
Health Begins  
With You



Henry Ford's All Of Us Research Program e-Newsletter



## Message of thanks to participants

We hope that you and your loved ones are staying safe and healthy. During these challenging times, we want to do our part to stop the spread of COVID-19.

As an *All of Us* Research Program participant, you are already helping in more ways than you know. In joining the *All of Us* Research Program, you signed up to change the future of health. We are so grateful to team up with you. None of these activities included in our eNewsletter would be possible without you.

**With gratitude,**  
**Drs. Christine Johnson and Brian Ahmedani**  
Co-Principal Investigators  
*All of Us* Research Program

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## Call for Participation

The Henry Ford *All of Us* Team wants to **thank you** for being our partner in this effort to speed up health research and medical breakthroughs. We invite you to share your ideas and suggestions about the program by becoming a member of the ***All of Us* Advisory Council**. We meet (online) every other month for 90 minutes (5:00-6:30 pm) to discuss updates on the program and ask for your feedback and suggestions.

Advisors will receive a \$25 gift card for each online meeting they participate in.

Apply Now



## Scientific Activities in Response to COVID-19

The *All of Us* Research Program has initiated three new scientific activities shown below to help us better understand COVID-19 and inform current and future pandemic responses.

### 1. Antibody Testing

By examining participants' blood samples, we can add an important puzzle piece to learn more about the origins and spread of COVID-19 in the U.S.

*All of Us* will test samples from at least 10,000 participants who joined the program most recently, starting with samples from March 2020 and working backward until positive COVID-19 samples are no longer found.

We will share anonymized “big picture” results with all of our participants.

### 2. Covid-19 Participant Experience (COPE) Survey

Over the summer you may have seen or filled out the new COPE survey(s). This survey was released repeatedly throughout the height of the pandemic. It asks participants how the COVID-19 pandemic is affecting them and their communities. Soon we will be asking participants to fill out this survey again to help gain an understanding of the affects overtime.

Health outcomes for people are affected by many factors, including lifestyle and environment. The COPE survey will help advance our work to understand COVID-related health disparities as well as health disparities among different demographics.

### 3. EHR Data Integration

More than 200,000 *All of Us* participants so far have shared information available in their electronic health record (EHR).

Researchers may be able to use EHR information to understand patterns of symptoms, illness, or treatment effects, and unravel why COVID-19 makes some people very ill and others not.

Participant privacy is our top priority and a key part of our process is removing personally identifiable information before we let researchers use the data.

FAQ's about COVID-19 and All of Us



### Navigating Cold and Flu Season During a Pandemic

As we start moving toward fall and winter, preventing the cold and flu becomes a top priority. With COVID-19 still widespread, protecting yourself from the cold and flu this season could be more important than ever.

Be sure to follow some of these health habits to [prevent the spread of the cold and flu](#):

- Practice good [hand hygiene](#).
- Eat a [wholesome diet](#) of plenty of fruits, vegetables, whole grains and lean protein.
- Get [sufficient sleep](#).
- [Exercise](#) regularly.
- [Stay home](#) if you don't feel well.

Find additional information on how to keep yourself healthy.

Actions to Prevent Flu

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