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2,150,507

people are already taking part
in the UK's largest health
research programme.

(As of 20 January 2025)

Date: ((date))

Dear ((firstName)),

An opportunity to take part in research and learn new information about your blood pressure and future risk of disease.

You are invited to take part in Our Future Health, the UK's largest ever health research programme. If you take part, you will have the chance to find out more about your health now, and your risk of developing some diseases in the future.

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

Our Future Health needs up to 5 million people. Everyone aged 18 and over living in the UK is eligible to take part.

Taking part includes answering some online questions about yourself, providing a blood sample, and having your blood pressure measured at a local clinic.

In the future Our Future Health plans to offer you the chance to learn about your risk of developing some diseases such as diabetes and heart disease. This would be calculated using the information you provide and an analysis of the DNA in your blood sample.



**Scan this QR code for more info
and to sign up**

Or visit ourfuturehealth.org.uk/join/0448

£10 voucher

Sign up using the QR code or website link above and you will be eligible for a £10 voucher to recognise the time and effort of volunteering. You can find more information on the back of this letter.

You can also share this invitation with other members of your household.

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

Yours sincerely,

Raghib Ali

Raghib Ali OBE MD FRCP(UK)
Chief Medical Officer, Our Future Health
NHS Consultant in Acute Medicine

John Bell

Professor Sir John Bell GBE, FRS
Chairman, Our Future Health

Our Future Health is a company limited by guarantee registered in England and Wales (number 12212468) and a charity registered with the Charity Commission for England and Wales (charity number 1189681) and OSCR, Scottish Charity Regulator (charity number SC050917). Registered office: 2 New Bailey, 6 Stanley Street, Manchester M3 5GS.

How we are run and funded

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 England to invite people over the age of 18 and who live in a selected area of England to join the research programme. NHS England 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 England 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 England 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.

Is an appointment with Our Future Health the same as an NHS Health Check?

Our Future Health is a research programme and does not form part of your NHS care. An appointment with Our Future Health is not intended as a personal health check and you should still attend an NHS Health Check if you are invited to attend one.

£10 voucher

Our Future Health is a voluntary programme, and there are no charges to take part.

After completing the questionnaire and attending your appointment you will be offered a £10 voucher (Voucher Express) to recognise the time and effort of volunteering. You can spend this voucher in places like supermarkets, high street shops and online retailers.

You can also choose to donate the voucher to the Our Future Health charity.

To get the voucher you must sign up by using the full website link or the QR code that are printed on the front of this letter, complete your health questionnaire and agree to donate a blood sample when you attend your clinic appointment. You do not need to show any receipts.

You must claim the voucher within 14 days of completing the questionnaire and attending your clinic appointment.