



Because Families Serve Too

Millennium Cohort Family Study

Dear [NAME],

When you and your spouse joined the Family Study and the Millennium Cohort Study a few years ago, you became part of a special community of couples that inform leadership, guide interventions and shape support programs designed to target the specific needs of military couples and families. As a member of the Millennium Cohort Family Study, you have the opportunity to represent all military spouses. We are re-contacting you because your continued participation makes it possible to form a more complete picture of how military life influences family dynamics, structure and relationships. Whatever your circumstances and feelings, whether you have children or not, we would like to encourage you to provide your input by completing your Family Study follow-up survey.

We realize that relationships and families change over time, so we contacted you last year and asked you to share your experiences since the last survey. We have heard from a large number of the military spouses who participated in the initial 2011-2013 survey. However, the results of this important study will have the greatest impact if we can hear from you, since your unique input will help make the Millennium Cohort Family Study a powerful resource for understanding the unique strengths and challenges experienced by current and former military couples.

In an effort to be as inclusive and comprehensive as possible, our survey has been updated to ensure an understanding of the evolving situations and circumstances of military spouses over time. As such, the survey includes sections intended for participants with current or prior military service, with and without children, as well as those who are separated, widowed or divorced. Even if your spouse is no longer in the military or if your marital status has changed, your participation is critical to defining how military life affects families.

To complete your survey, please visit the study website www.familycohort.org, click "Start Survey" and enter your Subject ID: XXXXXXX.

Very Respectfully,

Carrie Donoho, PhD

Captain, MS, USA

Spouse of a Veteran and Active Duty Family Study researcher

The Millennium Cohort Family Study is an authorized Department of Defense project. Note Report Control Symbol #DD-NAVY(X)XXXX, Office of Management and Budget Approval # 0703-0064, and Primary Institutional Review Board Protocol # NHRC.2000.0007

A U.S. DEPARTMENT OF DEFENSE STUDY



Millennium Cohort
Family Study

BECAUSE FAMILIES SERVE TOO

WWW.FAMILYCOHORT.ORG

The Millennium Cohort Family Study
PO Box 85777

San Diego, CA 92186-5777

Toll-free: 800-571-9248

Email: team@familycohort.org

Does military service impact the health and well-being of military families?

When you joined the Family Study, you took a step towards helping answer this important question.

Your continued voluntary participation is vital to reaching this goal!

Dear (Insert Name)

Approximately two years ago you completed a survey for the Millennium Cohort Family Study which was designed to assess the health and well-being of military families over time. We are writing to ask for your continued participation in this important U.S. Department of Defense study.

Because relationships and families change over time, it is very helpful to hear from military families every few years, so we would like to invite you to share your experiences since the last survey. Even if your marital status has changed or you are geographically separated from your spouse, we greatly value your continued participation and input, as this study is aimed to evaluate both the short- and long-term impact of military service on families.

This year's follow-up survey includes several new questions that we hope address issues that you consider important. We have also removed some questions and modified others in an attempt to make the follow-up questionnaire as relevant as possible to the life experiences of our 10,000 participants. In addition, the follow-up survey will only be offered on the web, in order to make the results of the study available as quickly as possible.

Please complete your survey by going to WWW.FAMILYCOHORT.ORG, click on START SURVEY, and enter your Subject ID:

In recognition of your contribution to the Family Study, we are enclosing a small token of our appreciation as a way of expressing our gratitude for your previous and continued efforts to make a difference in the lives of current and future military families. We truly value your time and input in order to complete the survey.

Very sincerely,

The Millennium Cohort Family Study Team

Lunch Bag Email Text

Two versions: One for Non-dual military families and one for dual-military families

NON-DUAL MILITARY FAMILIES

Purpose: reference recent postal contact and gift. Continue to push for web completion.

Subject Line: Millennium Cohort Family Study - How are you?

Dear [name],

Earlier this week, you should have received a package with an invitation to complete a follow-up survey as part of your enrollment in the Millennium Cohort Family Study. We also included a small token of our appreciation for your continued help with this very important U.S. Department of Defense study. The Millennium Cohort Family Study is the first of its kind to evaluate both the short and long-term effects of military service on military families from all branches and components of the U.S. Armed Forces.

We are sending you this email to provide a link to the Family Study website, which we hope makes it easier for you to access and complete the follow-up survey. Just go to www.familycohort.org, click START SURVEY and enter your subject ID: xxxxxxx.

Unlike some studies, the Family Study is designed to follow you over time in order to understand changes in the health and wellness of you and your family. Even if you or your children are not experiencing any health concerns or changes since your first survey, your responses are still very valuable in understanding the possible effects of military life experiences.

Thank you for working with thousands of other military spouses to protect the health and well-being of current and future military families.

If you did not receive our postal mailing with the small token of appreciation, then we may not have your most updated address. We greatly value your help and want to assure that we send future mailings to the correct postal address. Please update your contact info at: [\[update contact info - website\]](#).

Very Respectfully,
The Millennium Cohort Family Study Team

We hope we have reached an appropriate email address. However, if you do not want us to use this address, please visit: [\[unsubscribe email link\]](#)

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Lunch Bag Email Text

DUAL MILITARY FAMILIES

Purpose: reference recent postal contact and gift. Continue to push for web completion.

Subject Line: Millennium Cohort Family Study - How Are You?

Dear [\[name\]](#),

Earlier this week, you should have received a package with an invitation to complete a follow-up survey as part of your enrollment in the Millennium Cohort Family Study. We also included a small token of our appreciation for your continued help with this very important U.S. Department of Defense study. The Millennium Cohort Family Study is the first of its kind to evaluate both the short and long-term effects of military service on military families from all branches and components of the U.S. Armed Forces.

We are sending you this email to provide a link to the Family Study website, which we hope makes it easier for you to access and complete the follow-up survey. Just go to www.familycohort.org, click **START SURVEY** and enter your subject ID: xxxxxxx.

We understand that both you and your spouse are serving, or have served, in the U.S. military. That makes you especially important to this study. We would like to hear from you even if your marital status has changed or if you are geographically separated from your spouse. We realize that the health and well-being of spouses may be affected somewhat differently in dual military families than when only one member of a family serves, so we hope to hear from you.

Unlike some studies, the Family Study is designed to follow you over time in order to understand changes in the health and wellness of you and your family. Even if you or your children are not experiencing any health concerns or changes since your first survey, your responses are still very valuable in understanding the possible effects of military life experiences.

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In this family...

WE SUPPORT EACH OTHER

WE DO DISTANCE We are resilient

WE DO COURAGE & COMMITMENT

WE DO LAST MINUTE REALLY WELL

we do WE MOVE OFTEN
homecomings

We get through tough times

We video chat WE STAND TOGETHER

We are brave

WE DO DEPLOYMENTS

We say I love you



Department of Defense
Deployment Health Research Department
c/o Naval Health Research Center
P.O. Box 85777
San Diego, CA 92186-5777

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ADDRESS SERVICE REQUESTED

During National Military Family Month, the Millennium Cohort Family Study Team would like to thank you for the many contributions you make every day in support of the military and our nation. We join the country in celebration of the Military Family and honor the commitment and sacrifices made by the families of our nation's Service members.

We appreciate your participation in the Family Study follow-up survey. Through your continued involvement, the Family Study is able to provide invaluable information to military leaders and policymakers to positively impact families like yours.

Very respectfully,

Dr. Valerie Stander
Principal Investigator of the Millennium Cohort Family Study



Department of Defense

Deployment Health Research Department
c/o Naval Health Research Center
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If you have not yet completed your Family Study follow-up survey, please visit the following link:
www.familycohort.org, click "Start Survey," and enter your Subject ID: **XXXXXXXX**.

Through your continued involvement, the Family Study will be able to provide invaluable information to military leaders and policymakers to positively impact families like yours.

Very respectfully,

Dr. Valerie Stander
Principal Investigator of the Millennium Cohort Family Study

MEMORIAL DAY

May we never forget freedom isn't free.



Fort Rosecrans National Cemetery, San Diego, CA



Department of Defense

Deployment Health Research Department
c/o Naval Health Research Center
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ADDRESS SERVICE REQUESTED

Dear <NAME>,

On this Memorial Day, the Millennium Cohort Family Study Team remembers those who sacrificed their lives for our nation, and we thank you for your family's contribution to protecting America's freedom.

The Family Study Team is dedicated to improving the lives of Service members and their families. Your participation in this study helps provide valuable information to healthcare providers and military leaders about the short and long-term concerns of military families.

If you have not completed your online survey, please visit www.familycohort.org, click "Start Survey", and enter your Subject ID: **XXXXXXX**. We truly value your time and participation in this important study. Please know that your continued involvement in the Family Study will make a difference in the lives of military families.

Very Respectfully,

Carrie Donoho, PhD
Captain, MS, USA
Spouse of a Veteran and Active Duty Family Study researcher