

MILLENNIUMCOHORT.ORG

The Millennium Cohort Study
Deployment Health Research Department
PO Box 85777
San Diego, CA 92186-5777
Toll-free: 888-942-5222
DSN: 553-7465



A US DEPARTMENT OF DEFENSE STUDY

Dear [name] ,

A few years ago, you were very helpful in completing a survey for the Millennium Cohort Study which assesses the health and well-being of Service members over time. We are writing to ask for your continued help with the largest effort ever undertaken to understand if military service affects the health of military members during, as well as after, their military service is completed.

We appreciate greatly your previous help with this effort that involves all branches and components of the military. You may notice that this year's questionnaire has been changed, removing some questions and adding others that seem to be helpful in understanding what happens over time with regard to health issues.

Please complete the survey by going to: www.millenniumcohort.org, click on Start Survey, and enter your Subject ID: xxxxxx.

Thank you for your continued help in making this the largest and most important DoD study in US military history and working with us to protect the health of members of our military service.

Very sincerely,

The Millennium Cohort Study Team

Dear <u>[name]</u>,

During the last few weeks, we have requested your continued help with this long-term study of the health and well-being of Service members. It is the only prospective study that is able to evaluate the effects of military service on long-term health.

We have not, to the best of our knowledge, heard from you. We have enclosed a paper survey, hoping that this will make it easier for you to fill out and return.

As a member of this study, you are adding to the picture of the overall health of military Service members throughout their lives. Your past participation, and the participation of others like you, has already helped us to provide valuable information the health impacts of deployments and other military experiences. For example, we found that combat-related trauma and predeployment insomnia symptoms increased the risk for developing post-traumatic stress symptoms, depression, and anxiety following deployment. Findings from this study are intended to influence training, health care, and policies of Department of Defense as well as Department of Veterans Affairs related to serving in the U.S. military.

We thank you for completing the enclosed survey and returning it in the postage-paid envelope. Or, to complete the survey online, please go to the website:

http://www.MillenniumCohort.org

Enter your unique Subject ID: xxxxxx.

Be assured that this is an authorized study supported by the highest levels of the Department of Defense. Defense Manpower Data Center Reference # 00-0019, Report Control Symbol # DD-NAVY(X)XXXX, Office of Management and Budget Approval # 0703-0064, Office of the Assistant Secretary of Defense (Health Affairs), TRICARE Management Activity Protocol # CDO-06-206, and Primary Institutional Review Board Protocol # NHRC.2000.0007.

We look forward to hearing from you as one of our valued Millennium Cohort members!

[Insert Signature]

If you have any questions, please contact the Millennium Cohort team at our toll-free number, 1-888-942-5222, or DSN 553-7465, or email info@millenniumcohort.org.

Please complete your survey

We hope to hear from **each one of you**, so that the study is as informative as it can be to you and to future generations of Service members and Veterans.

Sut the same questions... again?

Each survey cycle, we ask many of the same questions, such as level of physical activity and amount of cigarette smoking. Habits **may change** over time, and asking about these factors every 3 years provides a series of "snapshots" that will help give us a better picture over time.

Even if not very much has changed, or if you have stayed healthy, we ask that you respond. Keeping your information up to date is critical to our ability to draw the correct conclusions from this kind of study.



Another survey? Why?

Since you enrolled in the Millennium Cohort Study, you have been asked to complete a health survey every 3 years.

The study is designed as a "follow-up study" where the same participants are followed over time. No one can take your place. This type of study helps researchers to examine a variety of factors and their influence on a variety of health conditions that may occur over the course of a lifetime. This is the largest follow-up study of its kind in military history, and you are key to its success.

Your continuing participation and dedication make it possible to learn about the long-term impact of military service, even after you have left the service.

What about new questions?

As we learn more as time goes on, we may add new survey questions to better understand the various health concerns of Service members and Veterans.

For example, on the current survey, we have added questions about diagnoses of **traumatic brain injury** and **degenerative joint disease**. Rest assured that when we add new questions, we will work to prioritize and scale back other questions. We value your time and appreciate your ongoing help.

Thank you

Special thanks to those who have completed the survey. It's still not too late!



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PLEASE KEEP US UPDATED

Have you recently moved or changed your email address? Has your name changed?



Please visit our website and log in to update your information.



Use your Subject ID located below the barcode on the address side of this newsletter to log in and update your personal information.



Take Action

How do I fill out my survey?

If you haven't already, you can complete your survey online:

www.millenniumcohort.org

Click on **Start Survey** and enter your Subject ID located below the barcode on the address side of this newsletter.

Feel free to contact us with questions:

Email: dod.milcohortinfo@mail.mil

Toll-free: 1-888-942-5222

DSN: 553-7465



MEMORIAL DAY

WE WILL NOT FORGET



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On this Memorial Day, we recognize the valiant efforts of the hundreds of thousands of men and women who put country before self and gave their lives for our nation. They felt a sense of duty, and they dedicated their lives to fulfill that duty.

We want to remind you that you are a part of the largest health study in military history and one of the largest cohort studies in world history! You should feel confident that you are contributing to an effort of profound public health importance. Please know that you are making a difference by remaining engaged in the Cohort over time.

Thank you for your continued support of this important project!

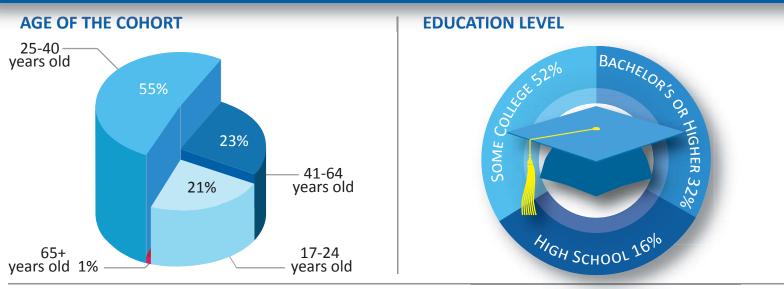
Respectfully,

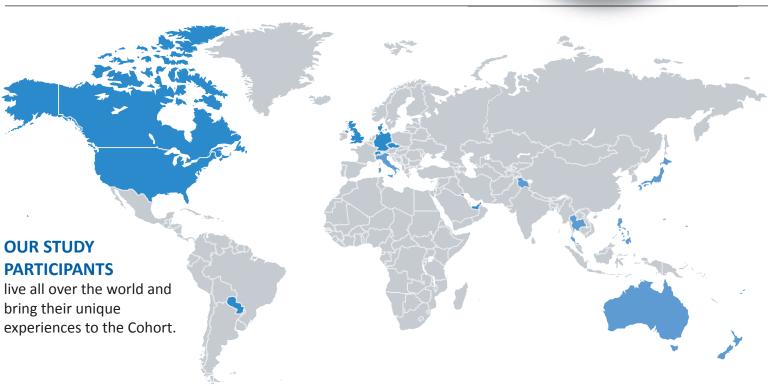
Dennis Faix, CDR, MC, USN

On Behalf of the Millennium Cohort Study Team

Primary Institutional Review Board Protocol # NHRC.2000 .0007

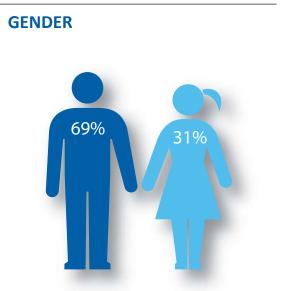
A SNAPSHOT OF THE MILLENNIUM COHORT STUDY

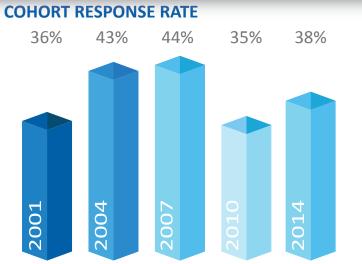




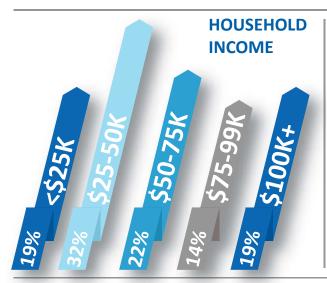


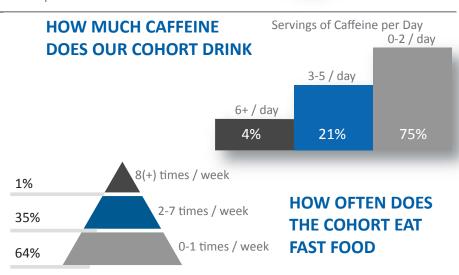








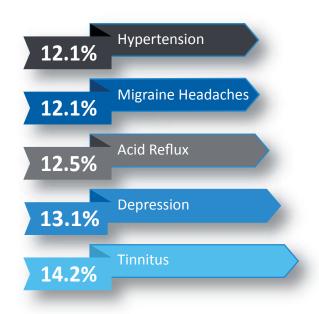




WHY SHOULD YOU CONTINUE TO PARTICIPATE?

The purpose of this study is to assess the health risks of military deployment, military occupations, and general military service. You were selected to represent your fellow soldiers, sailors, airmen, and Marines, and your continued participation positively impacts former, current and future Service members. Ultimately, the greatest benefits of this study will not be known for many years. This is why it is essential to stay involved with the study even after you are out of the service.

MOST COMMON HEALTH ISSUES











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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Subject ID: XXXXXX Mail ID: XXXXXX-XXXXXX

The Millennium Cohort survey cycle is coming to a close. So far, only 40% of your fellow Marines have responded to their surveys. In order for us to fully understand how military service affects long-term health, we need to hear from you.

Even if you have left the service or are not experiencing any health problems, we want to hear from you! You may complete your survey online at *www.millenniumcohort.org*. Just click Start Survey and enter your Subject ID (found below the barcode above).

Thank you for considering our request and for your service.

Very respectfully,

Dennis Faix, CDR, MC, USN

On Behalf of the Millennium Cohort Study Team

ADDRESS SERVICE REQUESTED

******AUTO

Sample Name

Any Street

Any Street 2

Any City, State Zip_Code

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