

Attachment 1d: Respondent Brochure
National Health Interview Survey (NHIS) Follow-up Health Study
Respondent Brochure

National Health Interview Survey
Follow-up Health Study
A Healthier America Begins With You

Thank you for taking part in the National Health Interview Survey (NHIS). With the help of people like you, the NHIS continues to be the gold standard of health data in the United States.

To make sure we have timely information about the nation's health, we are conducting the NHIS Follow-up Health Study. You have been chosen to be part of this important study.

Why should I participate?

This study is important. You can help us improve the way we understand and address important public health challenges like cardiovascular and kidney disease, anemia, high blood pressure and diabetes. With the help of people like you, the NHIS continues to be the gold standard of health data in the United States.

Your participation is vital. Only a few select individuals can participate. No other person can take your place.

What do I have to do?

1. **Answer the call!** We will contact you in the next few weeks to schedule your appointment for a time that is convenient for you. The study representative can answer any questions you might have.
2. **Answer the door.** A health representative will come to your home at the scheduled time to measure your height, weight, waist, blood pressure, and resting heart rate. We will ask you to provide a blood sample and a urine sample. We will also ask for your feedback about this study to help improve it for future participants. The health visit will take about an hour.

What do I get from this study?

1. **Important information you can use.** At the end of the visit, we will give you a written summary of your immediate results. We will mail a second summary of results a few weeks after the visit. It will have the results from your blood and urine tests. It will tell you if you have COVID-19 antibodies as well as information about your liver and kidney health. These results can help you start important conversations with your health care provider and your family.
2. **A \$75 prepaid card** to thank you for your time.

What health measures and test results are included?

Health Measures:

- Height and weight
- Waist circumference
- Blood pressure and pulse

Urine Tests:

- Creatinine
- Glucose
- Hemoglobin
- Microalbumin
- Protein
- Protein/Creatinine Ratio

Blood Tests:

Diabetes Screen:

- Hemoglobin A1c
- Glucose

Liver and Kidney Function Tests:

- Albumin
- Albumin:Globulin ratio
- Alanine Aminotransferase (ALT)
- Alkaline Phosphatase
- Aspartate Aminotransferase (AST)
- Bicarbonate
- Bilirubin
- Blood Urea Nitrogen (BUN)
- Calcium
- Chloride
- Creatinine
- Globulin
- Glomerular Filtration Rate (estimated)
- Potassium
- Protein
- Sodium

Cholesterol Tests:

- Total Cholesterol
- Total Cholesterol:HDL Ratio
- High Density Lipoprotein (HDL)
- Low Density Lipoprotein (LDL)
- Non-HDL Cholesterol
- Triglycerides

Anemia Screen

- Hemoglobin

Presence of COVID-19 antibodies

Your safety is important to us. The health representatives working on this study are experienced and highly skilled employees of ExamOne, a Quest Diagnostics Company. They will wear a face shield, surgical mask, lab coat or long sleeves under scrubs, gloves, and close-toe shoes. NCHS recommends you wear a facemask during the visit. Study staff will follow standard safety procedures during the visit.

The tests are safe. Some tests may cause you slight discomfort, such as having a blood sample drawn from a vein in your arm with a needle. We will not ask you to have any test that is wrong for you because of a health condition you have.

We guard your privacy. All study staff took an oath to protect your privacy and are required to follow privacy and protection laws. Anyone who shares information about you can be fined up to \$250,000, lose their job, and go to jail for up to 5 years. We will use data from this study only for statistical purposes. The following federal laws protect your information: Section 308(d) of the Public Health Service Act (42 U.S.C. 242m(d)), the Privacy Act of 1974 (5 U.S.C. § 552a), and the Confidential Information Protection and Statistical Efficiency Act of 2018 (Title III, Public Law 115-435).

We ensure your safety. For your protection, the ExamOne employee will show you a photo ID that includes their logo:

Thank you!

For more information on the National Health Interview Survey Follow-up Health Study, call us toll-free at 1-833-872-0534.

The National Health Interview Survey Follow-up Health Study is conducted by the National Center for Health Statistics, Centers for Disease Control and Prevention, U.S. Department of Health and Human Services