



MILLENNIUM COHORT STUDY

Committed to Understanding Service Member and Veteran Health

<John Sample>
<1234 Street Address>
<Extra Street Address>
<Cityname, ST 12345-3789>

Dear <Name>,

We recently contacted you announcing our plans to launch a follow-up survey as part of the ongoing Millennium Cohort Study. This is the largest study in history assessing health and wellness, chronic illness and other physical and emotional issues affecting current and former military members.

The study has launched and we welcome your participation. We have made it as easy as possible to participate. Simply visit our website at www.millenniumcohort.org to get started. It will take approximately 45 minutes to complete.

Your Subject ID is <XXXXXX>

After you submit your confidential questionnaire online, you will have the opportunity to select a \$5 gift card to one of several popular vendors (Amazon.com, Starbucks, Subway, or Walmart), or a Millennium Cohort hat.

Even if you are no longer on active duty, or are not experiencing any health concerns, your responses are still very valuable. We hope that you consider participating in the study today, as we are attempting to assess study results as soon as possible, better enabling us to create strategies for improving the health and wellness of all military members from all service branches.

Very sincerely,

Rudy Rull, PhD, MPH
On behalf of the Millennium Cohort Study Team

For any questions, please contact the Millennium Cohort Team at dod.milcohortinfo@mail.mil or call toll free 1-888-942-5222 or DSN 553-7465, and reference your Subject ID: <XXXXXX>

The Millennium Cohort Study is an authorized Department of Defense project. Note Report Control Symbol # DD-HA(AR)2106, Office of Management and Budget Approval # 0720-0029, and Primary Institutional Review Board Protocol # NHRC.2000.0007.

DEPLOYMENT HEALTH RESEARCH DEPARTMENT

P.O. BOX 85777 • SAN DIEGO, CA 92186-5777 • DSN: 553-7465 • PHONE: 888-942-5222 • MILLENNIUMCOHORT.ORG

HERE WE MARK THE PRICE OF FREEDOM



MEMORIAL DAY

WORLD WAR II MEMORIAL, WASHINGTON, DC



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

PRESORTED
 FIRST CLASS
 U.S. Postage
 PAID
 San Diego, CA
 Permit #3909

FOR OFFICIAL USE ONLY - DO NOT MARK

ADDRESS SERVICE REQUESTED



Subject ID: XXXXXX Mail ID: XXXXXX-XXXXXX

On this day, we pay our respects and honor those who have made the ultimate sacrifice for our nation, leaving behind an immense legacy. The Millennium Cohort Study team would like to honor all of our fallen service members along with their families and loved ones.

The Millennium Cohort Study is approaching the end of the survey data collection effort. If you have already completed the online questionnaire, please accept our sincerest gratitude. If you have not yet had time to consider our request, we hope you will be able to do so soon.

We ask that you please complete the survey at your earliest opportunity by visiting our website at www.millenniumcohort.org and clicking on Start Survey. Your **Subject ID** can be found under the barcode above.

Thank you again for your service and your time.

Very Respectfully,
 The Millennium Cohort Study Team

*****AUTO

Sample Name
 Any Street
 Any Street 2
 Any City, State Zip_Code





MILLENNIUM COHORT STUDY

Committed to Understanding Service Member and Veteran Health

<John Sample>
<1234 Street Address>
<Extra Street Address>
<Cityname, ST 12345-3789>



Dear <Name>,

As a Millennium Cohort Study participant, you were selected to represent your fellow current and former service members in the largest health study in military history. Your input has been incredibly valuable so far, and your continued participation is more important than ever. Even if you have never deployed or are no longer in service, your contributions are still meaningful to our study.

At this time, only **24%** of our participants have responded to our requests to submit their survey for this current cycle. Therefore, we have enclosed a paper survey, hoping this will make it easier for you to fill out and return.

You also still have the option to complete the survey online by visiting our website at www.millenniumcohort.org and entering your subject ID: <123456>. The survey will take approximately 45 minutes to complete.

Your participation has already encouraged our understanding of how deployments and other military experiences impact service members' and veterans' physical and mental health. Please see the reverse side of this letter for summary information of the survey responders so far. Help us move forward and strengthen our knowledge base, so that we can effect change for the betterment of our military's health and well-being.

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

Very sincerely,

Rudy Rull, PhD, MPH
On behalf of the Millennium Cohort Study Team

For any questions, please contact the Millennium Cohort Team at DoD.milcohortinfo@mail.mil or call toll-free 1-888-942-5222 or DSN 553-7465, and reference your Subject ID: <123456>.

The Millennium Cohort Study is an authorized Department of Defense project. Note Report Control Symbol # DD-HA(AR)2106, Office of Management and Budget Approval # 0720-0029, and Primary Institutional Review Board Protocol # NHRC.2000.0007.

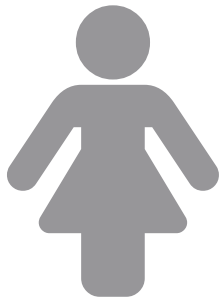
DEPLOYMENT HEALTH RESEARCH DEPARTMENT

P.O. BOX 85777 • SAN DIEGO, CA 92186-5777 • DSN: 553-7465 • PHONE: 888-942-5222 • MILLENNIUMCOHORT.ORG



The xxxx-xxxx Survey Cycle So Far...

ARE YOU BEING REPRESENTED?



28%

2019-2020 participants by gender

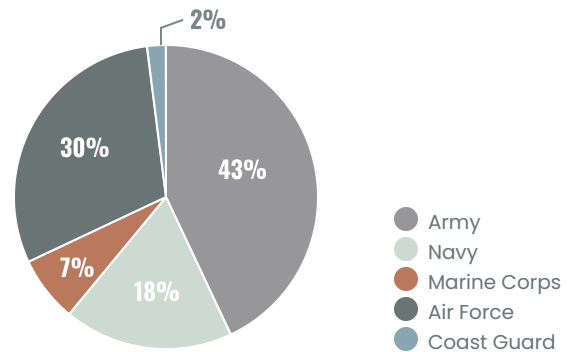


72%

Why should you participate?

The xxxx survey launched in the fall of xxxx. This page shows the breakdown of those that have responded to the survey so far.

In this landmark DoD study, you represent your service branch, gender, and age group, so your participation is incredibly valuable in making this a successful study.



2019-2020 participants by service branch

WHAT DOES A xxxx-xxxx PARTICIPANT LOOK LIKE?

Smoking



80% of participants who previously smoked have quit

Alcohol



11% of participants drink above recommended limits*
*7 drinks/week for women and 14 drinks/week for men

BMI



The average BMI is 29.1 for male participants and 27.8 for female participants*
*Body mass index, 25-29.9 is overweight

Education



58% of participants have at least a bachelor's degree*
*Data is from the 2014 survey

Marital Status



75% of participants are currently married

Sleep



Participants get an average of 6.4 hours of sleep per night

Exercise



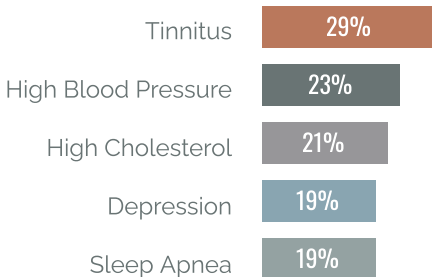
83% of both male and female participants exercise more than 2 times per week

Separation Status



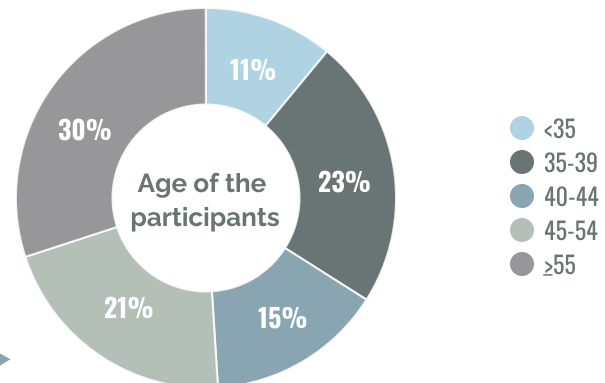
71% of participants have separated from the military and are no longer on active duty

5 most commonly reported health issues



Over the past xx years, the average age of a study participant has increased from 35 to 47.

Remaining involved with the study as you age is critical to answering many challenging questions about the long-term effects of military service on health and well-being.



SURVEY TOPIC AREAS



Physical Health



Well-Being



Support and Coping



Military Service



Family and Relationships



Alcohol and Tobacco Use