

## Email 1

Dear <Name>,

We recently announced 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 <link> 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 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-NAVY-2678, Office of Management and Budget Approval # 0703-0064, and Primary Institutional Review Board Protocol # NHRC.2000.0007

If you would like this email address to be removed from our email list, please visit <unsubscribe code>

## Email 2

Dear <Name>,

We know how busy you are, and that's why we would be grateful if you can find approximately 45 minutes to complete the most recent survey from the Millennium Cohort Study.

The study makes it possible for us to better understand the physical and mental health needs of <service specific branch member> like you, both active and retired. Through the data we collect, we better assess the health needs of our active and former military service members.

With the information you provide, you will make an important contribution to a great national effort, regardless of whether you are still in military service. Effectively, the value of your outstanding service can be even further enhanced by joining us in this vital study.

Can you take a few minutes and respond now? Simply visit our website at <link> to get started.

**Your Subject ID is: <XXXXXX>**

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

Very respectfully,

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-NAVY-2678, Office of Management and Budget Approval # 0703-0064, and Primary Institutional Review Board Protocol # NHRC.2000.0007

If you would like this email address to be removed from our email list, please visit <unsubscribe code>

### Email 3

Dear <Name>,

We have been writing to you these last few weeks because it is so important that we hear from you and want you to continue to be part of this important study. Some people have written and asked us, "How will my participation in this study make a difference?"

Simply stated, without your shared experiences, we will not be able to determine the potential impact of military service on the health and well-being of our service members and Veterans. It is essential that we receive your information because you have been carefully selected to represent your fellow service members. There are a limited number of service members and Veterans taking this survey, so every individual response is needed for this to be a successful study. 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 or if you are not currently having any health concerns.

We have not, to the best of our knowledge, received your completed survey. Therefore, we are sending this email to provide an electronic link, which we hope will make it easier for you to respond.

Please follow the link below to complete your survey:

<link>

YOUR SUBJECT ID IS: <xxxxxxx>

\*Please note that when completing the survey online, you can come back to your survey at any time, and the website will automatically open to the next unanswered question. Completing the survey should take approximately 45 minutes.

Thank you again for working with us to make the Millennium Cohort Study a success in protecting the health of past, current, and future members of our military.

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: <xxxxxxx>.

The Millennium Cohort Study is an authorized Department of Defense project. Note Report Control Symbol # DD-NAVY-2678, Office of Management and Budget Approval # 0703-0064, and Primary Institutional Review Board Protocol # NHRC.2000.0007

If you would like this email address to be removed from our email list, please visit <unsubscribe code>

#### Email 4

Dear <Name>,

On this Memorial Day, we honor our fallen heroes. May their bravery inspire us and their sacrifices never be forgotten. Join us in paying tribute to all of our courageous service members who have made the ultimate sacrifice in service to our nation.

Thank you for being one of our valued Cohort members. It is because of you that we have had the opportunity to positively impact government policies and contribute to the development of strategies to improve the long-term health of our service members and Veterans. Your contributions are invaluable.

If you had not yet had the opportunity to do so please complete your survey online at our secure website:

<link>

YOUR SUBJECT ID IS: <xxxxxxx>

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.

You will also receive a Memorial Day postcard in the mail from the Millennium Cohort Study team. You can also view it online at <link>

Very Respectfully,

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: <xxxxxxx>.

The Millennium Cohort Study is an authorized Department of Defense project. Note Report Control Symbol # DD-NAVY-2678, Office of Management and Budget Approval # 0703-0064, and Primary Institutional Review Board Protocol # NHRC.2000.0007

If you would like this email address to be removed from our email list, please visit <unsubscribe code>

## Email 5

Dear <Name>,

Mental health is a significant component to maintaining a healthy lifestyle. While mental health conditions are a pressing concern, there are many other aspects and challenges to consider when it comes to maintaining your mental health. The Millennium Cohort study dedicates a substantial portion of our work to understanding how mental health conditions can impact other aspects of your health. Help us continue this important work by completing your current Millennium Cohort Study survey.

We have made it as easy as possible to participate and should take you approximately 45 minutes to complete. To get started simply visit our website at:

WWW.MILLENNIUMCOHORT.ORG

YOUR SUBJECT ID IS: <XXXXXXXX>

Millennium Cohort Study researchers have investigated the associations between mental health and hazardous drinking, insomnia, and diabetes risk, to name a few. Your responses have given us important results and findings. In one study, researchers found that pre-deployment insomnia symptoms increase the risk of developing PTSD, depression, and anxiety following deployment. Findings such as these are incredibly significant in developing intervention measures.

When it comes to maintaining long-term health and resilience within our military, mental health care is essential. Continue working with us to strengthen the prevention measures and policies that promote mental health care and education. Your contributions have been invaluable, but there is so much more progress we are capable of.

Thank you for working with us to help protect, promote, and strengthen the health of our service members and Veterans.

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: <XXXXXXXX>.

The Millennium Cohort Study is an authorized Department of Defense project. Note Report Control Symbol # DD-NAVY-2678, Office of Management and Budget Approval # 0703-0064, and Primary Institutional Review Board Protocol # NHRC.2000.0007

If you would like this email address to be removed from our email list, please visit <unsubscribe code>

## Email 6

Dear <Name>,

Millennium Cohort Study research has found that military service members may have an increased risk of new-onset heavy weekly drinking, binge drinking, and alcohol-related problems, especially in a culture where alcohol has been used as a coping mechanism for stressful or traumatic events associated with military duties or exposures. Even if you have never had any alcohol-related problems or known anyone who has, your responses are essential to enhancing our understanding of alcohol use and consumption within the military.

We have made it as easy as possible to participate and should take you approximately 45 minutes to complete.

To get started simply visit our website at: [WWW.MILLENNIUMCOHORT.ORG](http://WWW.MILLENNIUMCOHORT.ORG)

YOUR SUBJECT ID IS: <XXXXXXX>

\*If you are having trouble when clicking the link above, please copy and paste the text of the URL (starting at www:) directly into your web browser. Please note that when completing the survey online, you can come back to your survey at any time, and the website will automatically open to the next unanswered question.

Alcohol use can be associated with a number of other factors, including combat exposure, mental health status, and sexual trauma. For example, our researchers have found that Reserve and National Guard personnel and younger service members who deployed and reported experiencing combat had a higher risk of new-onset heavy weekly drinking. Your experiences, whether you have deployed or not, are vital to enhancing our understanding of alcohol use and consumption within the military. We sincerely value our military members, and we strive to strengthen their health and resilience by combating the occurrence and continuation of these kinds of unhealthy patterns. Your help is necessary to advance this goal.

Thank you for working with us to help protect, promote, and strengthen the health of our service members and Veterans.

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](mailto:DoD.milcohortinfo@mail.mil) or call toll free 1-888-942-5222 or DSN 553-7465 and reference your Subject ID: <XXXXXXX>.

The Millennium Cohort Study is an authorized Department of Defense project. Note Report Control Symbol # DD-NAVY-2678, Office of Management and Budget Approval # 0703-0064, and Primary Institutional Review Board Protocol # NHRC.2000.0007

If you would like this email address to be removed from our email list, please visit [<unsubscribe code>](#)

## Email 7

Dear <Name>,

The Millennium Cohort Study focuses largely on understanding illness and injury among our current and former service members, but we also recognize that positive health outcomes are an essential part of well-being. Please help us in learning more about your experiences.

We have made it as easy as possible to participate and should take approximately 45 minutes to complete. To get started, simply visit our website at:

<link>

Your Subject ID is: <xxxxxxx>

\*If you are having trouble when clicking the link above, please copy and paste the text of the URL (starting at www:) directly into your web browser. Please note that when completing the survey online, you can come back to your survey at any time, and the website will automatically open to the next unanswered question.

Along with a healthy lifestyle and eating habits, preventive healthcare increases your chances of detecting disease and illness in their earlier stages, allowing for more effective treatment and recovery. Taking proactive steps can increase positive health results.

With your assistance, we hope to better understand how positive health outcomes and the use of preventive healthcare impacts service member health. Your insight and knowledge, based on your unique military experiences, are the most important part to achieving this goal.

Thank you for working with us to help protect, promote, and strengthen the health of our service members and Veterans.

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: <xxxxxxx>.

The Millennium Cohort Study is an authorized Department of Defense project. Note Report Control Symbol # DD-NAVY-2678, Office of Management and Budget Approval # 0703-0064, and Primary Institutional Review Board Protocol # NHRC.2000.0007

If you would like this email address to be removed from our email list, please visit <unsubscribe code>

## Email 8

Dear <Name>,

Military service comes with many benefits including housing, education and job training. Another benefit of military service is healthcare provided for current and former service members and their dependents. Many current and former service members, however, face challenges and barriers to accessing and utilizing their health care coverage. Whether you regularly or rarely utilize your healthcare coverage, your contributions to the Millennium Cohort Study are valuable.

We have made it as easy as possible to participate and should take you approximately 45 minutes to complete. To get started simply visit our website at:

<link>

Your Subject ID is: <xxxxxxx>

\*If you are having trouble when clicking the link above, please copy and paste the text of the URL (starting at www:) directly into your web browser. Please note that when completing the survey online, you can come back to your survey at any time, and the website will automatically open to the next unanswered question.

Many of you have shared your stories with us regarding your experience within the health care system. This reinforces the importance of this research and the need for further investigation. With your help we can continue to expand our knowledge in this vital area and discover other associations of health care usage. Ultimately, we hope to use this information to contribute to policies that better serve the military and veteran population.

Thank you for working with us to help protect, promote, and strengthen the health of our service members and Veterans.

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: <xxxxxxx>.

The Millennium Cohort Study is an authorized Department of Defense project. Note Report Control Symbol # DD-NAVY-2678, Office of Management and Budget Approval # 0703-0064, and Primary Institutional Review Board Protocol # NHRC.2000.0007

If you would like this email address to be removed from our email list, please visit <unsubscribe code>



## Email 9

Dear <Name>,

Traumatic brain injury (TBI) is caused by a force or blow to the head that impairs the normal functioning of the brain. In the military, the rate of TBIs among service members is a growing concern. Finding ways to better detect, treat, and ultimately prevent TBIs requires learning about individuals with TBIs as well as those without TBIs in studies such as the Millennium Cohort Study.

We have made it as easy as possible to access the survey and should take approximately 45 minutes to complete. To get started simply visit our website at:

<link>

Your Subject ID is: <xxxxxxx>

\*If you are having trouble when clicking the link above, please copy and paste the text of the URL (starting at www:) directly into your web browser. Please note that when completing the survey online, you can come back to your survey at any time, and the website will automatically open to the next unanswered question.

The Millennium Cohort Study is dedicated to better understanding the health of the service members by identifying how TBIs occur during and after military service. With your help, we can identify risk factors and improve treatment and recovery.

Thank you for working with us to help protect, promote, and strengthen the health of our service members and Veterans.

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: <xxxxxxx>.

The Millennium Cohort Study is an authorized Department of Defense project. Note Report Control Symbol # DD-NAVY-2678, Office of Management and Budget Approval # 0703-0064, and Primary Institutional Review Board Protocol # NHRC.2000.0007

If you would like this email address to be removed from our email list, please visit <unsubscribe code>

## Email 10

Dear <Name>,

In 1938, Armistice Day, now known as Veterans Day, was established as a federal holiday to pay tribute to all Veterans who contributed and sacrificed so much to the preservation of our grateful Nation.

Today, not only do we celebrate the Veterans of war, but Veterans of all military service. The Millennium Cohort Study team would like to thank all of our service men and women, both past and present, for everything they have sacrificed for our freedom.

If you have not yet had an opportunity to complete your Millennium Cohort Study survey, you can do by going online to our secure website at <link> and clicking on Start Survey. Completing the survey should take approximately 45 minutes.

Your Subject ID is: <xxxxxxx>

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.

Thank you again for your continued support and for your service. We are honored to have you as a member of the Cohort.

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: <xxxxxxx>.

The Millennium Cohort Study is an authorized Department of Defense project. Note Report Control Symbol # DD-NAVY-2678, Office of Management and Budget Approval # 0703-0064, and Primary Institutional Review Board Protocol # NHRC.2000.0007

If you would like this email address to be removed from our email list, please visit <unsubscribe code>

## Email 11

Dear <Name>,

Since <insert wave 1 year> you have been a part of the largest military research studies ever conducted. You were scientifically selected to represent your fellow current and former service members and your continued input is essential to understanding the long-term effects that military service can have on physical and mental health.

For example, researchers in this study found that after analyzing data from active duty, separated, and retired participants over a seven-year period, obesity rates had doubled. In addition to the few significant health conditions linked to obesity such as diabetes and coronary heart disease, the estimated annual cost to the military for obesity-related discharges is \$60 million.

Information like this can help military and civilian medical professionals develop early intervention practices for current and former service members.

Your input is crucial to this study; please help us continue its success. Your answers to this survey will remain strictly confidential.

The survey process is simple and should take you 45 minutes to complete.

Go to our website at: <link>  
Click on Start Survey, and enter your Subject ID: <xxxxxxx>

Please note that when completing the survey online, you can come back to your survey at any time and the website will automatically open to the next unanswered question.

In appreciation of your time, you will have the opportunity to select a \$5 gift card to one of four popular retailers (Amazon.com, Starbucks, Subway, or Walmart) or a Millennium Cohort hat after you complete the survey.

If you have already completed your survey, please accept our gratitude and disregard this request.

Very respectfully,

Rudy Rull, PhD, MPH  
Principal Investigator  
For the Millennium Cohort Study Team  
DoD Center for Deployment Health Research

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: <xxxxxxx>.

The Millennium Cohort Study is an authorized Department of Defense project. Note Report Control Symbol # DD-NAVY-2678, Office of Management And Budget Approval # 0703-0064, and Primary Institutional Review Board Protocol # NHRC.2000.0007.

If you would like this email address to be removed from our email list, please visit <unsubscribe code>

## Email 12

Dear <Name>,

The Department of Defense created the Millennium Cohort Study to better understand the long-term health effects of military service, specifically deployments and exposures. The critical data provided by cohort members like you will help future service members by revealing any potential long-term effects of military service.

Helping the next generation of service members is a worthwhile and selfless endeavor. You decided to undertake this noble endeavor when you became a member of the cohort, and you can re-affirm your commitment by completing your follow-up survey.

The survey process is simple and should take approximately 45 minutes to complete.

Go to our website at: <link>  
Click on Start Survey, and enter your Subject ID: <xxxxxxx>

Please note that when completing the survey online, you can come back to your survey at any time and the website will automatically open to the next unanswered question.

There is no way to adequately thank you for your continued commitment to this work. But as a token of our appreciation, we will send you your choice of a \$5 gift card to one of several popular vendors (Amazon.com, Starbucks, Subway, or Walmart), or a Millennium Cohort hat upon completion of your survey.

Your continued participation will ensure the success of this project.

Very respectfully,

Rudy Rull, PhD, MPH  
Principal Investigator  
For the Millennium Cohort Study Team  
DoD Center for Deployment Health Research

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: <xxxxxxx>.

The Millennium Cohort Study is an authorized Department of Defense project. Note Report Control Symbol # DD-NAVY-2678, Office of Management and Budget Approval # 0703-0064, and Primary Institutional Review Board Protocol # NHRC.2000.0007

If you would like this email address to be removed from our email list, please visit <unsubscribe code>

## Feedback Survey Email 1

Dear <Name>,

A few days ago, we mailed you a letter asking for your feedback on an important research project being conducted by the Department of Defense, known as the Millennium Cohort Study.

We are hoping that you will complete a few short questions to share your thoughts about this study. If you've already completed the paper survey – thank you!

If you have not had a chance yet, please visit our website at <link>

Your Subject ID is: <XXXXXX>

The survey should take approximately 8 minutes to complete.

It is really important that we hear from you. With your feedback, we are gaining a better understanding of how service members and Veterans feel about this study and what we can do to make it more successful.

Thank you once again for your contributions to this important Department of Defense effort.

If you have any further comments or questions, please feel free to contact us at DSN 553-7465 or toll-free at 1-888-942-5222. You may also email us at: DoD.milcohortinfo@mail.mil.

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-NAVY-2678, Office of Management and Budget Approval # 0703-0064, and Primary Institutional Review Board Protocol # NHRC.2000.0007.

If you would like this email address to be removed from our email list, please visit <unsubscribe code>

## Feedback Survey Email 2

Dear <Name>,

Thank you for recently providing us your thoughts about the service member and Veteran health research initiative, known as the Millennium Cohort Study, conducted by the Department of Defense. With your feedback, we are gaining a better understanding of how military members/veterans feel about this study.

The Millennium Cohort Study began over two decades ago to follow people over many years to provide information about the possible long-term health consequences of military service. This kind of information is critical for thinking “long-term” about the health services that the military should be providing to those who serve.

We hope you will continue being a part of this research effort which aims to improve and maintain health services to those who serve our country in the U.S. Armed Forces.

If you have any further comments or questions, please feel free to contact us at DSN 553-7465 or toll-free at 1-888-942-5222. You may also email us at: DoD.milcohortinfo@mail.mil.

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: <xxxxxxx>.

The Millennium Cohort Study is an authorized Department of Defense project. Note Report Control Symbol # DD-NAVY-2678, Office of Management and Budget Approval # 0703-0064, and Primary Institutional Review Board Protocol # NHRC.2000.0007.

If you would like this email address to be removed from our email list, please visit <unsubscribe code>