



**My HEALTHY MARYLAND**  
PRECISION MEDICINE RESEARCH

# Help Shape the Future of Healthcare for YOU and GENERATIONS to Come!

## ***Why should I join?***

- Help researchers learn more about how to better prevent, diagnose, and treat the diseases that matter to you and your family.
- Your participation will help understand and treat diseases like diabetes, heart disease, cancer, kidney disease and more.
- Potentially learn about your DNA, including genes related to certain diseases and medication response.

## ***What will I do?***

- Participation is easy! Create a My Healthy Maryland account online in minutes.
- Complete electronic consent within that account.
- Receive a free cheek swab collection kit in the mail or we may be able to use left over blood from your testing, if done at the University of Maryland Medical System.

**TOGETHER, WE CAN DISCOVER A HEALTHIER FUTURE!**



**Joining is easy!**

Scan this QR code or visit:

***MyHealthyMaryland.org***

### **QUESTIONS?**

Contact us at 410-706-6140 or

***MyHealthyMaryland@som.umaryland.edu***



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