

Our Future Health

Our Future Health is the UK's largest ever health research programme. It plans to collect information on 5 million adults. Discoveries made could lead to new ways to predict, prevent and detect diseases earlier in life when they can be treated more easily.

Taking part involves first signing a consent form, which gives permission for your health records to be securely accessed. Second, you are asked to complete an online questionnaire about your health and lifestyle, that will take up to 45 minutes. Finally, you are asked to give a blood sample and some measurements taken such as blood pressure, weight and blood cholesterol level. **The sample and measurements can be done at Boots in Merseyway, Stockport.**

To know more and to sign up, go to <https://ourfuturehealth.org.uk/>