

For more than 25 years, the Health and Retirement Study has helped tell the story of our lives—working, retiring, spending time with family and friends, and sharing in life's joys and sorrows. Your time and dedication are what makes it happen. To those who have been with us since the beginning and to those who may just be joining, we say a heartfelt thank you.

*Thank you for  
all you do!*

## Purpose Remains

Feeling a sense of purpose in life is a very good thing for a lot of reasons. It's important to keep a sense of purpose in life as we get older. It may help us weather life's challenges, like a new health problem. The good news is that when people are faced with a new health problem, like cancer or heart disease, they seem to be able to maintain the same sense of purpose that they had before the health problem.



*Source: Hill and others, The Journals of Gerontology: Series B, 2021*

## Know Your Blood Pressure

High blood pressure or hypertension is a very common and serious health risk among older adults. However many people do not seem to get the treatment they need. One reason may be that people do not know they have this silent condition. In fact HRS shows that 1 in 10 people have high blood pressure but have never been told by a doctor that they have it. Folks seem to understand the benefit of controlling high blood pressure but may not know their own risks. Improving blood pressure control in the population may require more regular monitoring.



*Source: Zacher and others, The Journals of Gerontology: Series B, 2021*

## Defeating Alzheimer's Disease: NIAGADS

Important advances in Alzheimer's disease research and other health problems will come in part from scientists having access to genetic data. NIAGADS is the National Institute on Aging Genetics of Alzheimer's Disease Data Storage Site. It is a national genetics data repository that is helping provide the information doctors and scientists need to bring us a cure for Alzheimer's disease and dementia. HRS genetic information is now being stored with NIAGADS. This change means more scientists who are trying to defeat Alzheimer's will have timely access to this important information.

# Keep in Touch

## Contact Your Contact Person

As you know, at the end of your interview, we ask you to provide a name or two of a close family member or friend who we can contact if we are unable to reach you. It may be helpful to let your contact people know you have named them as a resource for us, in case we need to reach out to them. Thank you!

## Have You Moved?

Have you changed your address or phone number? Please call or write to us at the toll free number or address listed to the right. You can also e-mail us at [HRS-QandA@umich.edu](mailto:HRS-QandA@umich.edu) with any changes. Be sure to check the HRS participant website for updates as well! Visit the participant website at: <http://hrsparticipants.isr.umich.edu/>



## Certificate of Confidentiality

This research is funded by the NIH and holds a Certificate of Confidentiality (CoC) that offers additional protections for your identifiable research information, biospecimens, and records. The most important protection is that we cannot be forced to provide information about you in response to a court order unless you give us permission. Disclosure of your research information may only occur in limited specific instances. For the full detailed description of the CoC protections and exceptions to those protections, please refer to: <https://humansubjects.nih.gov/coc/NIH-funded>



## Contact HRS

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