

Invitation to the national FinHealth Study

Would you like to gain information on your current state of health? Would you like to know how Finland is doing at 100 years? We invite you to take part in the FinHealth Study!

We have scheduled an appointment for you. Time and location are given in detail at the first page of Your Finnish invitation letter. We kindly ask you to **confirm your appointment** in advance:

- Online at <http://www.thl.fi/finterveys> (please click "Tutkimusajan vahvistaminen tai vaihtaminen"); or
- By calling our toll-free number on weekdays between 10:00 am and 5:00 pm, tel. 0800 95 225; or
- By sending an email to finterveys@thl.fi.

Instructions regarding your appointment can be found on the reverse side of this invitation letter. You can reschedule your appointment, if the scheduled appointment is not convenient for you.

Whether you enjoy good health or suffer from chronic diseases, your participation is vitally important to gain a reliable overview of the health and health care needs of the Finnish population. You represent the adult population of your age group, and the information obtained from you cannot be replaced with that of anyone else. You have been chosen to participate in the FinHealth Study by random selection from the Population Information System of the Population Register Centre.

The study will be carried out by the National Institute for Health and Welfare (THL), a government research institute operating under the Ministry of Social Affairs and Health.

Instructions regarding your appointment

- **Please confirm your appointment** online, by phone, or by email. Please allow 1.5 to 2 hours for your visit. The examination and all laboratory tests taken in connection with it are completely free of charge.
- **Please fill in the enclosed questionnaire** as thoroughly as you can, in advance, and bring the completed form with you to your appointment. If you find any of the questions difficult to answer, you can leave them blank and complete the form together with the research nurse during your appointment. Alternatively, you can complete the questionnaire **online** at <http://www.thl.fi/finterveys>. To complete the questionnaire online, you will need to login using your study number and password which can be found in the top right corner of the first page of this invitation letter. The questionnaire can be filled in in Finnish, Swedish or English.
- **Please refrain from food and drink for at least 4 hours** before your scheduled appointment. Avoid eating fatty foods on the day of your examination.
- Please wear clothes that allow you to easily expose your right upper arm and the soles of your feet for tests and measurements.
- Please refrain from strenuous exercise before the examination.

Please read the enclosed notice with more detailed information on the study. Participation in the study is entirely voluntary. At your appointment, you will receive more information on the study and be requested to issue a written consent for the use of your information in the study.

When you arrive, you do not need to register, but may enter the waiting room directly and wait there until you are summoned.

For more information on the FinHealth Study, please visit <http://www.thl.fi/finterveys>.

Kind regards,



Seppo Koskinen
Physician, Research Professor
Researcher in charge of the study



Katja Borodulin
PhD, Senior Researcher
Research Coordinator

