

Saskatchewan's Largest Health Research Project Needs You!



What is Healthy Future Sask?

Healthy Future Sask is part of a Canada-wide study to understand how lifestyle, environment, and genetics affect our health. Your participation will help researchers better understand cancer and other chronic diseases, leading to better prevention and care for future generations.



Who Can Join?

Adults aged 30–74 living in Saskatchewan, with a valid Saskatchewan Health Card. Participation is voluntary—you may withdraw at any time.



What Do I Have to Do?

1. Complete an in-depth health & lifestyle questionnaire (can be completed online or on paper in one or multiple sittings, takes about 45 minutes to complete);
2. (Optional) Have physical measurements taken by our study team, like blood pressure, grip strength and body composition (involves visiting our study centre, takes about 15 minutes);
3. (Optional) Give a saliva or blood sample (involves visiting our study centre to have blood drawn or to provide a saliva sample, or a saliva collection kit can be mailed to you, takes about 15 minutes); and
4. Share your contact information so that we can reach out to you again to collect updated information, or offer you the chance to participate in other research.



What Happens to the Data and Samples I Donate?

Your data and samples will be stored for up to 50 years. We use strict protocols to protect your privacy. We assign every participant a code so that the information/samples you donate cannot be linked back to you. Researchers outside of Healthy Future Sask will never gain access to your identifiable information.



Right to Withdraw

You can leave the study at any time—without giving a reason and without affecting your healthcare.



Why is this Study Important?

Your contribution will help researchers find better ways to prevent and treat disease, creating a healthier future for our province.



To find out more or join our study, visit our website by using the QR Code.

Questions?

Call us at: **1-833-701-0089 (toll-free)**

Send us an email: **info@healthyfuturesask.ca**

Write a letter to: **130-1804 McOrmond Drive, Saskatoon, S7S 0A5**

Visit our website: **<https://healthyfuturesask.ca>**

This research has been reviewed and approved by the USask Biomedical Research Ethics Board REB #3196.

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