

Health Study

The goal of this study is to collect comprehensive health information to better understand health and the transition to disease.



Study type: Observational

Observational studies are ones where researchers observe the effect of a risk factor or diagnostic test without trying to change who is or isn't exposed to it.

 Study lasts 4 years

Who's eligible

- Age 18 years or older
- U.S. Resident
- Able to speak and read English or Spanish
- No known severe allergy to nickel or metal jewelry

Locations

North Carolina

-  **Duke University School of Medicine**
40 Duke Medicine Circle,
Durham, NC 27710
-  **Duke University School of Medicine**
201 Dale Earnhardt Blvd. Suite 300
Kannapolis, NC 28081

California

-  **Stanford Medicine**
1070 Arastradero Road,
Palo Alto, CA 94304
-  **California Health and Longevity Institute**
2 Dole Dr,
Westlake Village, CA 91362

What's involved



Attend in-person visits

Once a year, you will come to a Project Baseline study site near you for one to two days of health tests. Note that these are for research purposes and do not serve as medical care.



Complete surveys and health diaries

You'll share insights about your health and habits through surveys in the Project Baseline mobile app once a quarter.



Contribute lifestyle data

You'll use a Study Watch daily and Sleep Sensor nightly to contribute activity and sleep information.

What you'll receive

It feels good to do good. Plus, you'll receive:

-  Certain health data and test results to share with your doctor.
-  Compensation for your time and perks for your involvement
-  Regular updates on our progress and early insights into discoveries
-  Exclusive access to the Project Baseline community and events

To learn more or sign up, visit:

<https://projectbaseline.com/study/project-baseline>

Get in touch

If you have more questions or need assistance, we're happy to help. Call us toll-free at 855-5-BASELINE (855-522-7354), Monday-Friday 8am-11pm or Saturday 10am-7pm ET, or email us at contact@projectbaseline.com.