



DEPARTMENT OF THE NAVY
OFFICE OF THE CHIEF OF NAVAL OPERATIONS
2000 NAVY PENTAGON
WASHINGTON, D.C. 20350-2000

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Ser N17/U 021
2 May 18

From: Director, 21st Century Sailor Office (OPNAV N17)

To: U.S. Navy Survey Participant

Subj: 2018 DEPARTMENT OF DEFENSE SURVEY OF HEALTH RELATED
BEHAVIORS AMONG ACTIVE DUTY PERSONNEL

1. If you have been randomly selected to participate in the 2018 Department of Defense (DoD) Health Related Behaviors Survey (HRBS) for Active Duty personnel, I strongly encourage you to support this vital effort by responding promptly when asked to complete the survey.
2. The DoD asked the RAND Corporation and Westat, independent research organizations, to conduct the 2018 DoD HRBS. This survey is being conducted with randomly selected military members from all Service branches and all components.
3. The 2018 HRBS asks about health-related behaviors such as exercise, mental health, substance use and other health issues related to readiness. Some of the questions are personal. To protect your privacy, the survey is confidential. DoD, the Navy, and your chain of command will not know whether you complete the survey or not. Only RAND and Westat will be able to identify who has completed a survey and they will not provide any data to DoD or the Navy that is linked to your name, other personal identifiers, or your military records.
4. The RAND Corporation and Westat will send you instructions via mail and email for accessing and completing the 2018 HRBS if you are randomly selected to participate. The survey will take about 20-25 minutes to finish. It can be completed on the web using a government computer during duty hours or a home computer with Internet access. You may also complete the survey on a mobile device, such as smartphone or tablet.
5. Your participation in the 2018 HRBS is critical to assessing health-related readiness and for making program and policy decisions that sustain a healthy and ready force. Although your participation in the survey is entirely voluntary, I hope you will choose to support this vital effort by responding promptly if you are asked.
6. I want to thank you in advance for your time and participation in this important study effort.

A handwritten signature in black ink, appearing to read "K. O. Thomas", is located below the list of points.

K. O. THOMAS