



DEPARTMENT OF THE ARMY
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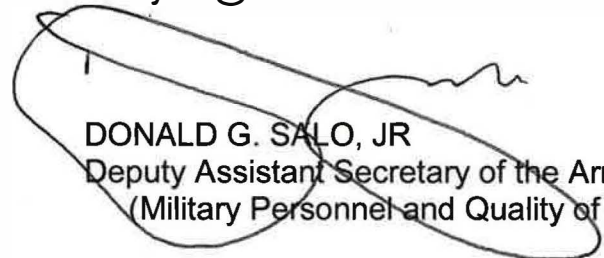
SAMR-MPQ

1 August 2018

MEMORANDUM FOR Service Member Participants of the 2018 Department of Defense Health Related Behaviors Survey

SUBJECT: 2018 DoD Health Related Behaviors Survey Participation

1. The DoD has asked the RAND Corporation and Westat (independent research organizations) to conduct the 2018 DoD Health Related Behaviors Survey (HRBS). This survey is being conducted with randomly selected military members from all Service branches and components.
2. The 2018 HRBS asks about health-related behaviors such as exercise, stress, substance use, and other health issues related to readiness; some of the questions are personal. To protect your privacy, the survey is completely confidential. Individual survey responses will not be linked with your name or other personal identifiers. The Army or DoD will not know who did or did not complete the survey.
3. If you are randomly selected to participate, the RAND Corporation and Westat will send you instructions via mail and e-mail for accessing and completing the 2018 HRBS. The survey will take about 20-25 minutes to finish and 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.
4. 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. Thank you in advance for your time and assistance in this important effort.
5. The Army point of contact for this survey is Ms. Laura Mitvalsky, Army Public Health Center, 410-436-4654, or e-mail laura.a.mitvalsky.civ@mail.mil.


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