

An Introduction to the

# *All of Us* Research Program



National Institutes  
of Health

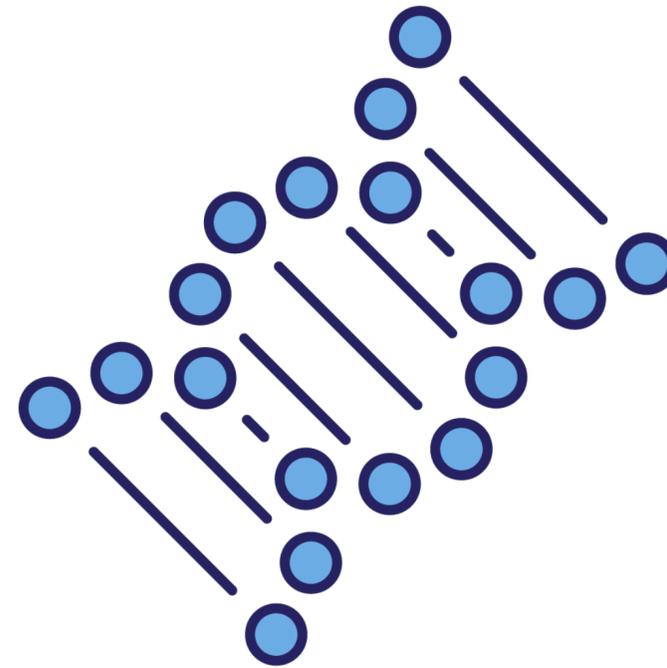
@AllofUsResearch #JoinAllofUs

# What Is Precision Medicine?

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**Precision medicine** is an emerging approach for disease treatment and prevention that takes into account individual variability in lifestyle, environment, and biological makeup.

It is a radical shift in how each of us can receive the best care possible based on our unique characteristics.



## Examples of Precision Medicine: Better Tests

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Precision medicine gives clinicians tools to better understand the complex mechanisms underlying a patient's health, disease, or condition.

## Examples of Precision Medicine: Better Treatments

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Patients with eye conditions have the potential to benefit from the range of precision medicine. Glasses are one of the most frequently cited examples of precision medicine.

## Examples of Precision Medicine: Building Healthy Habits

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Data from sensors and software applications can enrich self-reported data. Sensors can passively monitor environmental parameters such as temperature in a home and its impact on sleep quality.

# The Precision Medicine Initiative (PMI)

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A federal effort launched in 2015

**MISSION:** To enable a new era of medicine through research, technology, and policies that empower patients, researchers, and providers to work together toward development of individualized care

