Date

Participant name

Street address

City, State Zip

Dear *Participant Name,*

Greetings from your [Field Center] MESA investigators! We are writing to you today for two important reasons.

First, we sincerely **thank you** for your commitment to MESA. Each and every participant in the study makes an irreplaceable contribution to health research at every visit and every follow up call. You and your fellow MESA participants are like pieces in a puzzle; with each piece the picture becomes clearer, but without every piece it can never be complete. As a unique piece of MESA, you help us solve the puzzles of health and disease.

Second, we **invite** **you** to take part in MESA Exam 7! Exam 7 is like prior exam visits in that it includesa basic examination plus additional interviews and tests. It is different though in that you have the option to wear different monitors on your body for several days at home. These monitors will measure your heart rate, glucose level, activity and sleep patterns.

While we would welcome your participation in each and every part of Exam 7, we value your continued involvement in MESA *at whatever level you feel comfortable*. We appreciate that there are limits to your time and invite you to participate in the areas you feel that your participation will make the biggest impact.

Our recruiter, [Name], will contact you soon. We hope you will consider participating in MESA Exam 7 and that you will discuss any concerns about your participation with [Name] when they call. Thank you so much for your continued interest and participation in MESA; you are an invaluable part of the study and we truly could not do this work without you.

Sincerely,

[PI Name, Degree]

Principal Investigator