



My HEALTHY MARYLAND

PRECISION MEDICINE RESEARCH

2025

My Healthy Maryland Spring Newsletter



Message from Leadership

Dear My Healthy Maryland participants,

Welcome to our first newsletter! We're thrilled to update you on our progress. Your commitment to My Healthy Maryland is invaluable, and we appreciate your support in advancing healthcare for Marylanders.



Stephanie Ashley, MGC, LCGC
Program Director

Dr. Stephen N. Davis, MBBS
Principal Investigator
Theodore E. Woodward Chair of
Medicine

Our Journey: Milestones in Genetic Discovery

Before **My Healthy Maryland** began, the University of Maryland School of Medicine led the **University of Maryland Genetics BIOBank Study (MGen)**. Between 2016 to 2021, over 3,000 University of Maryland patients joined MGen.

My Healthy Maryland Precision Medicine Research builds on and expands the MGen study. Since its launch, recruitment has steadily accelerated as we broaden our outreach efforts to achieve our goal of enrolling **250,000 participants**. Your support is essential in reaching this milestone—encourage your friends and family to join us in advancing precision medicine and promoting a healthier Maryland!

Meet Our Team!

The **My Healthy Maryland** Research Coordinator team, from left to right: Cindi, Dami, Julie, Amelia, Jimmy



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Future Insights: Returning Results to You

We know many of you are eager to learn more about your genetics, and we appreciate your patience as we continue building our database. This process takes time, but we're committed to keeping you informed along the way.

In the meantime, we're excited to share insights from a preliminary study featuring interviews with **My Healthy Maryland** participants. These conversations explored which types of genetic results people are most interested in, and we'd like to share some of our findings with you.

Conditions of interest most reported by interviewees:

- Diabetes
- Cancer
- Heart disease
- Hypertension

Desired types of personal results:

- Disease risk
- Ancestry
- Prediction of which medicines will work best

We Want to Hear from YOU!

Your feedback helps shape our research. Let us know what health topics and genetic insights interest you most!

Share Your Thoughts Here

Need to Submit Your Sample?



If you received a cheek swab kit in the mail, collecting your sample is quick and easy! Your kit includes four soft-tipped swabs, step-by-step instructions, and a prepaid return envelope. Simply rub each swab on the inside of your cheeks for 30 seconds. Once finished, place the swabs in the provided envelope and drop it off at any post office.

If you need a replacement kit, feel free to reach out to us!

For some participants, we collected a leftover blood sample from a recent blood draw. You will NOT need to submit a cheek swab sample unless we contact you.

Questions?

Contact us at 410-706-6140 or myhealthymaryland@som.umaryland.edu.