



Health in Our Hands (HiOH) Overview

HiOH was developed by the [Research Action for Health Network \(REACHnet\)](#) to facilitate patient engagement in research. It connects patients and community members to the biomedical research community using digital technology. Over 5,000 people have signed up for HiOH. Members receive information about **health-related events, research projects and results, and opportunities to get involved in projects as a partner with the research team or a participant in the study.**

The goal of HiOH is to develop partnerships that bring value to patients and researchers. By increasing patients' exposure to research in a way that is interesting and relevant, the community of patients engaged in the research process can be expanded.

HiOH Member Benefits

HiOH members may benefit by receiving:

- Opportunities to get involved in research as participants or patient partners
- Information about ongoing studies and research results
- Invitations to share patient experiences with researchers through focus groups or community advisory boards
- Information about health-related community events and resources

Enrollment

Anyone age 18+ with a working e-mail address may join HiOH. The enrollment process is simple: visit www.hioh.org, watch a two minute video about HiOH, enter contact information, and consent to receive emails and/or text messages from HiOH.

In-person recruitment events are held in settings such as health fairs, churches, public libraries, and other community-based venues using a tablet-based recruitment app.

HiOH Messaging Guidelines

Health in our Hands members are contacted **by REACHnet** via email and/or text message. **Members' contact information or membership status will never be shared with affiliates outside of Health in Our Hands.**

Content sent to the HiOH Network is required to fall into one of the following categories:

- Dissemination of research results
- Research literacy for the lay community
- Patient engagement to provide input on a project
- Survey-based research
- Invitation to enroll in a study
- Health-related events in the community

Health in Our Hands will not advertise any business or clinic, nor share direct fundraising campaigns or political events. REACHnet reviews and approves all messages before sending to HiOH members to ensure compliance with the Messaging Guidelines.

