

MVP MATTERS

2025 YEAR IN REVIEW

A NEWSLETTER FOR

Million Veteran
Program participants

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Beyond One Million: Our Year of Impact

A letter from Dr. Mike Gaziano, MVP Principal Investigator

Dear MVP Participants,

When we reached one million Veterans enrolled in the Million Veteran Program, it was more than a milestone. It was a moment of reflection, gratitude, and renewed purpose. Each of you who joined MVP—on the road to one million, and in the time since—helped build something extraordinary: the largest and most diverse genetic research program within a health care system in the world.

To make the most of what you've built and turn your contributions into discoveries that improve Veterans' lives, we're expanding our research and continuing to welcome new Veterans into the program. Every enrollment strengthens the foundation for future breakthroughs and ensures the science represents all who served.

What we've accomplished together

This year, MVP-supported research has advanced our understanding of PTSD, depression, cancer, and heart disease. We've uncovered genetic risk factors that could lead to earlier detection, better screenings, and more personalized treatments. Each of these advances brings us one step closer to precision medicine for all Veterans.

Your experiences complete the picture

Now we need your help to go even further. If you haven't done so already, please take the new Military Experiences and Toxic Exposures Survey. Your responses will help researchers connect your unique military experiences with health and genetic information. By combining this data, researchers can better understand how service, deployments, and exposures influence health over time. This insight could lead to improved strategies for prevention, diagnosis, and treatment for you and future generations of Veterans.

Every discovery starts with you. Whether you joined to help future generations, support fellow Veterans, or contribute to science, your decision makes MVP stronger, and our mission clearer.

Thank you for your service—and for continuing to serve through MVP.

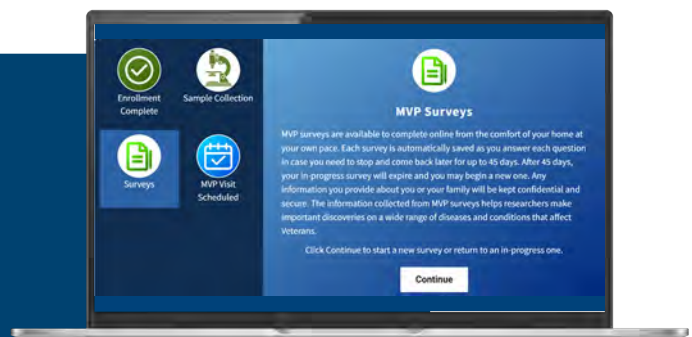
Sincerely,
Dr. Mike Gaziano
Principal Investigator, Million Veteran Program



Dr. Mike Gaziano, MVP Principal Investigator

Take the Military Experiences and Toxic Exposures Survey today by logging into your MVP Dashboard at www.mvp.va.gov.

Read more on page 7



Mental Health Research—and Support—at VA



At MVP, we are studying how genes, lifestyles, military experiences, and exposures affect health and wellness. Researchers at MVP have already identified findings related to mental health topics like depression, PTSD, opioid use disorder, schizophrenia, bipolar disorder, and more.

Dr. Nathan Kimbrel, VA Research Career Scientist at the Durham VA Health Care System, is one MVP researcher committed to mental health research at VA. When asked why he is passionate about this research, he said, “You know, my goal for all of my research is ultimately to reduce suffering among Veterans, to reduce the occurrence of mental health problems, and specifically to reduce the rate of death by suicide among Veterans. But beyond that, we want to help Veterans live the lives they want to live, to live full lives, to do the things that they want to do, and to be able to do the things that are important for them.”

“Veterans experience mental health challenges at higher rates than their civilian counterparts, particularly when it comes to posttraumatic stress disorder and suicide risk,” according to Dr. Jean Beckham, a VA Senior Research Career Scientist. “Because of the strength in numbers of the MVP dataset, we are currently conducting the largest study of how genes and environmental factors interact to predict suicide risk.” This study revealed 17 different genes that were associated with suicide risk among Veterans.

“The research for mental health is so important. The more information you learn, the better you can deal with things—the better you can help people,” said Veteran Bryan Billups, an Army Veteran who received treatment from VA. Scan the QR code below to watch a short video and learn more about MVP’s commitment to mental health research.



**Watch MVP’s Commitment to Improving
Veteran Mental Health Care video**

Mental health care is available through VA

If you’re experiencing changes in your mental health, you don’t have to face them alone. The first step is asking for help. It’s OK to let others know how you feel and ask for support.



Talk to your health care provider. Ask if your doctor has experience treating Veterans for mental health or can refer someone who does.



Find a mental health professional who can help with your specific needs.



Contact your local VA medical center or Vet Center. Visit www.va.gov/find-locations to find one near you.

Your Most Asked Questions About MVP, Answered



After joining MVP, we know you may still have questions. We've compiled some of the most frequently asked questions at www.mvp.va.gov. If you have additional questions, you can email the MVP information center at AskMVP@va.gov or call 866-441-6075 (Monday—Friday, 8 a.m.– 6 p.m. ET).

How does MVP handle the confidentiality, privacy, and security of participant data?

Protecting the confidentiality, privacy, and security of our participants is one of MVP's top priorities. We safeguard your information by **coding** it, **protecting** it, and using technology to **secure** it.

- Personally identifiable information (PII), like your name, address, social security number, or date of birth, is only available to a small group of MVP staff. It is not included when your information is used for research.
- We do not disclose MVP participants' data, including genetic information, to anyone outside of approved research projects. This means we will never share your information with health insurance companies, group health plans, or employers.
- We protect the computers that hold your information with security programs (firewalls), encryption, and password protection. Our VA computing infrastructure meets VA IT Privacy and Security requirements.

What happens to my blood sample?

- **Shipping:** All MVP blood samples are shipped to a VA central biorepository via next-day shipping.
- **Scanning:** Samples are received and scanned for tracking and processing.
- **Processing:** State-of-the-art robotic systems process the samples to prepare them for analysis and storage.
- **Quality Control:** We perform quality control on the data from the blood samples, making sure it is high-quality and can be included in research studies. If your sample does not pass quality control checks, MVP may contact you to ask for a new sample.
- **Analysis:** We process your blood sample to obtain DNA (genetic material) and prepare it for analysis. This is important so the sample can be turned into information that MVP researchers can use to better understand, prevent, and treat conditions and diseases that affect Veterans. Samples may also be used for additional analysis to look at other parts of the blood, like proteins.
- **Safe Storage:** VA stores the samples safely and securely. Laboratory access is controlled, and only VA-authorized staff are allowed access.

Will I receive my genetic testing results?

- At this time, you will not receive any personalized results from participating in MVP. Collection and genetic testing of your blood sample(s) occur under a research protocol which, according to regulations, cannot be used to make clinical care decisions without additional confirmation, so MVP does not currently provide individual results back to Veterans. For the same reason, none of the research results are placed in your health records.
- The information from your blood sample, health records, and surveys is combined with information from other MVP participants to conduct research. Summary findings from this research are presented and made available to the general public (at scientific meetings or in publications, MVP newsletters, or MVP Online), but will never identify you directly. If there are any changes in the future to MVP returning results to participants, you may be contacted and provided with more information.

One in a Million: Meet the Veterans of MVP

VA Secretary and Air Force Reserve Chaplain Doug Collins

For Secretary of Veterans Affairs Douglas Collins, leadership isn't just about setting policy, it's about setting an example. That's why he recently rolled up his sleeve and joined MVP.

"The Million Veteran Program is something for all Veterans. It just takes a quick blood draw, and a few minutes, and you can be a part of helping somebody," Collins said.

As an Iraq War Veteran and current Air Force Reserve chaplain, Secretary Collins understands firsthand



the challenges Veterans face, from PTSD and toxic exposures to heart disease and diabetes. For him, MVP represents not just innovation, but hope.

"For me, it's something I look back on in my family history of diabetes,

cholesterol, and others—these studies may give insights into how we can treat it," he explained. "It will not only treat Veterans in the future, but the entire public. This is why the VA is so special."

A native of Gainesville, Georgia, Secretary Collins has lived a lifetime of service. The son of a Georgia State Trooper, he grew up learning that service to others is a calling. He carried those lessons through his years as a pastor, state legislator, U.S. Congressman, and military chaplain.

Now, as Secretary of Veterans Affairs, Collins continues that legacy of service, including through MVP participation that could change lives.

"That's why I'm so privileged to be the Secretary of VA," he said. "Because we do research that matters."

Army Veteran Judy Toney

Buffalo, NY, native Judy Toney joined the Army in 1974. A former finance specialist, Toney says, "I joined MVP in an effort to be more involved in my VA care. At my local VAMC in Western NY, I have seen the growth of women Veterans receiving their care at VA. I've participated in that growth by taking surveys, filling out questionnaires, and participating in panels about what works for women at VA. I want to participate in MVP for a similar reason—so I can see the positive impact MVP has on Veteran health care at VA and at my facility."



Army Veterans Tema and Alex Eteuati

Father and son Tema and Alex come from a proud, American Samoan family with a strong history of military service. Tema served during the first Gulf War, completed 5 tours of duty in Germany, and retired from a 21-year Army career as a Sergeant First Class. Alex, a combat engineer, spent 12 years in the Army and National Guard, with stints at Fort Campbell, in Korea, and Iraq. They each have homes in Oahu, Hawaii, which is where Alex—now a father himself—learned of and joined MVP, inspiring his father to join, too.



"This program is very important and will continue to help [service members] in the future...my hope is that in the future, [MVP] can tailor medications and other treatments to help Veterans with their health issues." – Alex Eteuati

Beyond One Million: Turning Research into Real-World Impact

A letter from Dr. Sumitra Muralidhar, MVP Program Director

Dear MVP Participants,

When we say, “One Million and More,” we’re not just talking about numbers—we’re talking about the power of your contributions to shape the future of health care. Every Veteran who joins MVP brings us closer to a world where care is more personalized, prevention is more effective, and treatments are more targeted to the needs of Veterans.

Thanks to you, MVP has become a cornerstone of VA research. Together, we’ve built the largest genetic and health database of its kind, and we’re using it to study conditions that matter most to Veterans—like PTSD, cancer, heart disease, diabetes, and traumatic brain injury. Our researchers have already made groundbreaking discoveries, identifying genetic risk factors for breast and prostate cancer, uncovering links between sleep and suicide risk, and finding new ways to predict and prevent chronic illnesses.

And we’re just getting started.

Looking ahead, our focus is on impact. We’re working to translate these discoveries into everyday care by developing new screening tools, guiding medication choices, and informing clinical trials. We’re also expanding our efforts to study nutrition, mental health, and military exposures—areas that directly affect Veterans’ health and quality of life.

By building stronger connections between MVP and VA’s clinical programs, we’re making sure research leads to better outcomes for Veterans. For example, this year we made a significant advancement by incorporating MVP-identified risk factors into VA’s Recovery Engagement and Coordination for Health-Veteran Enhanced Treatment—or REACH VET—program, a suicide prediction tool. The updated REACH VET tool is now helping doctors identify Veterans at a higher risk for suicide earlier so they can reach out, offer support, and help save lives.

We’re also ensuring that MVP research reflects the full range of Veterans’ service experiences, health conditions, and backgrounds. Having broad participation across age, sex, geography, and military era strengthens the scientific power of MVP. It allows researchers to understand why certain conditions affect some Veterans differently from others. Ultimately, it can help VA deliver care that is effective for every Veteran who comes in for care. To support VA’s efforts to better understand toxic exposures, we’re expanding our research through the Military Experiences and Toxic Exposures Survey. By sharing your experiences, you can help us improve health care for generations to come. The survey asks questions about experiences during and after your military service, including topics such as your military job tasks and deployment activities, exposure to toxic or hazardous substances while deployed, combat experiences, and lifestyle and home exposures. Complete the survey at www.mvp.va.gov by logging into your personal MVP Dashboard.

Thank you for being part of this journey. Your service and your continued participation in MVP are helping define the next chapters of Veteran health research.

Sincerely,
Dr. Sumitra Muralidhar
Program Director, Million Veteran Program



Dr. Sumitra Muralidhar, MVP Program Director

Continue your MVP journey at www.mvp.va.gov

Your one-stop shop for all things MVP

Visit the Science Corner



- Read more about MVP's latest research projects
- Access links to 475+ research publications that used data from MVP

Sign in to your personal MVP Dashboard

Sign in to your personal dashboard to complete your MVP enrollment, schedule a visit at an MVP local site to submit your blood sample, take health and wellness surveys, and more.

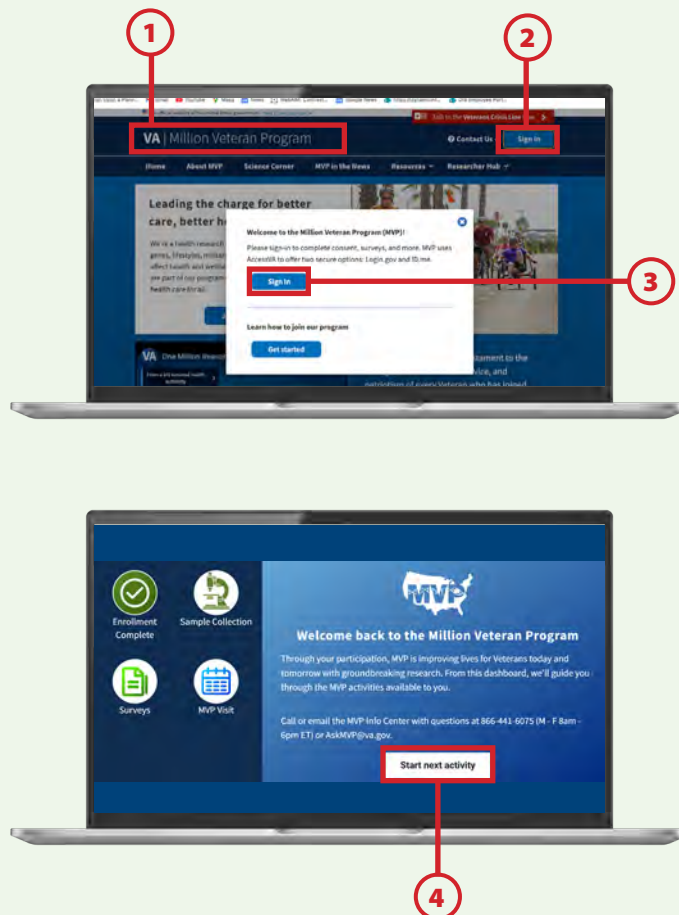
- **Baseline Survey:** Answer questions about your health status, habits, medical history, and family medical history.
- **Lifestyle Survey:** Answer questions about your sleep and exercise habits, environmental exposures, dietary habits, and well-being.
- **Military Experiences and Toxic Exposures Survey:** Answer questions about your military experiences, including places you were stationed and deployed, duties you fulfilled, and toxic exposures you encountered during your time in service.

How do I access my personal MVP Dashboard?

1. Visit www.mvp.va.gov
2. Click "Sign in"
3. Choose a secure VA partner to sign in.
4. Once you are signed in, your personalized activities will display. Click "Start next activity" to complete your next activity.

Read about MVP in the news, access the latest edition of MVP Matters, learn about privacy and security at MVP, and so much more—all at www.mvp.va.gov.

How do I access my personal MVP Dashboard?



Join VA's largest effort to improve health for Veterans

Visit www.mvp.va.gov to join today

Questions? Call 866-441-6075



VA



U.S. Department of Veterans Affairs