

MLSAAF UPDATES !

We are just around the corner from beginning the next wave of our study, WAVE 5 !!

Nobody has done this. What an incredible achievement - and we could not do this work without YOU!

In Wave 5, we will have our survey and we will also be testing with **biomarkers** – *a totally uncharted territory for Asian Americans*. We'll be looking at cortisol levels, inflammation levels, and sleep quality.

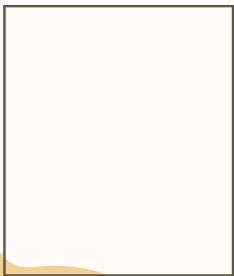
-From MLSAAF Team

For those interested in participating in our biomarkers, here are the three tests we will be conducting:

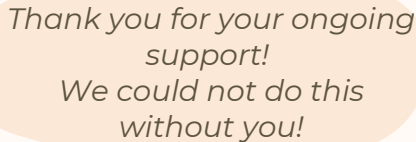
- **Nails:** clip at time of survey
- **Sleep:** wear a sleeping device for 1 week
- **Dry Blood Spot:** do one time at time of survey



Please scan the QR code to fill out **the consent form** to participate in WAVE 5, **update your contact information**, and learn more about **biomarker testing** so you don't miss important information.



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*Thank you for your ongoing support!
We could not do this without you!*