

[HOP website](#)[IOS app store](#)[Android app store](#)

## The Healthy Oregon Project Platform 2.0 is Arriving Soon

The Healthy Oregon Project (HOP) team is excited to announce that our study platform is getting an upgrade! **The new HOP app will offer improved features and functionality, and participants will now be able to access their account on the web.** The website version will be an extension of the HOP app, offering participants the flexibility to choose their preferred platform. We understand there are activities, like contributing to cancer early detection research, that some prefer doing online instead of through a mobile app so now you won't have to choose one platform or the other, you can use both!

You may experience a short timeframe with limited access to accounts while we put the finishing touches on our upgrades.

The HOP study will continue to provide participants with access to cancer early-detection research opportunities and no-cost genetic screening throughout the state, all from a phone or computer! **Join us today to help advance cancer early detection research or [visit our website](#) for more information.**

Have you learned more about your family health history? Don't forget to update the *Cancer History* survey in the HOP app.

Complete your survey to-do list today in the [Healthy Oregon Project app](#).



### Meet Jillian Knight

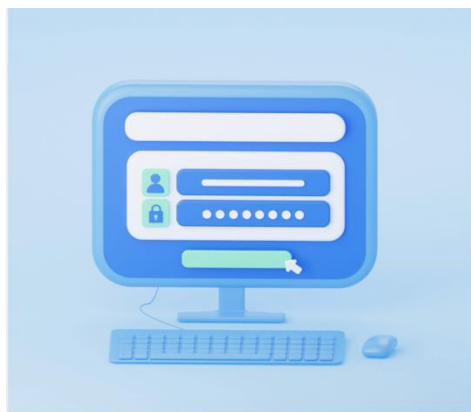
Healthy Oregon Project Participant

Given her limited knowledge of family history, Jillian jumped at the chance to take part in the HOP study to learn if she had inherited cancer risks. Jillian's family health history had generations of adoptions and other missing information but once she connected with her biological family, she discovered that lung, breast, and ovarian cancers were present in family members at varying ages. Jillian was still unsure if there was a genetic link to these cancer diagnoses but after learning about the Healthy Oregon Project, she figured it could answer her health questions.

*"I am a firm believer that knowledge is power so I knew that even if the result was negative, I would deal with it head-on. All community members should know that HOP can educate people who might not know about their family health history so they too can prepare for their future."*



## FAQ: Can I change my email in my HOP account?



Participants are not currently able to change their email address in the HOP app once an account is created. This can be frustrating as emails change or passwords are forgotten, both can limit your access to HOP resources.

**As part of the HOP platform update, you will be able to update your contact and account information at any time.** You will have access to your full account profile and in that tab, you'll be able to change your login information, where you receive emails and notification preferences.

More information about new features will be shared and easily accessible for participants once the platforms are available.

## Cancer and Chronic Disease Prevention and Early Detection Resources and Education



[Healthy Aging Awareness Month](#) includes the opportunity to learn about the activities and practices that can increase how people thrive as they age. Older adult health can impact all of society! Build your awareness this month with tips from [NIH](#).



The [Oregon Drinking Water Quality Study](#) is inviting Oregon residents to participate in a project that aims to understand the quality of drinking water across the state. To take part, simply send in three samples of water from your household faucet. Sign up [here](#)!

Find us online at [HealthyOregonProject.com](https://HealthyOregonProject.com) or our social media



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