



# MiChEM

## Michigan Chemical Exposure Monitoring

The MiChEM program is an ongoing effort to gather data on the amount of certain chemicals in the blood and urine of Michiganders, including lead, mercury and PFAS. This program will help the Michigan Department of Health and Human Services (MDHHS) understand more about the chemical exposures of Michigan residents.

### What are chemical exposures?

People can come in contact with chemicals in what they eat and drink, in products they use, at work and in the air, soil and water. Some chemicals are helpful and necessary for life and some can be harmful. Either way, this contact with chemicals is called chemical exposure.

### Why was my household selected for MiChEM? Can those who did not get an invitation join the program?

We used a statistical method to select households in different areas of the state to represent the state as a whole. All adults in selected households are eligible to register. However, we will randomly select only one adult from each household to participate. Only those selected can join the program. If you received an invitation or participated before, your household can register again.

### Why should I register my household for the MiChEM program?

Your household was selected to help represent Michiganders from different backgrounds and parts of the state. Your household's participation will help MiChEM findings best reflect Michigan.

MiChEM findings will help MDHHS and other agencies know what actions to take to reduce chemical exposures. These actions could include:



Studying sources and health effects of chemical exposures.



Creating programs to reduce harmful chemical exposures.



Improving laws related to chemical use.

### What will participants do?



Participants will answer survey questions online or by phone. This survey will take about 30-45 minutes. These questions ask how participants may have come into contact with certain chemicals.



During the appointment, a trained professional will collect a blood sample. Participants will be asked for a urine sample.

### Once they complete these steps, participants will receive:

- A \$75 Visa gift card.
- Personal lab results for the 195 chemicals we measured in their blood and urine samples. Resources on how to reduce chemical exposures will be included.

## How will participant data and samples be protected?

All samples and information will be stored securely at MDHHS. MDHHS will protect results to the fullest extent allowed by law. MDHHS will not give other parties participants' data without their written permission.

Any reports or articles about the program will only talk about group results. These reports or articles will not include information that could identify participants, such as their name or contact information.

## What chemicals are being tested?

- Seventeen organochlorine pesticides
- Forty five per- and polyfluoroalkyl substances (PFAS)
- One polybrominated biphenyl congener (PBB-153)
- Ten polybrominated diphenyl ethers (PBDEs)
- One hundred polychlorinated biphenyls (PCBs)
- Twenty two metals such as:
  - Lead
  - Mercury
  - Arsenic
  - Manganese
  - Selenium
  - Thallium
  - Cadmium
  - Cobalt

**MiChEM will not test the blood and urine for drugs or DNA.**

## Will participants get their lab results?

Yes. Participants can get their results in a secure, online portal or by mail.

## What will the results show?

The results will tell participants the amount of certain chemicals in their blood and urine when the samples were taken.

The lab results cannot:

- Show participants where the chemicals in their blood and urine came from.
- Tell participants anything about chemicals MiChEM did not measure.

MiChEM results are not intended to diagnose current illness or predict future illness. Most people will not learn anything new about their health from their MiChEM results.

## How do I register my household for this program?

To register the adults in your household, visit <https://is.gd/GVBh6T>, enter the code from your letter and follow the steps on the screen. If you prefer, call 844-464-7327 between 9 a.m. and 6 p.m., Monday through Friday, and you can talk to the MiChEM team.

One adult per household will be randomly selected. Appointments are first-come, first-served. We will be in each area for a short time, so sign up now.

El Departamento de Salud y Servicios Humanos de Michigan (MDHHS, por sus siglas en inglés) invita a su hogar a registrarse en el programa Monitoreo de Exposición Química de Michigan (MiChEM, por sus siglas en inglés). Si está interesado en saber más sobre el programa, puede encontrar información en español en nuestro sitio web [Michigan.gov/DEHBio](http://Michigan.gov/DEHBio).

تدعو Michigan Chemical (برنامج التسجيل في برنامج MDHHS - إدارة الصحة والخدمات الإنسانية لولاية ميشيغان) Department of Health and Human Services (مراقبة التعرض للمواد الكيميائية في ميشيغان - MiChEM) إذا كان هذا الأمر يهبطك وتودون معرفة المزيد عن هذا البرنامج فيمكنكم الاطلاع على معلومات حولته مكتوبة باللغة العربية بزيارة الموقع الإلكتروني [Michigan.gov/DEHBio](http://Michigan.gov/DEHBio)

## For more information:

MDHHS-michem@michigan.gov

[Michigan.gov/DEHBio](http://Michigan.gov/DEHBio)

844-464-7327



The Michigan Department of Health and Human Services (MDHHS) does not discriminate against any individual or group on the basis of race, national origin, color, sex, disability, religion, age, height, weight, familial status, partisan considerations, or genetic information. Sex-based discrimination includes, but is not limited to, discrimination based on sexual orientation, gender identity, gender expression, sex characteristics, and pregnancy.