

**Healthspan
Connect**

Programme of Research



PARTICIPANT INFORMATION SHEET

Version 2.1

Date: 09.07.2026

REC reference: 25/NW/0360

IRAS ID: 362403

KING'S
College
LONDON



PARENT/GUARDIAN PARTICIPANT INFORMATION SHEET

Healthspan Connect

- Thank you so much for taking the time to read this information sheet.
- This information sheet will **explain the study, what taking part involves, any benefits and risks, how your child's information will be used and protected, and their rights as a participant** (including their right to withdraw at any time).
- Please **take your time** to read this carefully so that you understand everything.
- If you need to, **take a break** in between sections.
- If you have any questions, please contact us using the details at the end of the information sheet.

WHAT IS HEALTHSPAN CONNECT?

Healthspan Connect is an ongoing **research programme** that looks at **how and why people age the way they do**. It aims to better understand health problems, how diseases develop, and what helps people stay healthy for longer.

By following a **diverse group of people over time**, the study will learn more about **how things like biology, lifestyle, and the environment affect our health**. The goal is to find ways to **help people live longer, healthier lives**.

Healthspan Connect aims to:

- Learn how diseases develop, including heart disease, cancer, diabetes, and conditions that affect the brain.
- Study how people age and find out what factors help people stay strong and healthy as they get older.
- Look at health risks by examining things like genes, lifestyle, and where people live.
- Find ways to support healthy ageing – by discovering what helps people stay independent and live well for longer.



WHY IS MY CHILD BEING INVITED TO TAKE PART IN HEALTHSPAN CONNECT?

Your child can take part in Healthspan Connect if they:

- Were **born in and/or are resident in the UK**
- **Are age 12 or older**, although most of our studies are for people aged 18 and older
- Can take part using a **computer, tablet, or smartphone** with internet access



12 +



With your permission, we may also invite family members and household members to take part in Healthspan Connect so that we can further investigate how genetics and the environment affect health.

This **information sheet** gives details about what taking part involves. Before agreeing to be in the study, we will **ask your child a few questions** to **check that they understand what Healthspan Connect is**. This is to make sure we have **explained our study properly**. It is not a test.

WHERE WILL THE STUDY TAKE PLACE?

Most of the study will happen **remotely**, which means your child can **take part from home**. Your child may be asked to fill in online questionnaires or send samples using home collection kits.



From time to time, we may invite your child to **visit a clinic** for certain tests or measures. These visits will be **optional**, and we'll give you and your child all the information you need in advance. Most study visits take place at **St Thomas' Hospital in London**. Occasionally, we may invite your child to take part in research at a partner centre elsewhere in the UK or during a home visit. If you are travelling to a clinic visit with your child, we will **reimburse public transport fares and petrol mileage**. Information about reimbursing travel will be given in each study information sheet.

WHAT DOES TAKING PART IN HEALTHSPAN CONNECT INVOLVE?

Healthspan Connect is an ongoing research programme **made up of different studies**. Most of the time, your child will be asked to collect **samples or information at home**. Occasionally, we may invite your child to visit a research clinic to collect samples or carry out certain tests.

If your child wants to join Healthspan Connect, we will **ask for your permission** as the parent or guardian for them to join. Your child will provide an **email address and phone number for you**, so we can contact you to **confirm your child can join**. We will send you a link to read this information sheet, which is like the one we provided to your child. **If you do not agree, your child will not be able to join Healthspan Connect, and all the information we hold about your child will be deleted.** If this is the case, your child **may choose to join later**.

If you are a Healthspan Connect participant and **wish to invite your child to join**, we will ask you to provide their **email address and mobile number so we can contact them**. We will send your child an information sheet, which is like this one. **If your child does not agree, your child will not be able to join Healthspan Connect, and all the information we hold about your child will be deleted.** If this is the case, your child **may choose to join later**.

It is only necessary for **one parent or guardian to consent** to their child taking part in Healthspan Connect.

If you agree to your child taking part, they'll be invited to join studies that are relevant to them. For each study, we will provide an information sheet that explains what is involved. In these studies, **they may be asked to:**

- 1**  Fill in online questionnaires about health, lifestyle and background.
- 2**  Provide biological samples, such as blood (for DNA and other components), hair, nails, stool, saliva, semen, or tissue samples (biopsies).
- 3**  Use smart devices or phone apps to track things like health, diet, sleep, mood, movement, location, and exercise.
- 4**  Take part in psychological tests and activities to help us understand brain function.
- 5**  Have clinical assessments and tests, such as physical measurements, fitness tests, skin and dental checks, allergy testing, eye and hearing tests, taste tests, and other sensory tests (like checking temperature sensitivity).
- 6**  Take part in interviews or focus groups to share views and experiences.
- 7**  Help collect environmental samples, like drinking water, soil, or dust from your surroundings.

If you give permission, we may also **link to your child's health, education, and environmental records** to build a more complete picture of your health and environment.

We may also invite your child to take part in studies that **involve changes to lifestyle or diet**. This could include trying dietary supplements, probiotics, following a specific diet, or making other non-medical changes.

Your child might also be invited to have their **photo or video taken** to help us promote the study, but we'll always **ask for your permission first**.

We will store your child's samples and data in the Healthspan Connect Biobank (REC ref 25/NW/0359).

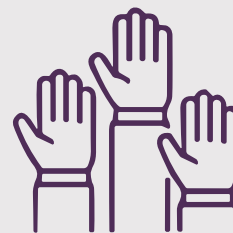
In some studies, when your child sends back biological samples, they may receive an e-voucher (usually about £20). Sometimes we may also enter them into a prize draw after they complete a study. We will tell them if this happens in the information sheet for each study.

Once your child **turns 16**, we will contact them to invite them to give their **own consent to continue as an adult participant**.

DOES MY CHILD HAVE TO TAKE PART IN HEALTHSPAN CONNECT?

No, it's completely **your choice and your child's choice** whether you want them to take part in Healthspan Connect.

If they do decide to join, they may be invited to take part in individual research studies related to Healthspan Connect's goals. **Each time, they can choose whether they want to take part.**



To help you and your child decide, we'll give you a study information sheet that explains what the study involves. You can also contact the research team by email or phone if you have any questions.

If a study includes tests, you can decide if your child takes part in all, some, or none of them, and you can change your mind at any time. If your child chooses to take part in any tests, we'll ask you to sign a consent form to confirm that you agree.

DO I NEED TO DO ANYTHING TO PREPARE MY CHILD FOR A RESEARCH VISIT?

If you agree for your child to come in for a visit, we'll give you **clear instructions in advance**.

This might include things like completing a questionnaire, collecting a sample, or not eating beforehand. We'll also explain what will happen during the visit. **If your child has diabetes, please contact us so we can make sure the visit is safe and suitable for them.**



You can always **get in touch with the research team if you have any questions about the visit**. The ways you can get in touch are at the bottom of this information sheet.

WILL MY CHILD BE GIVEN ANY MEDICATION AT THE VISIT?

Depending on the tests your child is taking part in, **we may give them medication** such as eye drops or a local anaesthetic (a numbing medicine) before certain procedures, like a biopsy.

We only use approved and commonly used medications. Your child will **not** be asked to take any experimental or unapproved medicines as part of this study.



LINKING TO YOUR CHILD'S DATA

When we use services like healthcare or education, **information about us is collected and stored** by different organisations. Data linkage means **bringing this information together** from your official records.

This **helps Healthspan Connect collect useful data** without needing extra time or effort from you or your child.

We will **always ask for your permission** before we request any of this information.

If you agree, we may link your child's health, education, or environmental records that are held by trusted organisations and government bodies.

Data linkage has several benefits for both your child and the researchers:

- Some people may find it hard to take part in Healthspan Connect studies. Data linkage is a simple way to still be part of important research.
- Even if your child has taken part in many studies, there may still be some missing information. Linking to your child's official records can help fill in the gaps and give us a better overall picture.
- Some details, like the exact name and dose of a medicine your child was given in the past, might be hard to remember. Data linkage helps us collect accurate details like these.

To do this, we will **securely share your child's name, date of birth, and NHS number** with the organisations that hold their records.

They will send us the relevant information, and we will **remove anything that could directly identify your child** before it's added to our database. We will then match this information to your child's Healthspan Connect records using a special code that doesn't reveal who your child is.

Some studies may ask your child to use **wearable devices or mobile phone apps** to collect information about their health and lifestyle. Wearables are items that can be worn, such as a watch, wristband, or patch, which can measure things like heart rate, sleep, activity, or movement.

We will **tell your child exactly what data the device or app will collect and how long they will need to use it**. If they are using their own device, we will explain how to give us permission to share the data with us.



All information collected from a wearable will be **stored securely and linked to your study record** using a **special code instead of your name**.

Some studies may ask to **link to your child's retail loyalty card data** (e.g. Boots Advantage cards). We will tell your child which card we want to link to and when we will access the data.

If your child joins Healthspan Connect, they'll be asked to say which types of records, if any, they are happy for us to link to. **You can change your mind at any time** by getting in touch with us.

To learn more about the kinds of data we link to, and how it works, please click here: <https://healthspanconnect.kcl.ac.uk/participants/data-linkage-for-participants/>.

The UK Longitudinal Linkage Collaboration

The UK Longitudinal Linkage Collaboration (UK LLC) is a **secure national system for linking data** used in long-term research studies.

It is led by the **Universities of Bristol and Edinburgh**.

UK LLC makes it easier for researchers to access linked data that can help improve public health and wellbeing. By bringing together information about health, social factors, behaviour, and the economy, it **supports important research for the public good**.

The data is **stored securely at Swansea University** and **managed by the University of Bristol**.

The UK LLC **helps researchers answer important questions by bringing together different types of data**. It holds research data shared by study groups (called cohorts) and links it to health, environmental, education, and other official records - but **only when permission has been given**.

Healthspan Connect will **share some of its data with the UK LLC** and **allow it to link to participants' health, education, and environmental records**, but only based on the preferences you **choose for your child on their Healthspan Connect Informed Consent Form**.

All data held by the UK LLC is **de-identified at every stage**. This means your child's personal details are removed so that neither researchers nor UK LLC staff can identify your child from the data.

Researchers can **apply to use the data** held in the UK LLC. However, Healthspan Connect will keep **full control over who can access any of its data**.

Every request to use Healthspan Connect data will be carefully reviewed by the **Healthspan Connect Governance and Resource Access Management Committee**.

Only approved researchers who are doing genuine health research that benefits the public will be given access. This process is explained in more detail in the section ‘What will happen to my data and samples?’

More information about the UK LLC is available on their website: <https://ukllc.ac.uk/>

ZOE Research Personal Data

NOTE: This is only relevant to you if your child has previously participated in research studies run by ZOE (the ZOE Health Study and/or the PREDICT studies).

If they consented specifically to this, ZOE will share with us the personal data (including health data) it holds about them from its research studies. We may link this data to the other data we collect about your child for Healthspan Connect, only for the sub-studies your child signs up for.

This is optional – your child can still participate in Healthspan Connect if you do not give this consent for ZOE to share this data with us.

For more information on the types of data ZOE may share with us, please see the relevant privacy policies below:

- If they participated in the [ZOE Health Study](#).
- If they participated in the [PREDICT Study](#).

WHAT ARE THE ADVANTAGES OF TAKING PART?

By taking part, your child will be **helping to advance ageing and health research** that could benefit people in the future. You and your child can keep up to date with what we’re learning by visiting our website.

In some studies, your child may receive **health test results** that could be useful for their GP. These results might help identify any health conditions early (see Test Results below for more information).



TEST RESULTS

The tests we do are for research purposes and are **not the same as a health check with your doctor**. However, some of the tests can help **spot possible health problems**. We’ll let you know in the study information sheet if a test could be useful for your child’s health, whether they’ll receive any results, and when.

If you want to understand what your child’s results mean for your health, we recommend **discussing them with their GP**. We do not send your child’s routine results to your GP unless there are incidental findings that may need to be followed up. In that case, we may contact both you and their GP.

Some tests we do, like microbiome tests, are useful for research but **don't yet have a clear meaning for health**.

Others, like genetic tests, are done in research labs and not in clinical labs, so they **can't be used to diagnose medical conditions**. Because of this, we **won't share results from these types of tests**.

WHAT ARE THE DISADVANTAGES OR RISKS OF TAKING PART?

Most people will not experience any serious side effects while taking part in Healthspan Connect studies.

However, depending on the study and the tests your child takes part in, they may experience some **minor side effects**, such as:

- Some questionnaires may include questions on sensitive topics. We will let your child know in the information sheet before they start, so they can decide if they want to answer them.
- Slight discomfort when giving a blood sample.
- Mild discomfort when having a cannula (small tube) inserted. There is also a small risk of infection or tenderness afterwards.
- Temporary redness on the skin from some sensory tests.
- If your child chooses to have a biopsy, it may leave a small scar. There is also a small chance of bleeding, tenderness, or infection.
- There is a small risk of a reaction to the local anaesthetic (numbing medicine) used during a biopsy. The research team is fully trained to manage this. Your child should not take part in a biopsy if you are allergic to anaesthetics.
- For certain specialised procedures, there will be an extra consultation with a trained member of the research team so you can fully understand any risks before your child decides whether to take part.

There are also some risks related to data privacy and security. You can read more about how we protect your information in the sections '**Your child's data and confidentiality**' and '**What happens to my child's data and samples**' below.

HOW WILL YOU CONTACT MY CHILD?

- We may contact your child in different ways, such as by phone, text message, email, or letter, **depending on the permissions and preferences they've given us**.
- We'll also provide updates through our social media channels and by sending regular newsletters and emails about new developments and upcoming studies within Healthspan Connect.



YOUR CHILD'S DATA AND CONFIDENTIALITY

We will keep all information collected about your child as part of Healthspan Connect **strictly confidential**, and we will store it according to the UK General Data Protection Regulation 2018 and the Data Protection Act 2018.

We will store all your child's data using a unique code, instead of their name. Their personal details, such as your name, address, full date of birth, and contact information, will be kept in a separate, secure database, which may include storage on a secure third-party server.

Only authorised Healthspan Connect researchers and staff will be able to access this, and only for things like managing your child's participation in the study.

When we share your child's data with researchers, it will be **pseudonymised**, meaning it's linked only to their unique code, not your name.

We may also share your child's birth month and year, but **nothing that can directly identify them**. Your child cannot be personally identified from the data we share. **We treat it as a potential criminal offence to misuse data**, including trying to re-identify someone without permission.



We may share data with **third-party platforms for research purposes**. These platforms will be described in each sub-study Volunteer Information Sheet and will meet King's College and Healthspan Connect data requirements for data storage, including General Data Protection Regulation 2018.

Only the test results that we send to your child (and their GP, where applicable) will contain any personal information.

Sometimes we work with service providers to help us to carry out our research (e.g. to send out large numbers of postal kits), and **we may need to share some of your child's personal information with them, but only under strict contracts**.

More information about how we handle your child's data is available in the **Privacy Notice on our website (ADD)** and from the **King's College London Information Compliance team and Data Protection Officer**, available on info-compliance@kcl.ac.uk.

WHAT WILL HAPPEN TO MY CHILD'S SAMPLES AND DATA?

We will store all data and samples your child provides in our **Healthspan Connect Biobank** (REC REF: 25/NW/0359).

We will store your child's clinical, genetic and questionnaire data in a **secure electronic database** so it can be used in this study and future research projects.

Your child's biological samples will be processed and stored at our laboratory (run by the Department of Twin Research and Epidemiology, based at St Thomas' Hospital, London) or in one of our approved biorepositories.

HOW WILL WE USE INFORMATION ABOUT YOUR CHILD?

We will need to use information from your child and, if you consent, from their medical records for this research project.

This information will include your **initials, NHS number, name, contact details** and **date of birth**.

This data may include things like photographs, images, scans, X-rays, genetic information, location details, questionnaire answers, linked records, clinical data, and biological samples.



People will use this information to do the research or to check your child's records to make sure that the **research is being done properly**.

People who do not need to know who you are will not be able to see your child's name or contact details. Their data will have a code number instead.

King's College London is responsible for looking after your child's information. We will share their information related to this research project with the following types of organisations, and to access:

- Healthcare records available through the NHS and their GP
- Education records held by the Department for Education
- Environmental records such as information held by organisations such as the ONS or Centre for Hydrology and Ecology, based on postcodes

We will keep all information about your child **safe and secure** by storing all their data using a **unique code, instead of your name**.

Their **personal details**, such as their name, address, full date of birth, and contact information, will be kept in a **separate, secure database**. Only authorised Healthspan Connect researchers and staff will be able to access this, and only for things like managing their participation in the study.

INTERNATIONAL TRANSFERS

We may share data about your child **outside the UK for research-related purposes**. Over time, Healthspan Connect may collect thousands of pieces of information and samples from your child and other participants.

Since we can't analyse all of this ourselves, we allow **approved researchers outside of Healthspan Connect to request access** to this data to help maximise the scientific benefit of your contribution.

If this happens, we will only share the **data that is needed**. We will also make sure your child can't be identified from the data that is shared, where possible. This may not be possible under certain circumstances – for instance, if they have a rare illness, it may still be possible to identify them.

If your child's data is shared outside the UK, it will be with researchers **approved by the Healthspan Connect Governance and Resource Access Management Committee**. Researchers in the UK or abroad must clearly explain their research project and why it's scientifically valuable. The Committee will then decide whether to approve the request. If approved, only the **minimum amount of data or samples needed** for the project will be shared.



Most requests will come from academic researchers working at universities. A small number may come from commercial companies. However, **stricter rules apply to commercial researchers**. While they may request access to data and samples, **we do not share your child's linked health, education, or environmental records with them**. Your child can tell us your preferences about this on the **Healthspan Connect Informed Consent Form**. We do not allow your child's DNA to be used for any research related to human cloning.

We will make sure your child's data is protected. Anyone who accesses your data outside the UK must do what we tell them so that their data has a **similar level of protection as it does under UK law**.

We will make sure your child's data is safe outside the UK by doing the following:

- some of the countries your child's data will be shared with have an adequacy decision in place. This means that we know their laws offer a similar level of protection to data protection laws in the UK
- we use specific contracts approved for use in the UK which give personal data the same level of protection it has in the UK. For further details [visit the Information Commissioner's Office \(ICO\) website](#)

- we do not allow those who access your child's data outside the UK to use it for anything other than what our written contract with them says
- we need other organisations to have appropriate security measures to protect your child's data, which are consistent with the data security and confidentiality obligations we have. This includes having appropriate measures to protect your child's data against accidental loss and unauthorised access, use, changes or sharing
- we have procedures in place to deal with any suspected personal data breach. We will tell you and your child, and applicable regulators, when there has been a breach of their personal data when we legally have to. For further details about UK breach reporting rules [visit the Information Commissioner's Office \(ICO\) website](#)

HOW WILL WE USE INFORMATION ABOUT YOUR CHILD AFTER THE STUDY ENDS?

Once we have finished the study, we will keep some of the data so we can check the results. We will write our reports in a way that **no one can work out that your child took part in the study.**

We will keep your child's study data for a **maximum of 10 years** after the completion of our research. The study data will then be fully anonymised and securely archived or destroyed.



WHAT ARE YOUR CHOICES ABOUT HOW YOUR CHILD'S INFORMATION IS USED?

- Your child can **stop being part of the study at any time**, without giving a reason, but we will keep information about your child that we already have.
- If your child chooses to stop taking part in the study, we would like to continue collecting information from their linked records, such as health data from the NHS. **If they do not want this to happen, they can tell us, and we will stop.**
- They have the right to ask us to **remove, change or delete data** we hold about them for the purposes of the study. Your child can also **object to our processing of your data**. We might not always be able to do this if it means we cannot use their data to do the research. If so, we will tell them why we cannot do this.

More details can be found in the section CAN I LEAVE HEALTHSPAN CONNECT?

WHERE CAN YOU FIND OUT MORE ABOUT HOW YOUR CHILD'S INFORMATION IS USED?

- You can find out more about how we use your child's's information, including the specific mechanism used by us when transferring your personal data out of the UK:

- at <http://www.hra.nhs.uk/patientdataandresearch>
- <https://www.kcl.ac.uk/research/research-environment/rgei/research-ethics/use-of-personal-data-in-research>; or
- by asking one of the research team using the details at the end of this information sheet
- by sending an email to our Data Protection Officer at info-compliance@kcl.ac.uk

We will keep all your child's information safe and secure, following UK laws (UK General Data Protection Regulation 2018 and Data Protection Act 2018), and all samples will be stored according to the rules in the Human Tissue Act 2004.

Any **intellectual property** (such as discoveries or inventions) that comes from the study will **belong to King's College London**. Your child will not own the data or samples they provide, or any results that come from them.

WHO ORGANISES AND FUNDS HEALTHSPAN CONNECT?

The study is run by the **Department of Twin Research and Genetic Epidemiology, King's College London (KCL)**. This is based at St Thomas' Hospital in London.

The Head of Department is **Professor Claire Steves**. The main funding bodies currently supporting the Department and Healthspan Connect include the **Wellcome Trust, the Medical Research Council and the Chronic Disease Research Foundation (CDRF)**. These are charities and organisations that give money to scientists to help answer important research questions.

Future Healthspan Connect studies may be funded by other organisations. We will tell your child who is funding each study in the study information sheet.

KCL sometimes works with **commercial (for-profit) organisations**. These organisations can be allowed to access, view and use the Healthspan Connect database. This is always controlled and monitored by Healthspan Connect researchers, and **data is de-identified (your personal details are removed)**. The contracts with these organisations may bring income or profit to KCL. **The Vice President of KCL (Finance) decides how this income is used**, not anyone working on Healthspan Connect.



KCL will **never sell the samples or data your child donates**. If we share your child's samples or research data with other researchers (including commercial companies), they must first be **reviewed and approved by the Healthspan Connect Governance and Resource Access Management Committee**. We may charge them a fee to cover the cost of collecting, storing and sharing the samples and data. Commercial companies may be charged more than academic researchers. The fees we receive will help support further research at Healthspan Connect.

If we share data or samples with commercial organisations, we always have **strict agreements (contracts)** in place with them. The agreements might mean that some other organisations might not be able to use Healthspan Connect data or samples in some situations. Agreements might also **limit KCL's ability to profit from our research findings**, unless the commercial organisation is involved.

WHO HAS REVIEWED AND APPROVED THE RESEARCH?

The Healthspan Connect Programme of Research was reviewed and approved by **NHS North West – Liverpool Central Research Ethics Committee** (REC reference **25/NW/0360**).

Healthspan Connect Biobank was reviewed and approved by NHS North West – Liverpool Central Research Ethics Committee (REC reference 25/NW/0359).

These are **special groups made up of people who work in different types of jobs**, who decide if a research project is allowed to take place in the UK.

The **COVID Symptom Study (CSS) Biobank** (REC reference 20/YH/0298) is another research study and biobank run by some of the same researchers who work on Healthspan Connect. A group of volunteers from the CSS Biobank, called the **CSS Biobank Volunteer Advisory Panel**, have looked at the Healthspan Connect research programme and **provided helpful feedback and advice**.



CAN MY CHILD LEAVE HEALTHSPAN CONNECT?

Your child is free to withdraw from Healthspan Connect at any time, without giving a reason. This **won't affect your child's future involvement** with the Department of Twin Research and Genetic Epidemiology, **your child's medical care, or your child's legal rights.**

If you decide to leave the study, you can **tell us what you'd like us to do** with your child's linked records, stored data, and samples. They'll be asked to choose from the following options:

Stored samples:	I am happy for Healthspan Connect to continue storing and using my samples	OR	I would like Healthspan Connect to destroy my samples
Stored research data:	I am happy for Healthspan Connect to continue storing and using my research data	OR	I would like Healthspan Connect to destroy my research data
Linked health, education, and environmental data:	I am happy for Healthspan Connect to continue linking to my health, education, and environmental data	OR	I would like Healthspan Connect to stop linking to my health, education, and environmental data

If your child withdraws completely, we will delete your child's personal details and stop contacting them about any news, events, or studies.

If they would still like to hear from us but don't want to take part in studies for now, they can choose to change their status to News and Information only. This means we can keep in touch with updates and news, and they can choose to get involved again in the future if they wish.

To change your child's status or withdraw completely, please contact us using the details at the end of this information sheet.

WHO CAN I CONTACT FOR FURTHER INFORMATION?

If you have any questions or concerns, please contact the Healthspan Connect study team on the details below.

- Email address: healthspan@kcl.ac.uk
- Website contact form <https://healthspanconnect.kcl.ac.uk/contact-us/>

Healthspan Connect
Department of Twin Research and Genetic Epidemiology
St Thomas' Hospital Campus
4th Floor South Wing D Block
Westminster Bridge Road
London SE1 7EH

WHO CAN I CONTACT IF I WANT TO MAKE A COMPLAINT?

Please contact the Healthspan Connect study team using the contact details above.

If your complaint is not sorted out and you wish to take it further, you can write to Chief Investigator of Healthspan Connect, Professor Claire Steves, using the department address above. You can also contact the Research Governance Office at King's College London – rgo@kcl.ac.uk.

Thank you for taking the time to read this information sheet.