**Smell Test Partner Toolkit**

**Email/Letter Template**

Dear [**Friend**],

I’m reaching out because I need your help! Today, there is so much information out there to help us understand how to best care for our brain. Now, emerging science is pointing to a healthful practice you can add to your routine: monitoring your sense of smell.

Smell loss may be one of the most important signs of risk for brain disease. A study from The Michael J. Fox Foundation for Parkinson’s Research is exploring this link. They are asking everyone age 60 and older without Parkinson’s to take a simple scratch-and-sniff test. You can get started by requesting a free test at [mysmelltest.org/partners](https://mysmelltest.org/partners).

They’ll mail you a test, which takes about 15 minutes to complete. Then you’ll be asked to enter your answers online. Your results may mean you’re a good candidate for a brain health study.

Please take the smell test and help spread the word! Share the link — [mysmelltest.org/partners](https://mysmelltest.org/partners) — with family, friends and others in your community.

There is so much we can do to protect our magnificent brains. I hope you’ll join me and contribute to this important research.

Sincerely,

[**YOUR NAME**]  
  
P.S. If you have any questions throughout the process, please reach out to [ppmi@iu.edu](mailto:ppmi@iu.edu).