



Project Reset

Redirecting immune, lipid and metabolic drivers of early cardiovascular disease

Project RESET FAQs

What is Project RESET?

1) What is Project RESET?

Project RESET is a nationwide study led by National University of Singapore (NUS) involving multiple research and healthcare institutions such as National University Health System (NUHS), National Heart Centre Singapore (NHCS) and A*STAR. We aim to study heart and liver disease in Singaporeans through comprehensive deep screening of individuals at risk for heart and liver disease.

2) Why Project RESET?

Heart and liver disease burden is high in Singapore with a growing older population. Many Singaporeans who seem apparently 'healthy', may be someone with an increased risk for heart/liver disease.

Project RESET offers you a unique opportunity to increase your awareness and have access to information on your own health. Your medical information can be used to generate well-informed policies in the future to prevent heart/liver disease in Singaporeans. You will be making a difference in your own life as well as in the lives of others.

GENERAL

1) What is the study duration?

5 years.

2) When does the study start?

We expect to start in December 2023. The research coordinators will contact you again.

3) How will my participation in this research benefit me?

You will gain a deeper understanding of your own health. With this new information, you can make the necessary lifestyle modifications to lead a longer and healthier life.

4) How is the screening from your study different from our own healthcare screening?

We offer high-quality, comprehensive tests (wearable, blood test, liver fibroscan, ultrasound of

heart and vessels, MRI of heart) conducted over the course of 5 years, allowing you to undergo more frequent and extensive medical screenings free of charge, in comparison to your own healthcare screening.

5) Will I be reimbursed?

Yes. You will be reimbursed for your inconvenience of travel to the study sites (NUS, NUH, National Heart Centre).

PARTICIPATION

1) How do I register my interest?

Scan the QR code or go to this website: https://medicine.nus.edu.sg/reset_landing/

2) How am I eligible for Project RESET?

Singaporeans and permanent residents, who are 40-70 years old, are eligible for Project RESET.

For more information, refer to the eligibility criteria on our pre-screening website page. https://medicine.nus.edu.sg/reset_landing/

When you submit the form on the website, the research coordinators will contact you.

3) Can I still take part in the study if I am uncomfortable with undergoing all the scans or may be overseas during the next 5 years?

No. The government has invested a lot of money in this study to understand and improve the health of the Singapore population. Thus, we hope that our participants will complete all the visits.

4) Can I stop participating halfway?

Yes. However, all research data collected thus far will still be utilized for research purposes. The smartwatch must be returned to the research team.

5) What are the potential risks involved by participating in this study? Depending on the tests/scans you receive, you may experience discomfort or allergic reactions. However, the chance of this is very small and will always be discussed with you before you receive the test/scans.

6) What will happen if there is an abnormal finding?

If there is any abnormal finding, we will share this with you. We can refer you to a specialist for further care, but the cost for this will have to fall back on your healthcare insurance.

VISIT

1) How many visits are there?

In total 9-17 visits spread over 5 years with no more than 5 times a year.

2) How long does each visit last?

2-4 hours depending on the visit.

3) Can the tests/scans be arranged at a mutually convenient time/date? Yes, we will offer several options for you to plan at your convenient time/date.

4) Will I get a Medical Certificate (MC) for the visit?

We will give you a memo to indicate that you have to come to NUS or the hospital for the research visit.

5) What blood tests will I undergo?

Blood tests will include cholesterol, full blood count, liver markers, etc.

6) What scans will I undergo?

- Ultrasound - Liver, heart, blood vessels
- ECG - Heart rhythm
- MRI - Whole body (selected participants)
- CT - Heart (selected participants)

7) Where will the scans be held?

- Mostly at NUS, Medicine, MD6 (closest MRT: Kent Ridge Station, Circle line CC24) • NUH - Heart, blood vessel ultrasound
- NHCS - Whole body MRI

8) Will I receive the blood test/scan results?

Yes, when requested, all or any of your results will be returned to you.

SMARTWATCH

1) Do I get to keep the smartwatch?

Yes, you will get to keep the smartwatch. However, if at any point of the study you choose to withdraw from the study, the smartwatch will be collected back.

2) Can I use my own personal smartwatch for Project RESET? No, only the smartwatches provided by us are to be used.

3) What should I do if the smartwatch is broken or stops working?

Please contact our research coordinators when this happens.