

Dear POST-ICECAP Teams,

Welcome to this special edition of the POST-ICECAP Study Newsletter! Your dedication and hard work continue to drive the success of this study, and we appreciate all that you do!



Study Updates

- **Participant Enrollment Progress:** 88 participants enrolled, and 101 consented to date – great job! Keep up the momentum!
- **Site Enrollment Progress:** 38 sites open for enrollment and 13 sites preparing for start-up

Site Spotlight

Major Milestones Achieved!

- Huge congratulations to **Maine Medical** for consenting the **100th** participant! This incredible achievement reflects the team's dedication and hard work—way to go!
- Shout-out to **UPMC Presbyterian Hospital** for leading the way with the highest number of consents (20) within the first 100 participants. Your commitment is driving this study forward!

Both sites will receive a special congratulatory certificate to celebrate their outstanding contributions—keep up the fantastic work!

The challenge is officially underway! As of March 6th, the race is on to see which site will be the first to consent the 125th participant. Who will reach this milestone first? Stay tuned for updates!

Want to see your site featured? Keep pushing forward, and you might be in the spotlight next!

Recruitment & Retention Tips

- **Best Recruitment Tip:** Sites with high enrollment success emphasize that building rapport with the participant is a critical step. See the [Recruitment Guide](#) for more tips!
- **Best Retention Practice:** While an in-person 3-month visit is preferred, let participants know they can opt for a telephone visit if that's more convenient for them.
- **Office hours:** Join us on the first Monday of every month for open discussions and Q&A. Our next session is on **April 7th at 1PM ET** - drop in with your questions!

If you have any questions, need assistance, or want to share feedback, don't hesitate to reach out to us at:

post-icecap-contact@umich.edu or visit our [study website](#).

Best Regards,
The POST-ICECAP Study Team

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