Participants Needed

Free testing for heavy metals in the body

Four Corners States Biomonitoring Consortium

Project Overview

The Arizona State Public Health Laboratory (ASPHL), a division of the Department of Health Services, has partnered with public health organizations in Colorado, New Mexico, and Utah to conduct biomonitoring projects that will take place across the four states. Biomonitoring is a tool that can be used to see the amounts and types of chemicals that may be in your body. The purpose of this project is to protect community health by identifying potential exposure to heavy metals among people living near mines and by providing individual and community education. To do this, ASPHL will collect urine samples from interested Arizona residents who live near mines and test them for heavy metals.

Who Can Participate?

To participate in this project you must meet all of the following requirements:

- Adult (18+)
- Arizona resident
- Live within 5 miles of a mine
- Not currently work in a mine



Benefits of Participation

- Free heavy metals urine testing (a $200-$400 value)
- Education on common heavy metals and how to avoid exposure from everyday objects and activities
- $20 Visa gift card
- Opportunity to support a public health initiative that serves to improve the health of Arizonans state-wide

What Your Results Can Tell You

Your biomonitoring results will provide you with information about your recent exposure to 8 heavy metals. Your results will tell you:

- The amount of each metal in your urine at the time of collection
- How your results compare to the national averages
- If your results are typical, higher, or lower than the majority of Americans

What Your Results Cannot Tell You

Your results represent the levels of heavy metals measured in your urine at the time you provided your sample. Your results will not tell you:

- If any current, past, or future health problems are related to the levels of heavy metals in your body
- How or when you were exposed

Questions?
Contact the Arizona biomonitoring team at
(602) 364-0720 or biomonitoring@azdhs.gov

For more information and to apply to participate please visit azdhs.gov/biomonitoring

What to Expect as a Participant



Apply to Participate

Complete an online form, available on the ASPHL website, that determines if you are eligible. You must be:

- 18 years or older
- Not currently working in a mine
- Residing within 5 miles of a mine - **ASPHL will determine this**



Notification of Selection

By 8/31/2026 you will be notified of whether you have been selected to participate or not. As testing capacity is limited, not all applicants can be selected; participants will be chosen through a random selection process to promote fairness.



Provide Consent

If selected, you will receive a consent form via email or USPS depending on your preference.



Schedule Sample Collection

An ASPHL staff member will contact you via your preferred method to schedule a date and time when you're available and staff can travel to your location.



Provide Sample

Your urine sample may be collected in your home or a designated collection site which would be agreed upon during scheduling.



Complete Exposure Survey

The survey will cover demographic, background, and lifestyle information.



Receive Results

You will be sent a results packet that will contain an explanation of your results and personalized education based on your results and your answers on the exposure survey.