



Surgeon General of the United States  
Washington, DC

Dear Medical Reserve Corps Volunteer,

As the 18<sup>th</sup> Surgeon General of the United States, it is my pleasure to welcome you to the Medical Reserve Corps (MRC), and to thank you for your service. The civilian volunteer MRC plays a critical role in helping to safeguard the health of all Americans. With the help of volunteers such as yourself, we are building a stronger, healthier, and better prepared nation - one community at a time.

Like you, I was an MRC volunteer. I was also on the board of our local organization that helped establish our MRC unit in Southwest Alabama. The inspiration I received from my fellow MRC volunteers – men and women like you – is something that continues to inspire me in my current role. The willingness of MRC volunteers to give their best efforts to help make our communities safer and healthier reflects a determined, generous spirit that I believe is our nation's richest resource.

You can provide assistance and depth to our local emergency response systems. All of us - individuals, family members and communities - need to be better prepared. To accomplish this, we must continue to forge partnerships among emergency management, law enforcement, health professionals, and the uniformed services. Everyone needs to be aware of potential health threats, and we all need to be trained to meet those threats in an effective, coordinated manner.

In addition, prevention is the foundation of our public health system and it is the foundation of my work as Surgeon General. As an MRC volunteer, I hope you will use your skills and enthusiasm to help promote our public health initiatives in your community, especially those that address prevention. Some of my prevention priorities include: obesity and overweight, violence (youth, domestic, gender and workplace), mental health, HIV/AIDS, tobacco use, and health disparities.

Again, I thank you for your service and volunteerism. Each of us has a role to play in helping America meet its challenges. I look forward to working with you to help us become a Healthy and Fit Nation.

Sincerely yours,

Regina M. Benjamin, MD, MBA  
VADM, USPHS  
United States Surgeon General