

There is no mission more vital

LIFE FORCE





Join the team that makes a difference every day.

The blood you donate to the Armed Services Blood Program (ASBP) directly supports sick and injured military members and their families. The ASBP processes donated blood and provides it to local military hospitals, overseas hospitals and ships, combat support hospitals and medics on the front lines. At home or around the world, someone is counting on you to be their Life Force.

You've got what it takes...

...to save three lives without breaking a sweat. Joining the Life Force makes you a member of an elite lifesaving team. Unlike many specialized units, there is no lengthy training or special skills needed to join. All that is required is a little of your time and the willingness to help friends and family members in need.

All types are needed.

And we don't just mean blood types! You don't have to be on active duty to help. Military family members, retirees and government employees and contractors are all eligible to join the Life Force.



On this team...

... a 19-year-old basic trainee, a 55-year-old senior officer, a 32-year-old military spouse and a 68-year-old retiree are all equal, essential personnel.



your mission: save lives

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Be there when they need you.

When you join the Life Force by donating blood, you become a vital link for service members and their families—giving them extra strength when they need it most. By giving a little of yourself you can reach loved ones around the corner or around the world.



Your donation can save:

- A service member injured in action
- A child with cancer
- A neighbor in need of a transplant
- A friend hurt in a car accident
- A family member in need of heart surgery

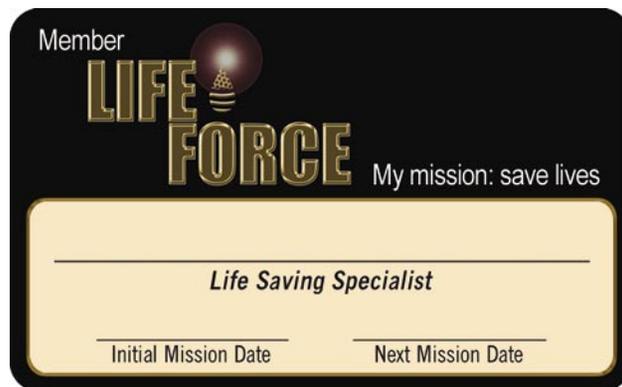


Be someone they can count on.

Commit to giving blood once each season and you can be the Life Force for up to twelve people in just one year! Each time you donate, you can help up to three people, so every pint counts. By doing your part, you help ensure blood is available whenever and wherever it is needed by those who cannot live without you.

Donate regularly.

Nobody expects to need blood. Accidents, injuries and illness mean blood can be required at any time on any day. Regular donors are the backbone of the program because they help guarantee blood is available at all times. By giving often, you ensure the unexpected needs of your family, friends and neighbors can be met. Even when you cannot be by their side, your Life Force can be with them.



Mission Qualifications

Most healthy adults can donate blood. To ensure the safety of Life Force donors and recipients, donors may be temporarily deferred from donating. Some reasons for being deferred include:

- Travel to Iraq or countries where malaria is endemic
- Extended stays during certain time periods to countries that have had outbreaks of variant Creutzfeldt-Jakob Disease (commonly known as Mad Cow Disease)
- Recent piercings, brands or tattoos
- Recent immunizations
- Certain medical conditions
- Taking certain medications (most medications do not disqualify donation)
- Not feeling well

Depending on the situation, the deferral may mean you cannot donate for a few weeks or for an indefinite period. For more detailed information, visit the ASBP military blood Web site or call the number listed below.

We still need you!

Even if you are deferred from donating, you can be an important part of the Life Force. By organizing a blood drive, asking others to donate, volunteering at blood drives, watching a friend's children so they can donate or distributing information about donating, you keep the Life Force flowing.



ASBP
Armed Services Blood Program

RENDEZVOUS LOCATION:

**Naval Medical Center, Portsmouth
Blood Donor Center**
620 John Paul Jones Circle
Portsmouth, VA 23708-2111
(757) 953-1686

Complete intel at www.militaryblood.dod.mil