

1. What helps you to stay well?

2. If the health service could guarantee you something, what would you want that to be?

3. When we take better care of ourselves, it frees up the health service so it's there when we really need it.

If the health service was able to make that guarantee, what could you do to help make that possible?

What could you do to help yourself or others stay well?

What support can you offer to help others stay healthy?

**Please don't share anything that will identify you or someone else.
All answers are recorded anonymously.**

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About you (optional)

These questions are optional and cannot identify you. We only use them to make sure we're hearing fairly from different groups across Northern Ireland.

Your age group

☐ U16

☐ 16-24

☐ 25-44

☐ 45-64

☐ 65-74

☐ 75+

Your gender

☐ Male

☐ Female

☐ Other

Your postcode (Please only enter the first five digits)

Your ethnic group

☐ Black African

☐ Black Other

☐ Chinese

☐ Filipino

☐ Indian

☐ Irish Traveller

☐ Mixed ethnic group

☐ Roma

☐ White

☐ Any other ethnic group

Are you a carer?

☐ Yes

☐ No

Do you have a disability/long-term physical or mental health condition?

☐ Yes

☐ No

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