

**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?

Is there anything you could do differently in how you use health services?

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

## 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