



Doeth am Iechyd
Cymru
HealthWise
Wales



Your information will protect the health of the nation

If you are 16 or over and living
in Wales, we need your help...



GIG
CYMRU
NHS
WALES

Research is vital to develop better treatments and manage diseases.

- Wales faces many health challenges.
- People are living longer, but one in three adults say that their daily activities are limited by a health problem and one in two people over 65 are being treated for two or more health conditions.
- There are many studies taking place to address these issues, but researchers find it difficult to recruit enough people.

What does it involve?

- Register online or by phone to say that you are willing to take part in research. This takes no more than 10 minutes.
- Complete short questionnaires every 6 months, so that we get an ongoing picture of your lifestyle and health.
- We'll let you know when there are new studies to join; you choose whether to take part or not.
- Help the NHS in Wales plan for the future by supporting HealthWise Wales.

Register or find out more



On the web:

www.healthwisewales.gov.wales

By phone: 0800 9 172 172 or
02920 768090

By email: healthwisewales@cardiff.ac.uk



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