



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](http://www.healthwisewales.gov.wales)

**By phone:** 0800 9 172 172 or  
02920 768090

**By email:** [healthwisewales@cardiff.ac.uk](mailto:healthwisewales@cardiff.ac.uk)



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