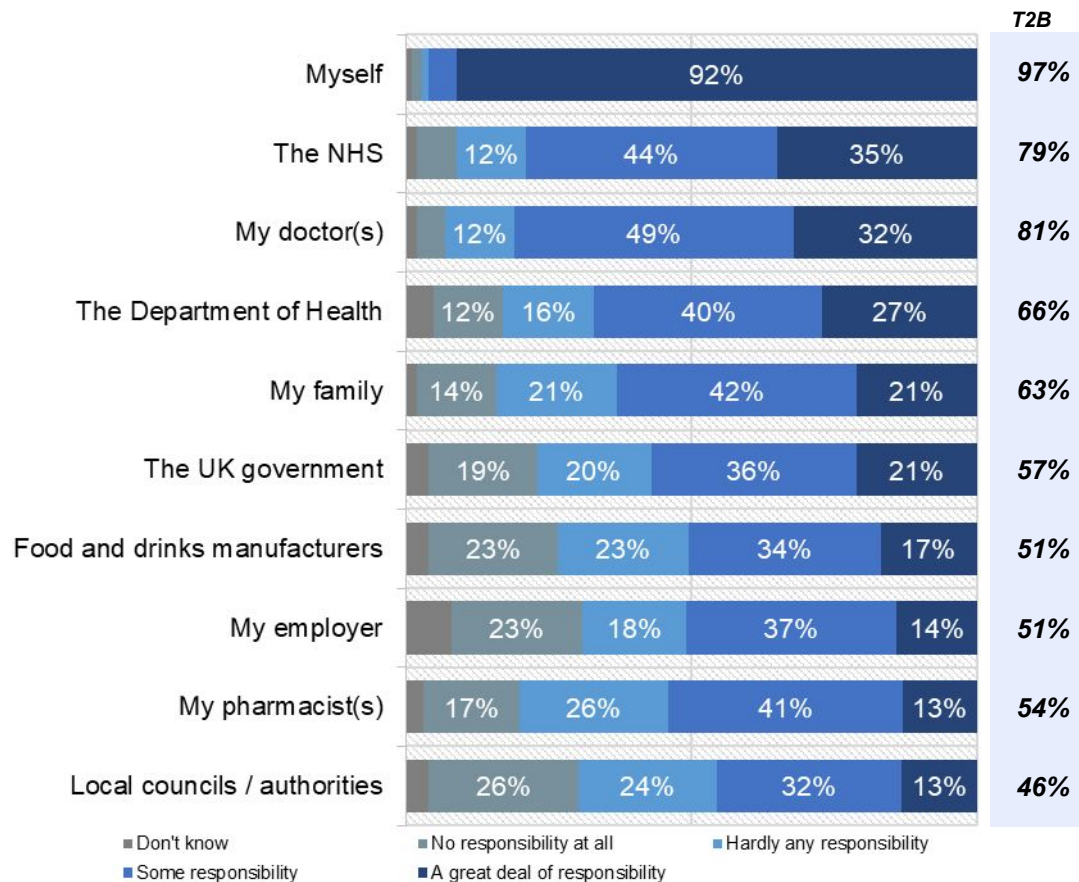


Section A: CURRENT PERSPECTIVES ON HEALTH ATTITUDES

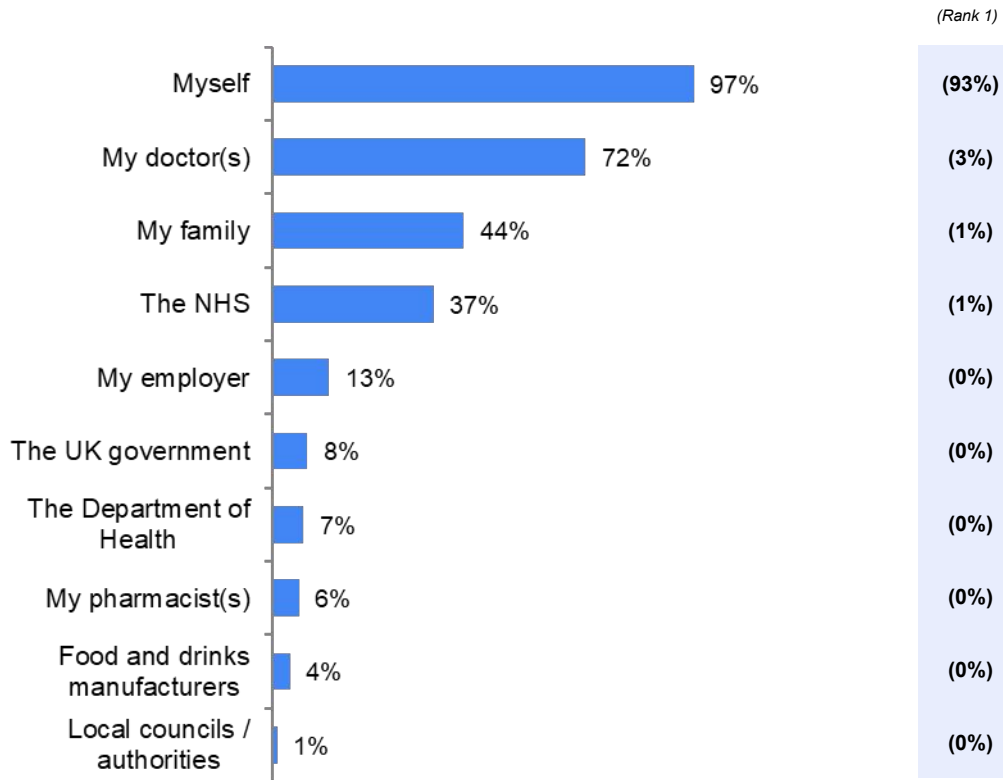
Who has responsibility for your health and wellbeing?



A1. Thinking about today and how you live your life, to what extent do you believe each of the following individuals or organisations currently have responsibility for your health & wellbeing?

Base: All respondents (n=1037)

Top 3 Rank on responsibility for health and wellbeing



A1a. Please drag and drop all those who should have responsibility for your health and rank them.
Base: All respondents (n=1037)

Satisfaction with level of responsibility

78%
(T2B)



- Very satisfied
- Somewhat satisfied
- Neither satisfied not dissatisfied
- Somewhat dissatisfied
- Very dissatisfied
- Don't know

Level of proactiveness to improve health and wellbeing

74%
(T2B)



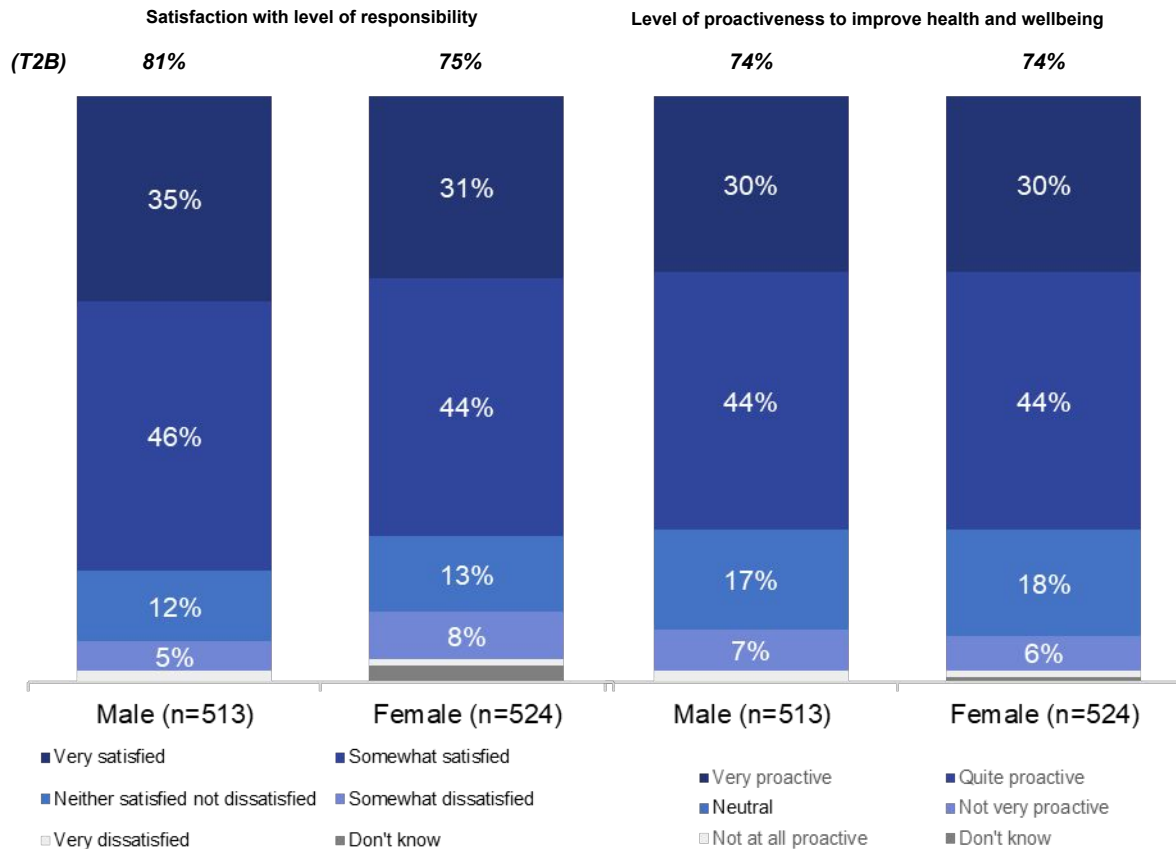
- Very proactive
- Quite proactive
- Neutral
- Not very proactive
- Not at all proactive
- Don't know

A2. How satisfied or dissatisfied are you with the level of responsibility you feel you have over your personal health?

A3. On a scale of 1-5, how proactive are you in taking action to improve your personal health and wellbeing are you, where 1= "not at all proactive" 5 = "very proactive"

Base: All respondents (n=1037)

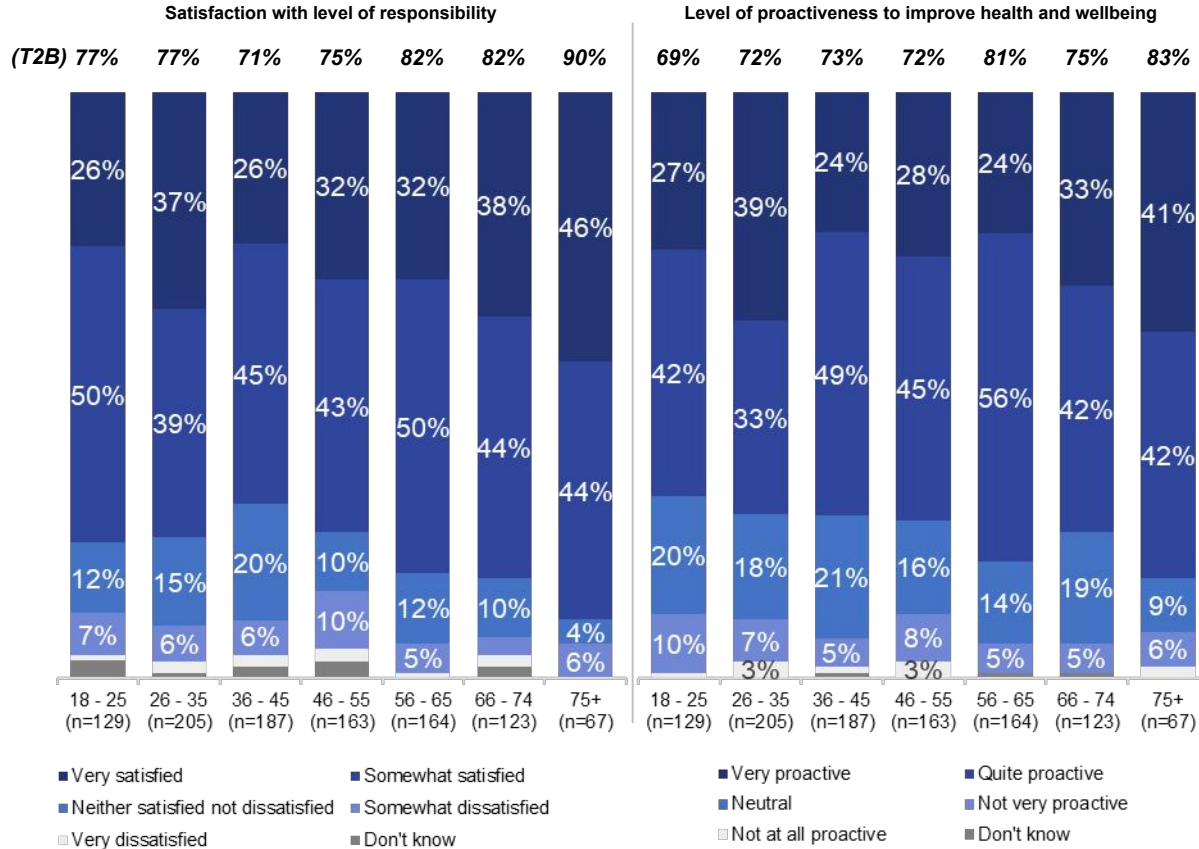
T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale



A2. How satisfied or dissatisfied are you with the level of responsibility you feel you have over your personal health?

A3. On a scale of 1-5, how proactive are you in taking action to improve your personal health and wellbeing are you, where 1= "not at all proactive" 5 = "very proactive"

Base: All respondents (n=1037)

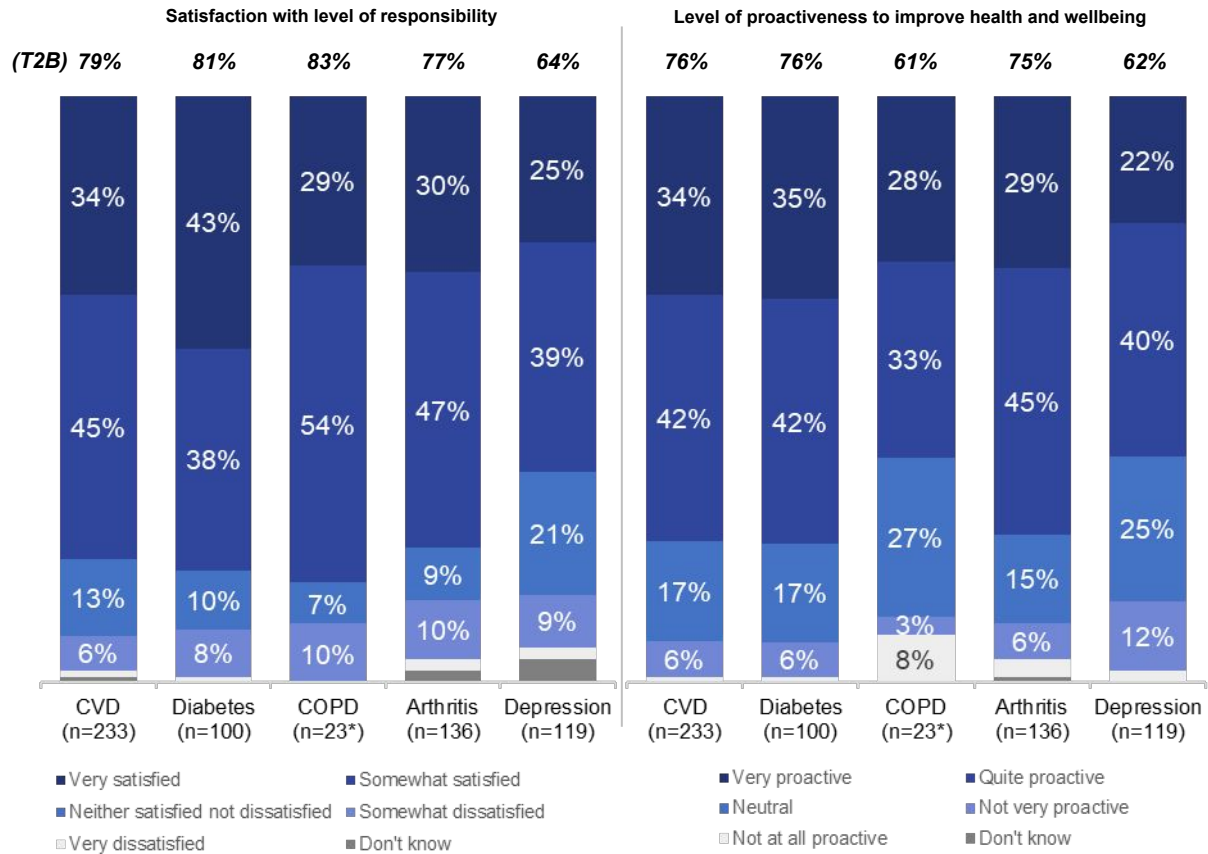


A2. How satisfied or dissatisfied are you with the level of responsibility you feel you have over your personal health?

A3. On a scale of 1-5, how proactive are you in taking action to improve your personal health and wellbeing are you, where 1= "not at all proactive" 5 = "very proactive"

Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

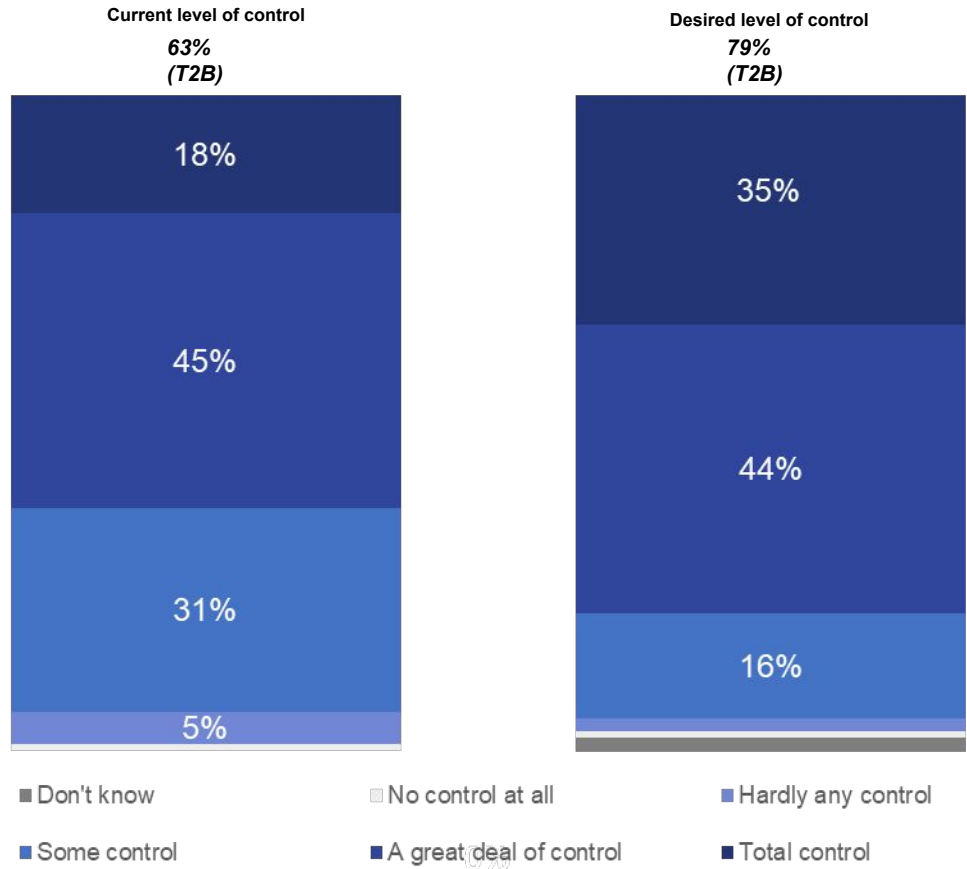


A2. How satisfied or dissatisfied are you with the level of responsibility you feel you have over your personal health?

A3. On a scale of 1-5, how proactive are you in taking action to improve your personal health and wellbeing are you, where 1= "not at all proactive" 5 = "very proactive"

Base: All respondents (n=332)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

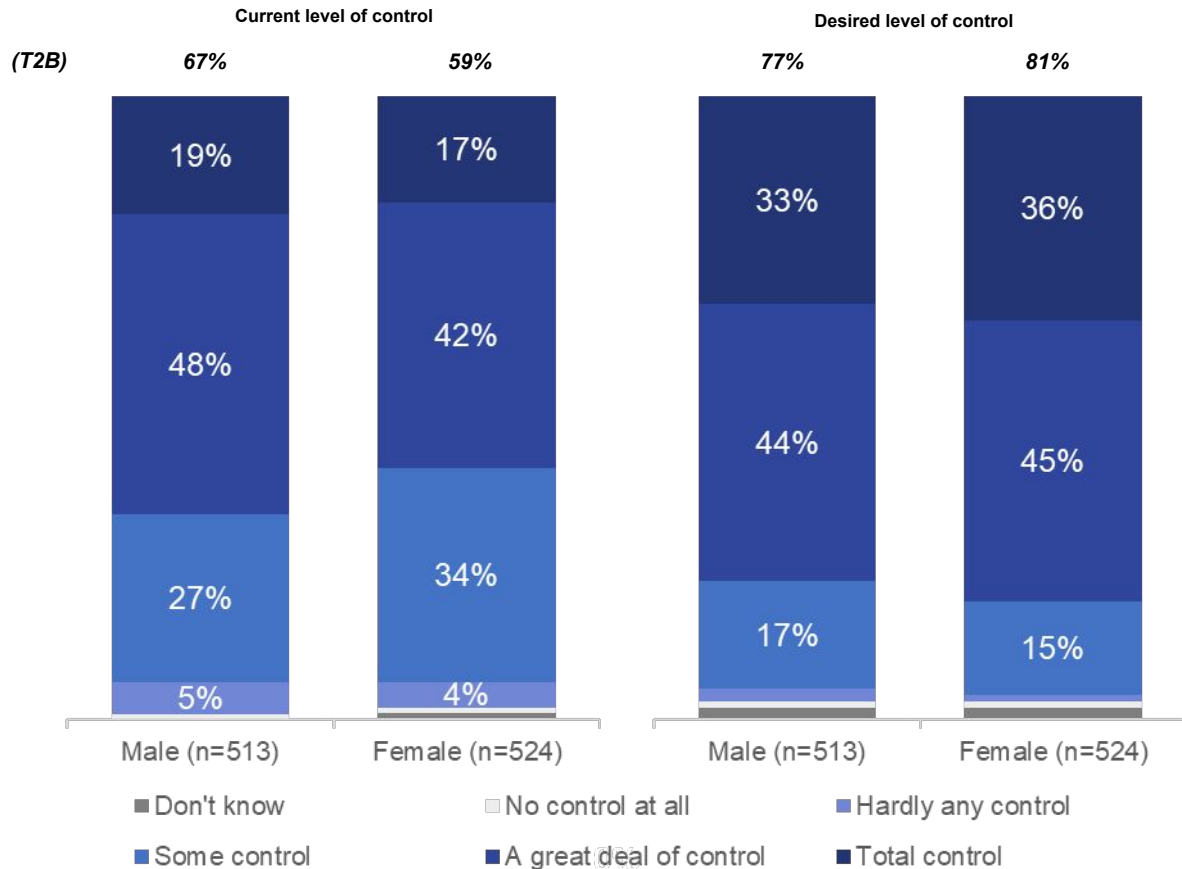


A4. On a scale of 1-5, how much control do you feel you have when it comes to managing your personal health and wellbeing, if any, where 1 is "No control at all" and 5 is "Total control"

A4a. On a scale of 1-5, how much control would you like to have when it comes to managing your personal health and wellbeing, if any, where 1 is "No control at all" and 5 is "Total control".

Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

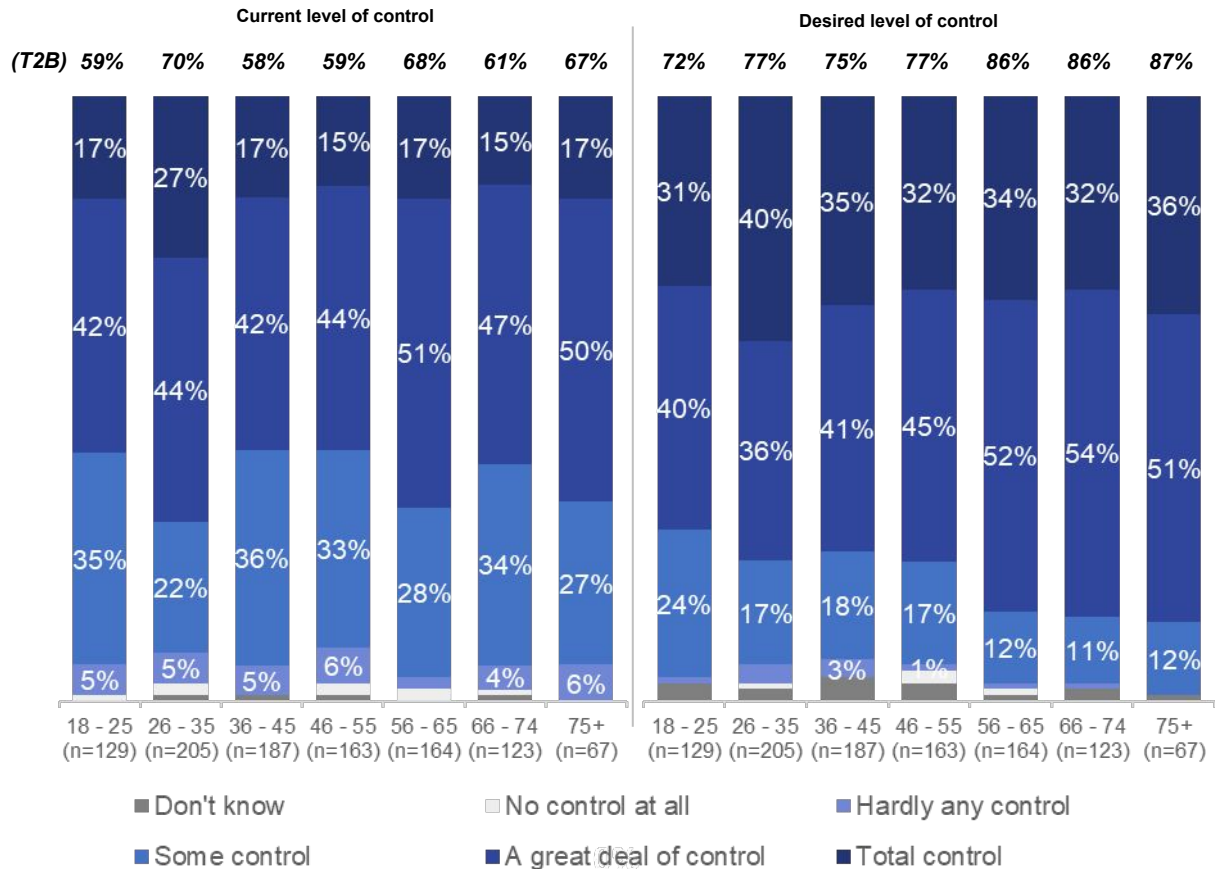


A4. On a scale of 1-5, how much control do you feel you have when it comes to managing your personal health and wellbeing, if any, where 1 is "No control at all" and 5 is "Total control"

A4a. On a scale of 1-5, how much control would you like to have when it comes to managing your personal health and wellbeing, if any, where 1 is "No control at all" and 5 is "Total control"

Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

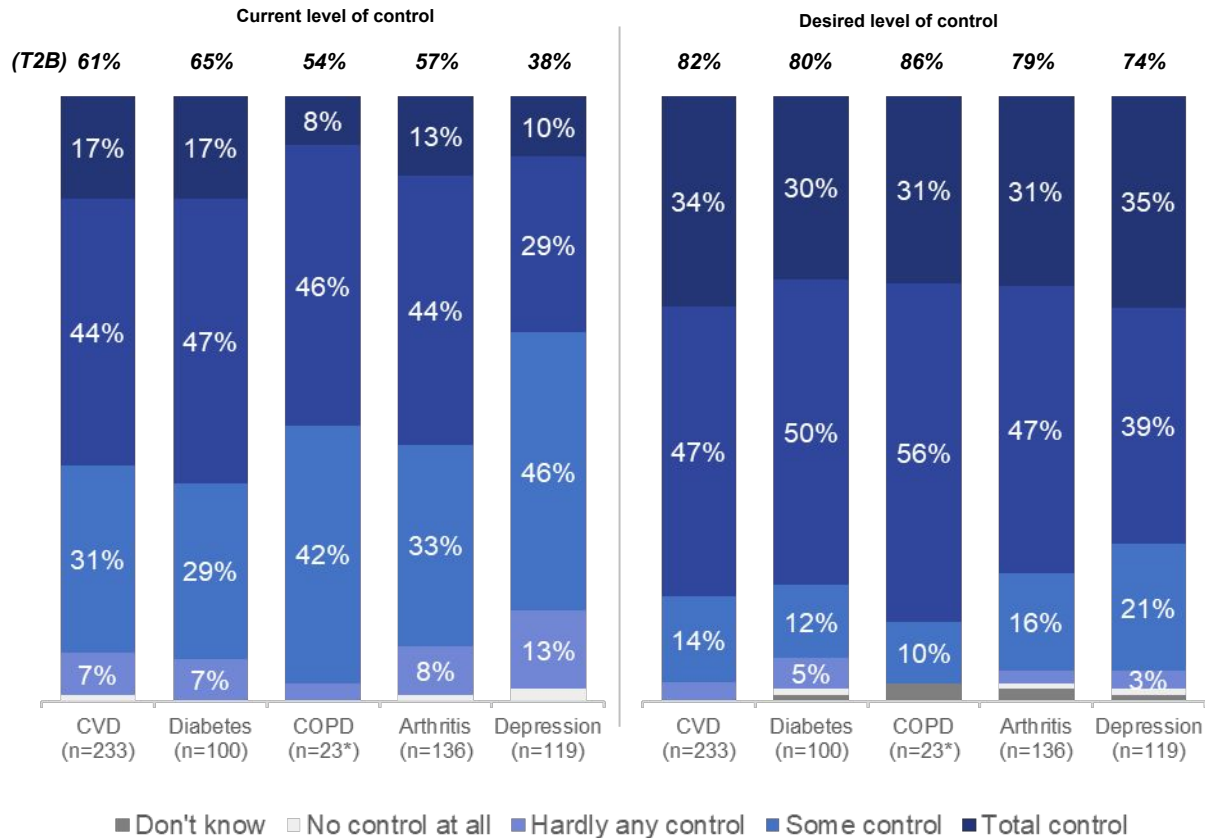


A4. On a scale of 1-5, how much control do you feel you have when it comes to managing your personal health and wellbeing, if any, where 1 is "No control at all" and 5 is "Total control"

A4a. On a scale of 1-5, how much control would you like to have when it comes to managing your personal health and wellbeing, if any, where 1 is "No control at all" and 5 is "Total control"

Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

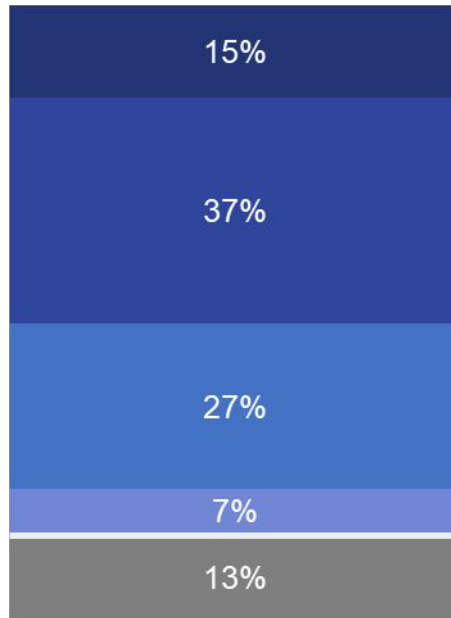


A4. On a scale of 1-5, how much control do you feel you have when it comes to managing your personal health and wellbeing, if any, where 1 is "No control at all" and 5 is "Total control"

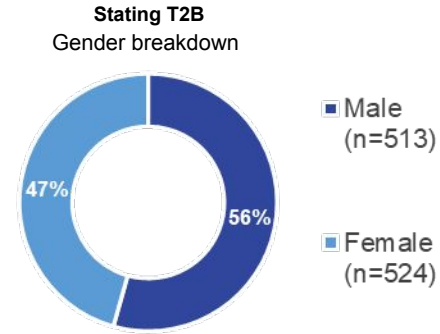
A4a. On a scale of 1-5, how much control would you like to have when it comes to managing your personal health and wellbeing, if any, where 1 is "No control at all" and 5 is "Total control"

Base: All respondents (n=332)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale



- Very satisfied
- Quite satisfied
- Neither satisfied not dissatisfied
- Somewhat dissatisfied
- Very dissatisfied
- Don't know

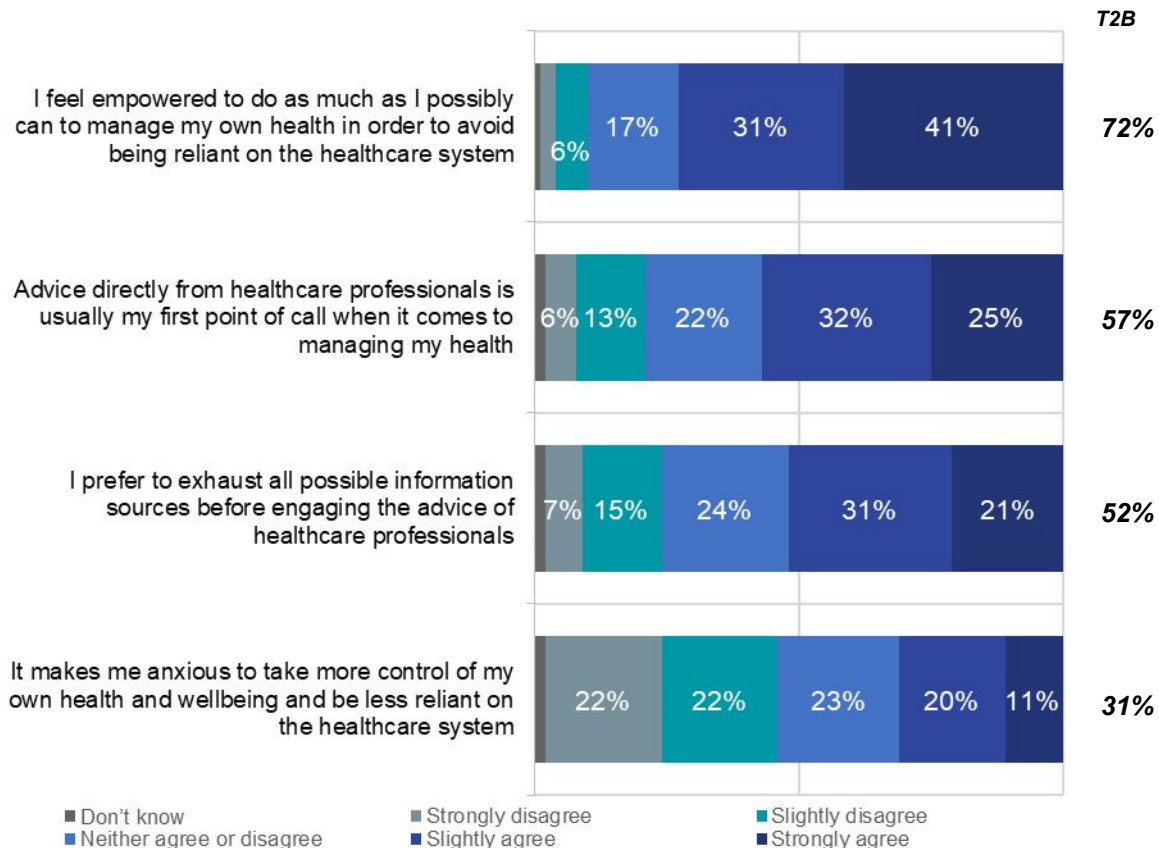


Top 2 boxes	18-25 (n=129)	26-35 (n=205)	36-45 (n=187)	46-55 (n=163)	56-65 (n=164)	66-74 (n=123)	75+ (n=67)
Satisfaction with tools	57%	58%	50%	47%	50%	49%	49%

A4b. How satisfied, or not, are you with the tools available?
Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Agreement/disagreement with statements



A5. To what extent do you agree or disagree with the following statements related to health and wellbeing?

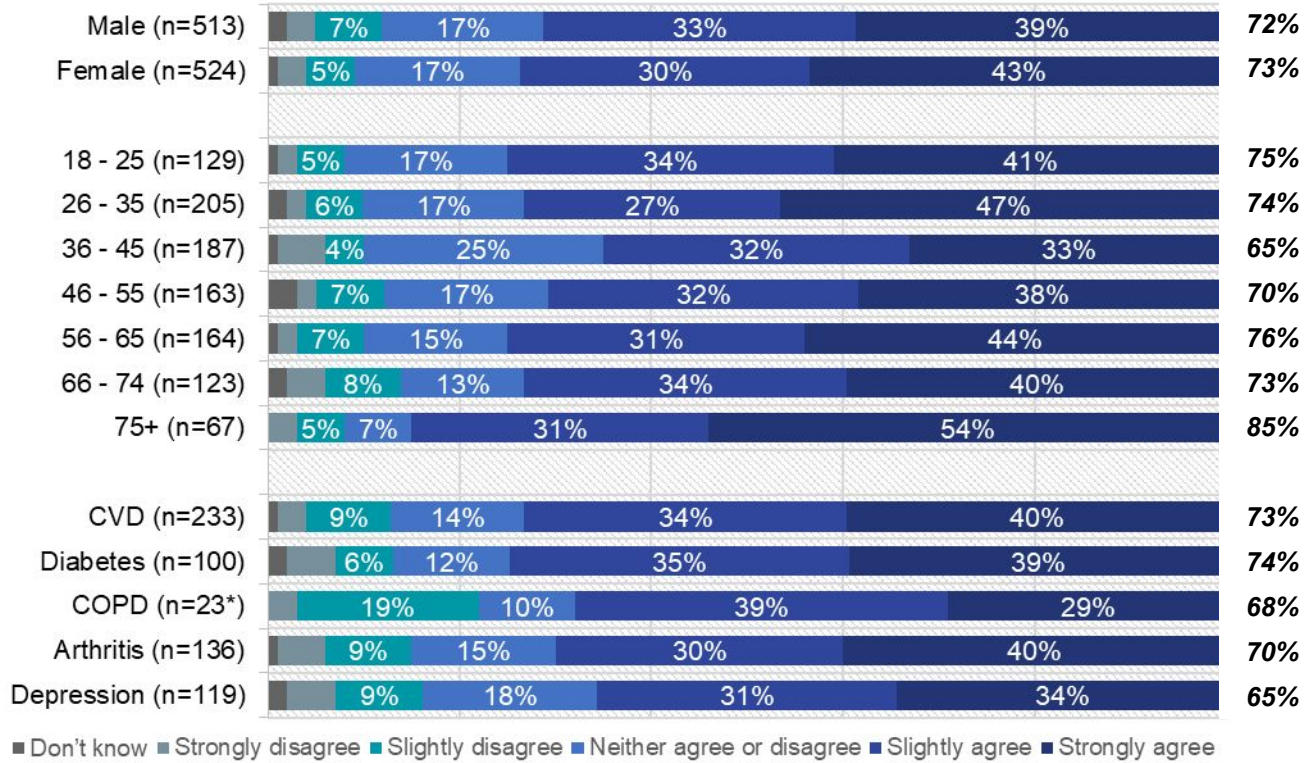
Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Agreement/disagreement with statements:

I feel empowered to do as much as I possibly can to manage my own health in order to avoid being reliant on the healthcare system

T2B

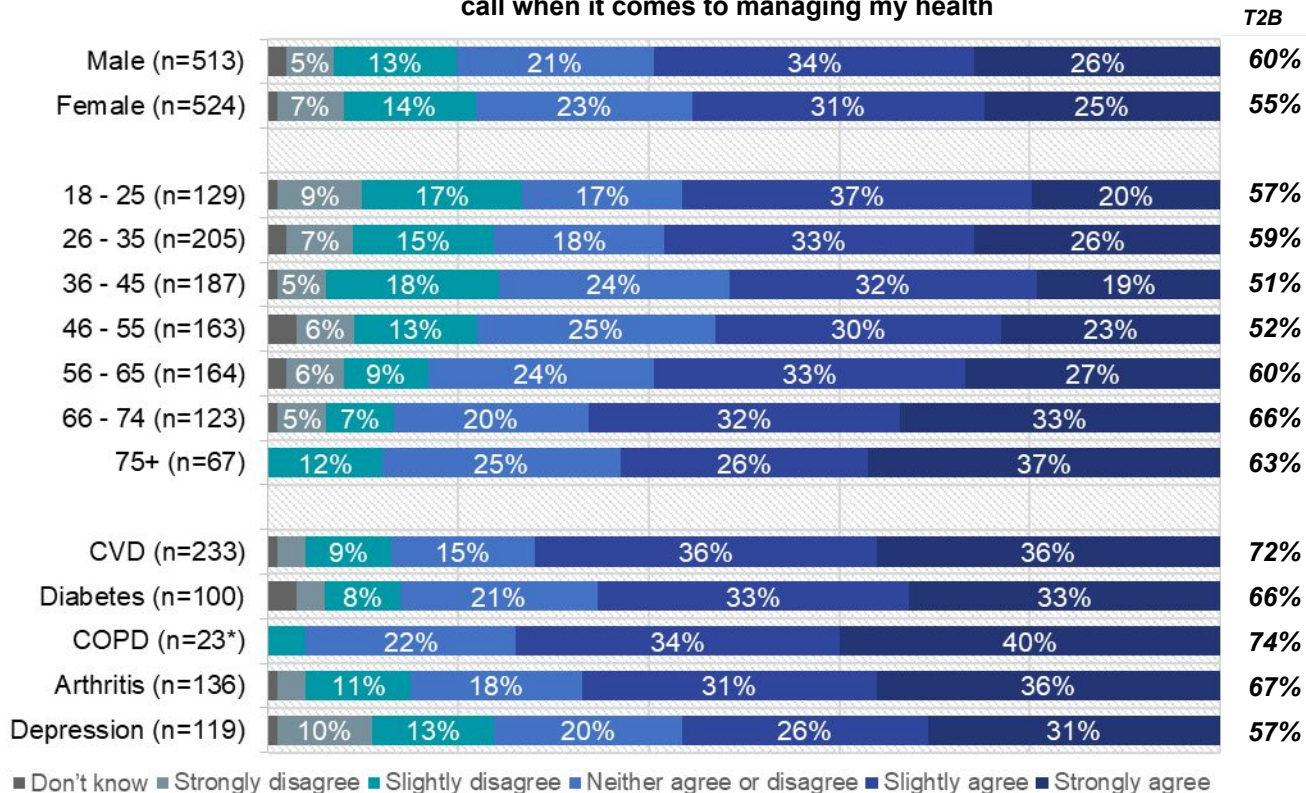


A5. To what extent do you agree or disagree with the following statements related to health and wellbeing?
 Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Agreement/disagreement with statements:

Advice directly from healthcare professionals is usually my first port of call when it comes to managing my health



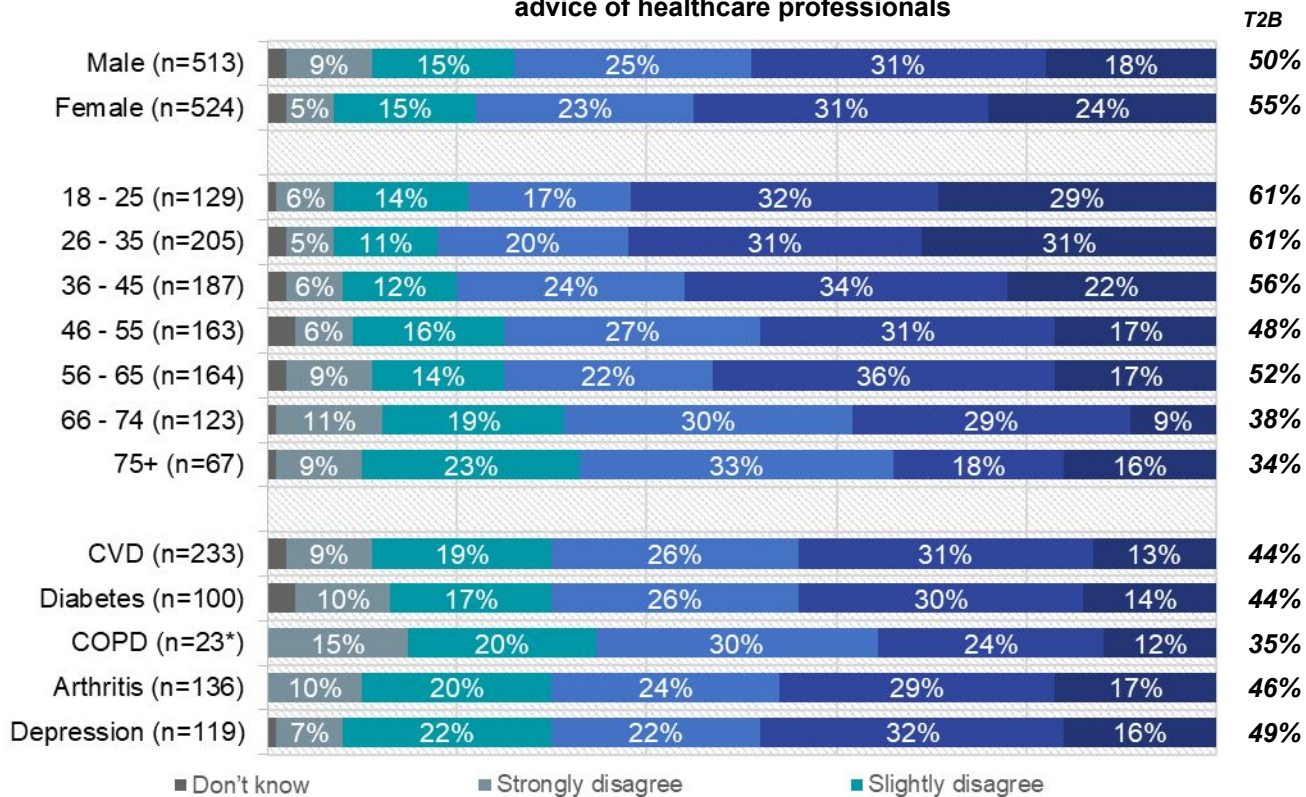
A5. To what extent do you agree or disagree with the following statements related to health and wellbeing?

Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Agreement/disagreement with statements:

I prefer to exhaust all possible information sources before engaging the advice of healthcare professionals

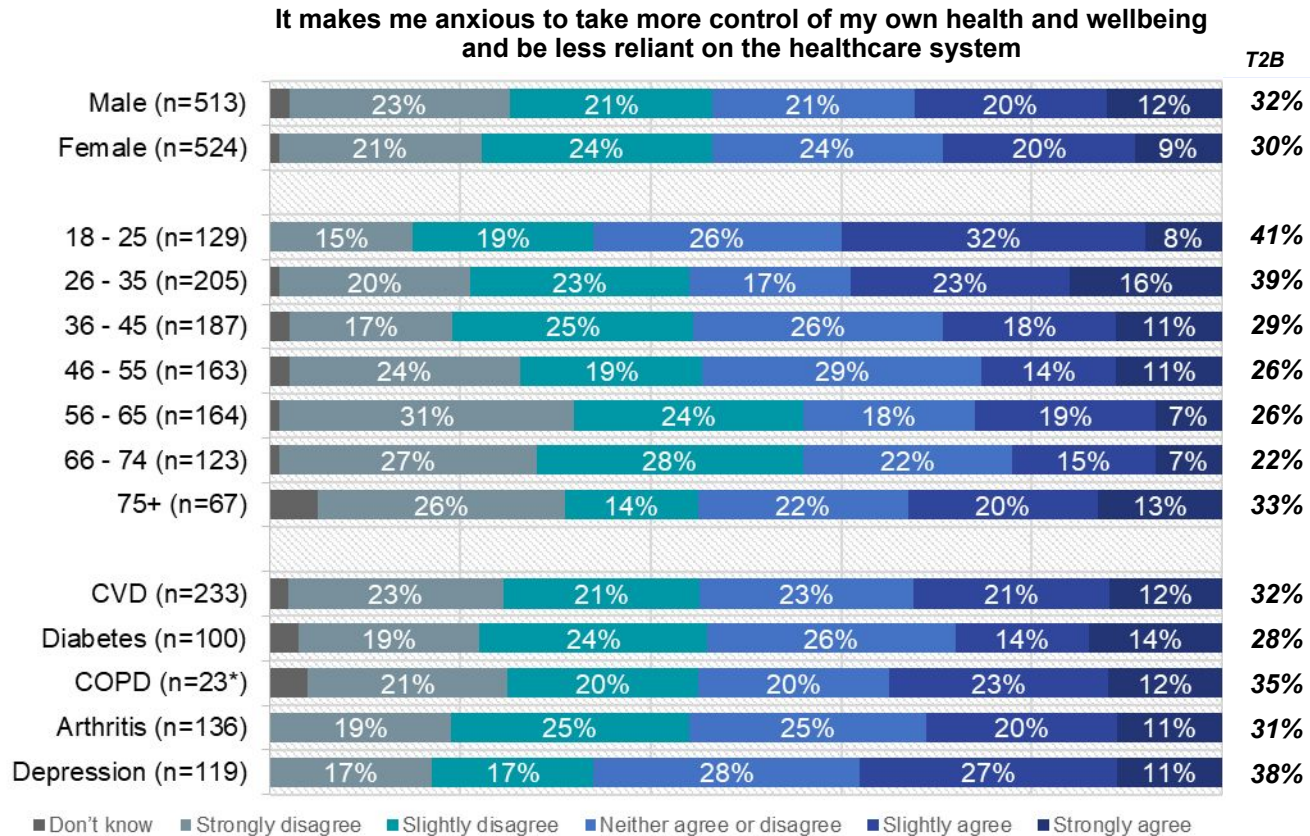


A5. To what extent do you agree or disagree with the following statements related to health and wellbeing?

Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

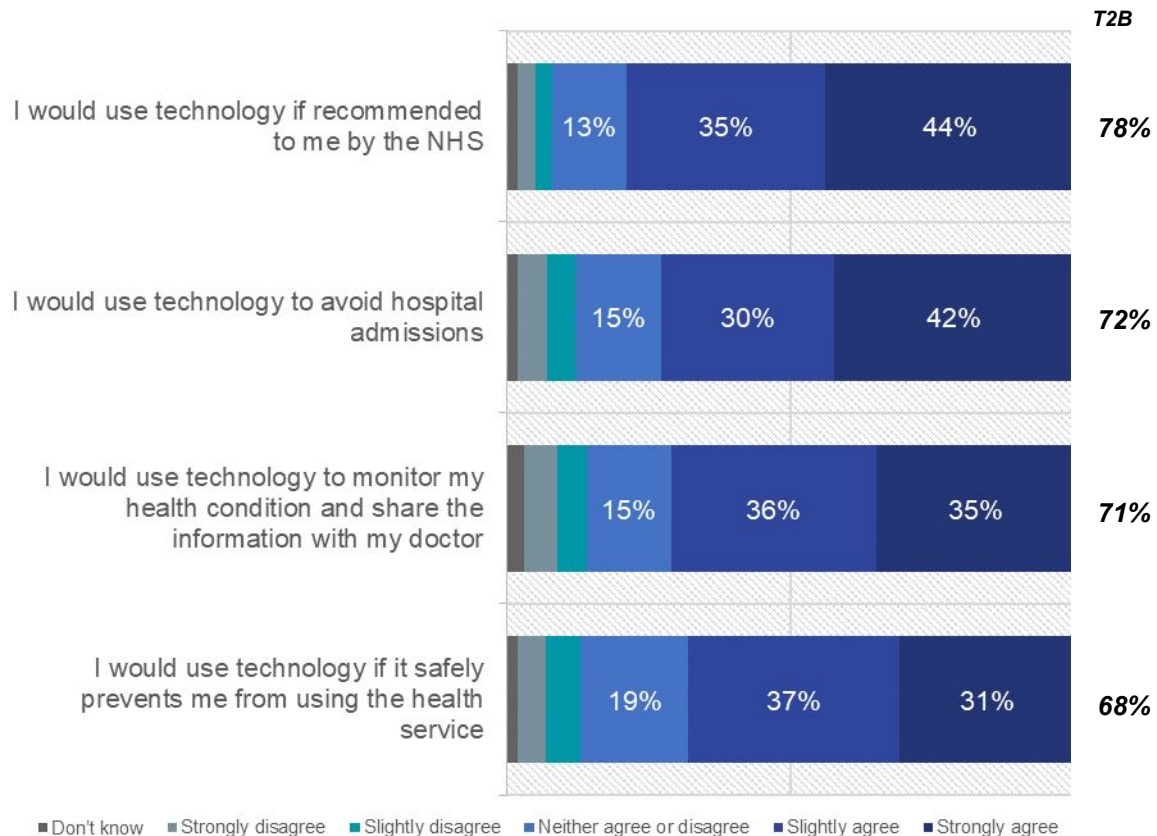
Agreement/disagreement with statements:



A5. To what extent do you agree or disagree with the following statements related to health and wellbeing?
 Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Agreement/disagreement with statements



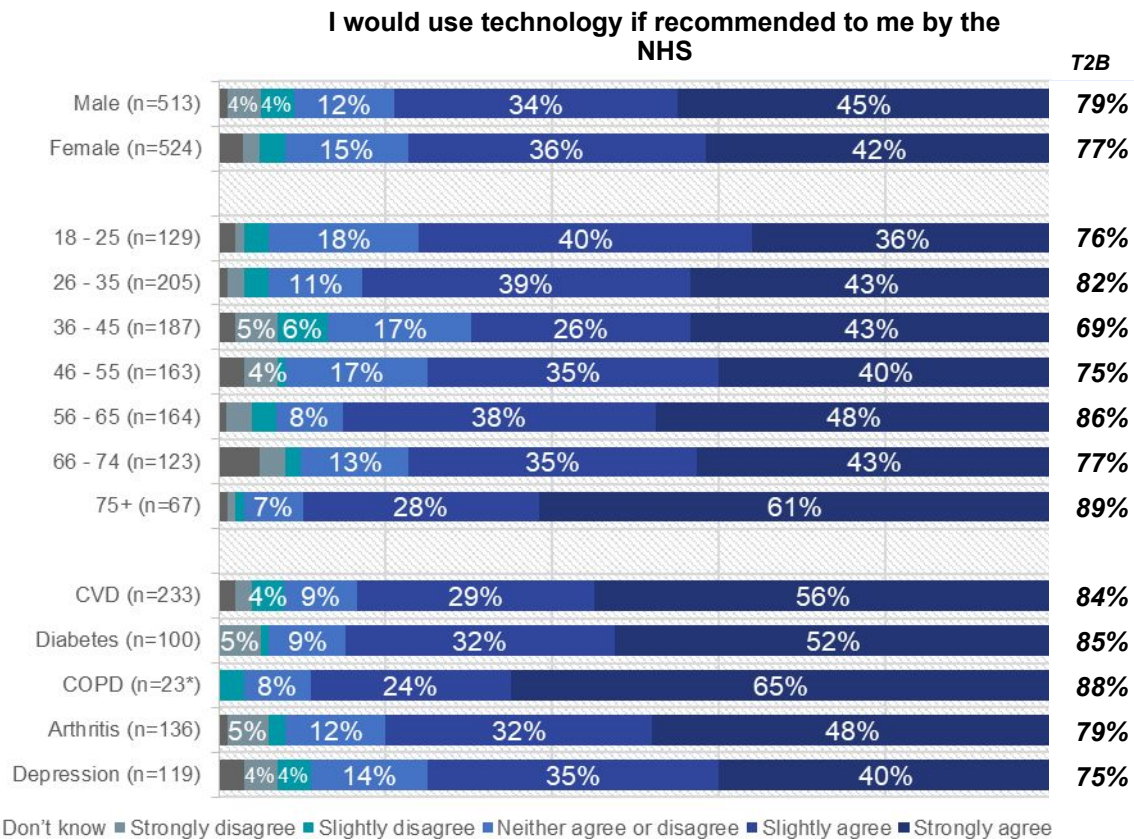
A6. Imagine there are easy-to-use technologies available to you, designed for your health condition, which allow you to monitor your health vitals and share the relevant information with a healthcare professional.

To what extent do you agree or disagree with the following statements?

Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Agreement/disagreement with statements:



A6. Imagine there are easy-to-use technologies available to you, designed for your health condition, which allow you to monitor your health vitals and share the relevant information with a healthcare professional.

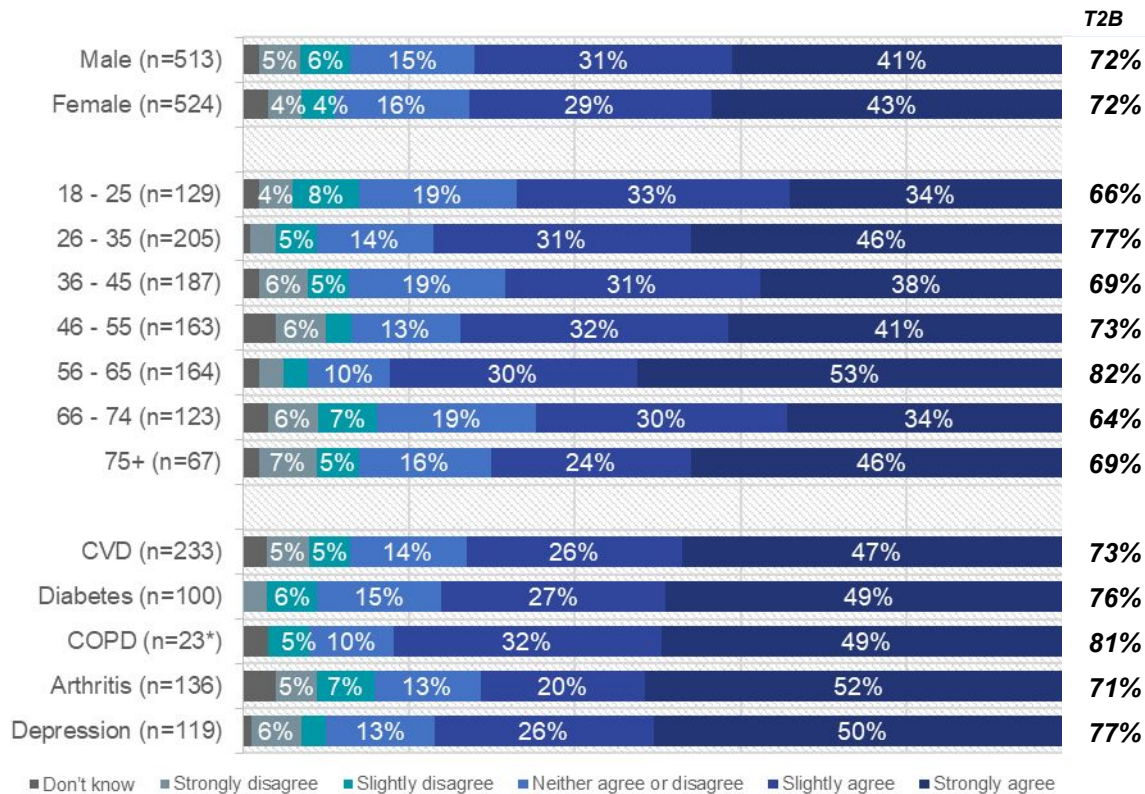
To what extent do you agree or disagree with the following statements?

Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Agreement/disagreement with statements:

I would use technology to avoid hospital admissions



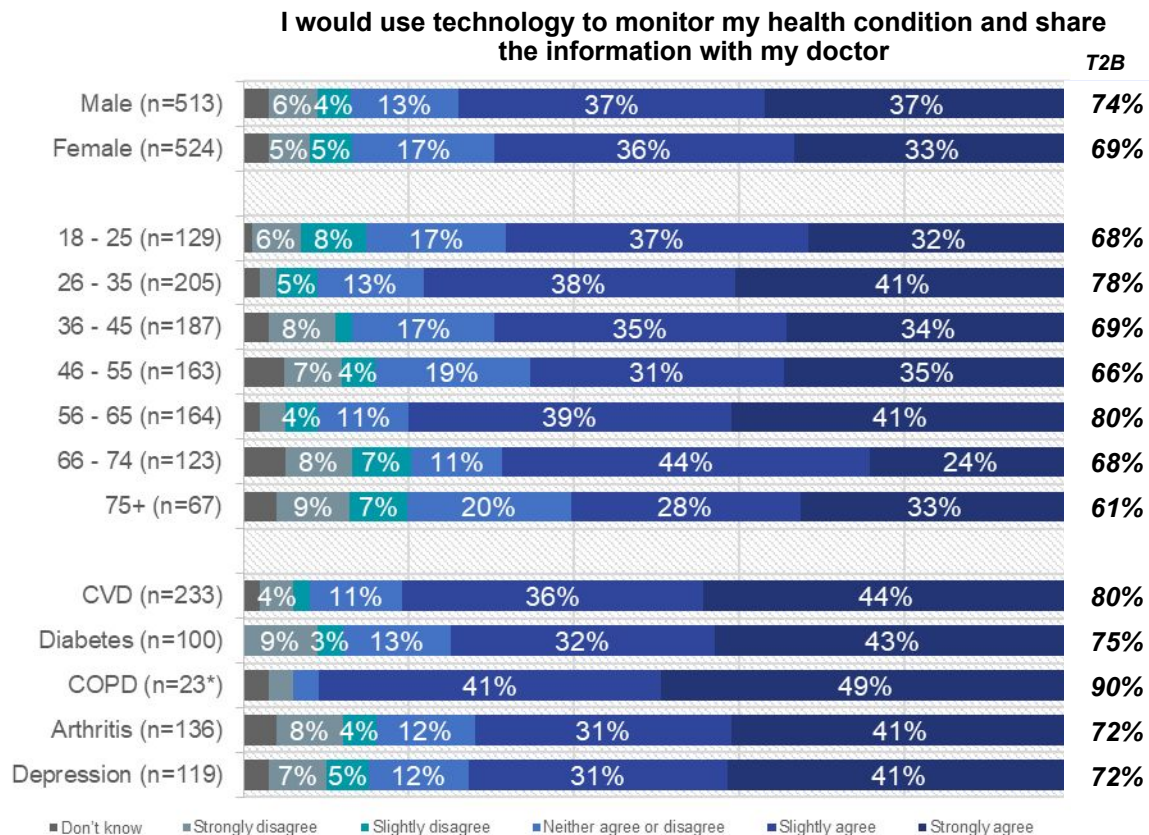
A6. Imagine there are easy-to-use technologies available to you, designed for your health condition, which allow you to monitor your health vitals and share the relevant information with a healthcare professional.

To what extent do you agree or disagree with the following statements?

Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Agreement/disagreement with statements:



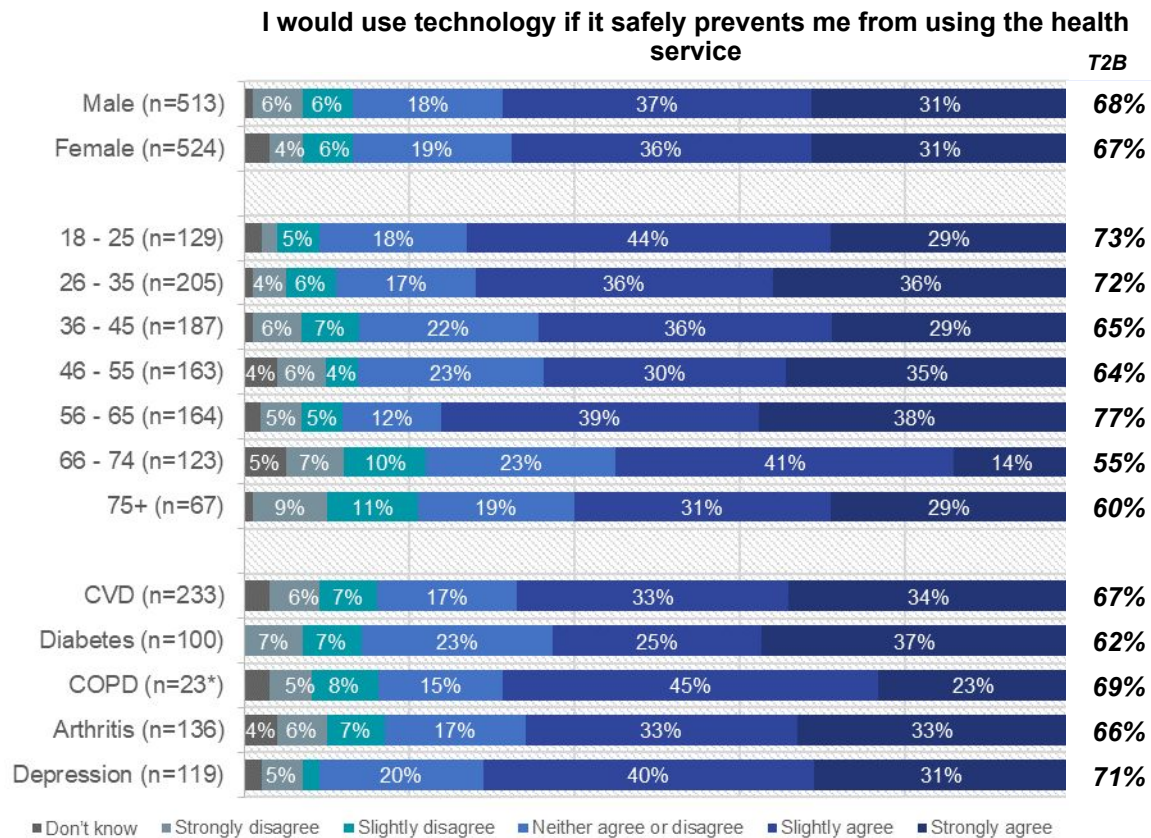
A6. Imagine there are easy-to-use technologies available to you, designed for your health condition, which allow you to monitor your health vitals and share the relevant information with a healthcare professional.

To what extent do you agree or disagree with the following statements?

Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Agreement/disagreement with statements:



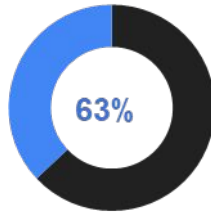
A6. Imagine there are easy-to-use technologies available to you, designed for your health condition, which allow you to monitor your health vitals and share the relevant information with a healthcare professional.

To what extent do you agree or disagree with the following statements?

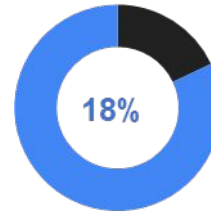
Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

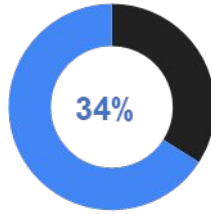
Section B: USE OF TECH FOR HEALTH EMPOWERMENT



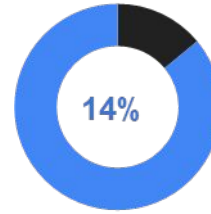
Online searches to access reliable health information



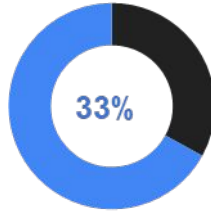
Use wearable tech or apps to monitor my health information in order to support my mental health



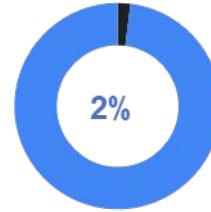
Use wearable tech or apps to monitor my health information to support fitness or physical health



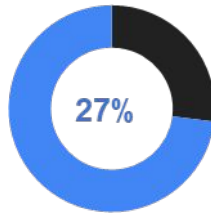
Listen to podcasts on different health topics



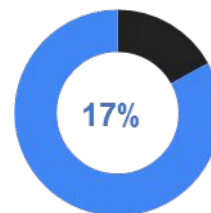
Access health records online via the NHS app / website



Use online translation tools to better understand health issues

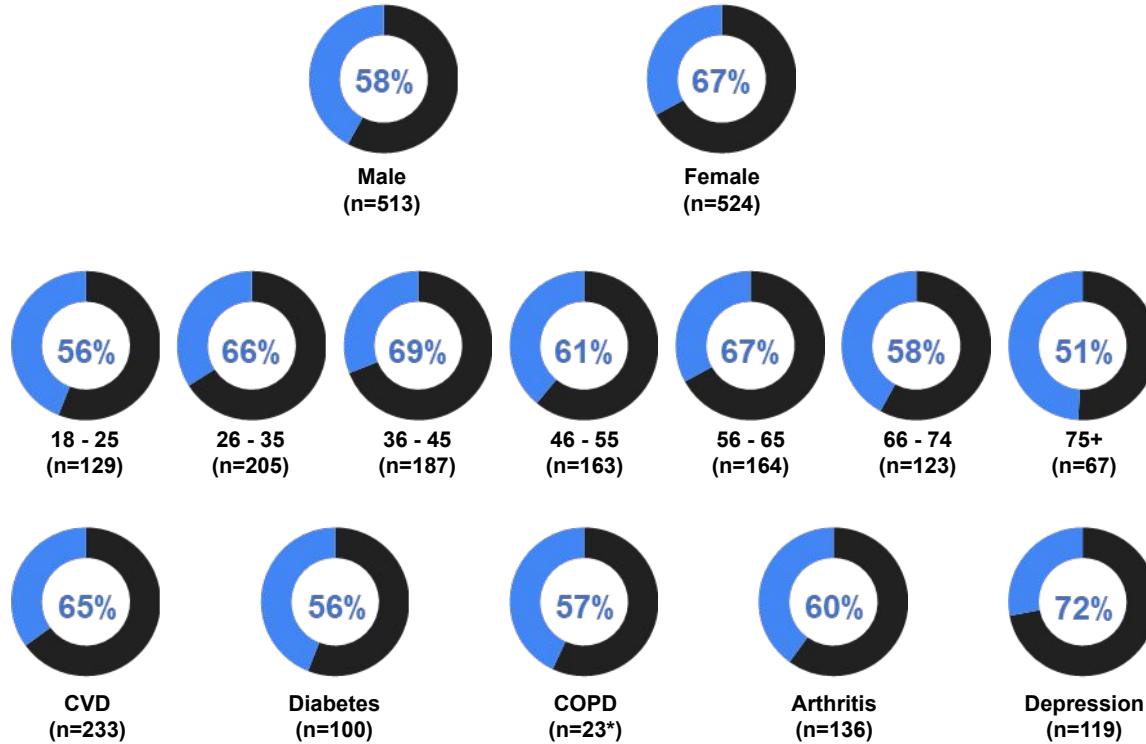


Watch videos online about different health topics



No health technology usage

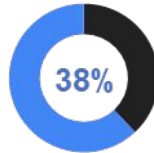
Online searches to access reliable health information



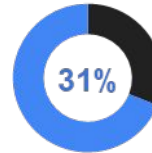
B1. Which, if any, do you typically use to take care of your health & wellbeing?

Base: All respondents (n=1037)

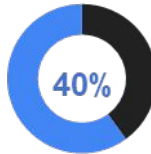
Use wearable tech or apps to monitor my health information to support fitness or physical health



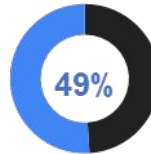
Male
(n=513)



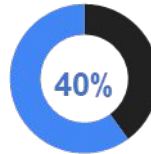
Female
(n=524)



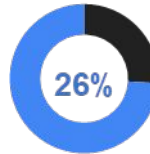
18 - 25
(n=129)



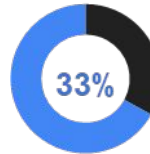
26 - 35
(n=205)



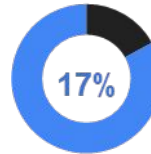
36 - 45
(n=187)



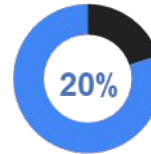
46 - 55
(n=163)



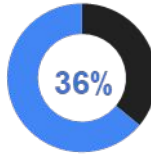
56 - 65
(n=164)



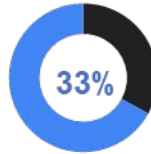
66 - 74
(n=123)



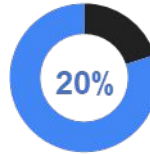
75+
(n=67)



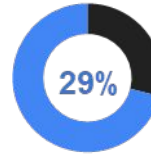
CVD
(n=233)



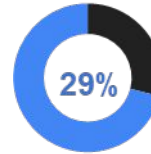
Diabetes
(n=100)



COPD
(n=23*)

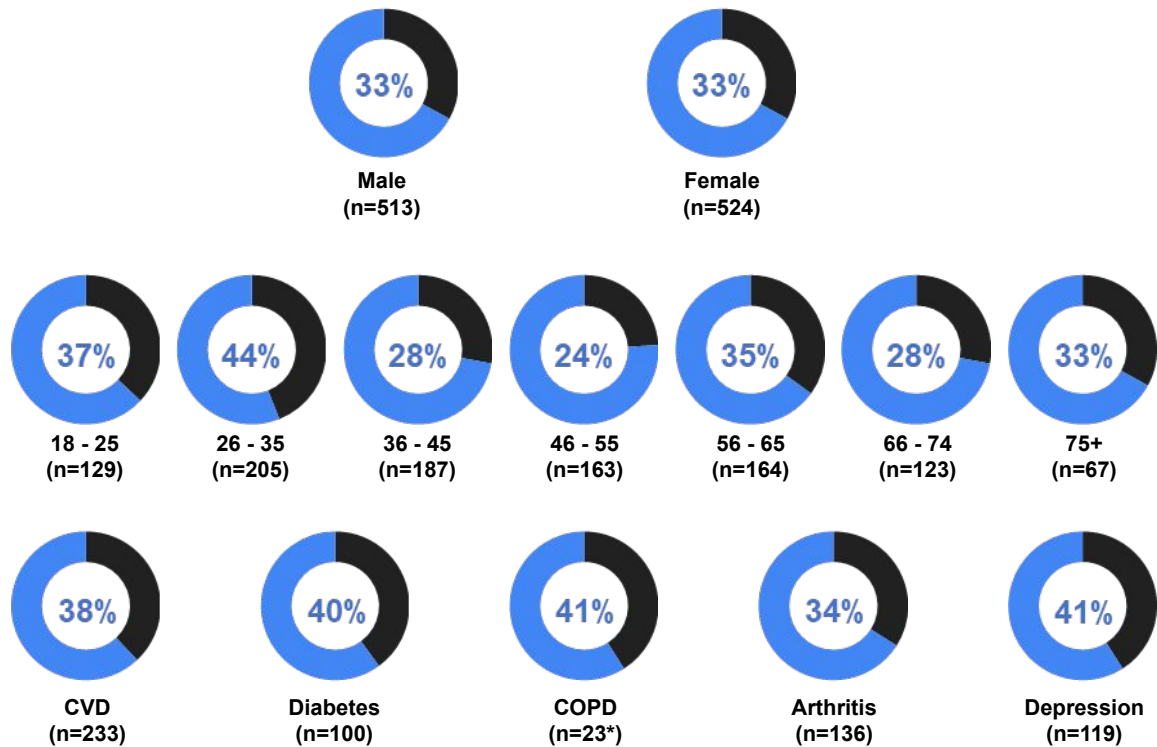


Arthritis
(n=136)



Depression
(n=119)

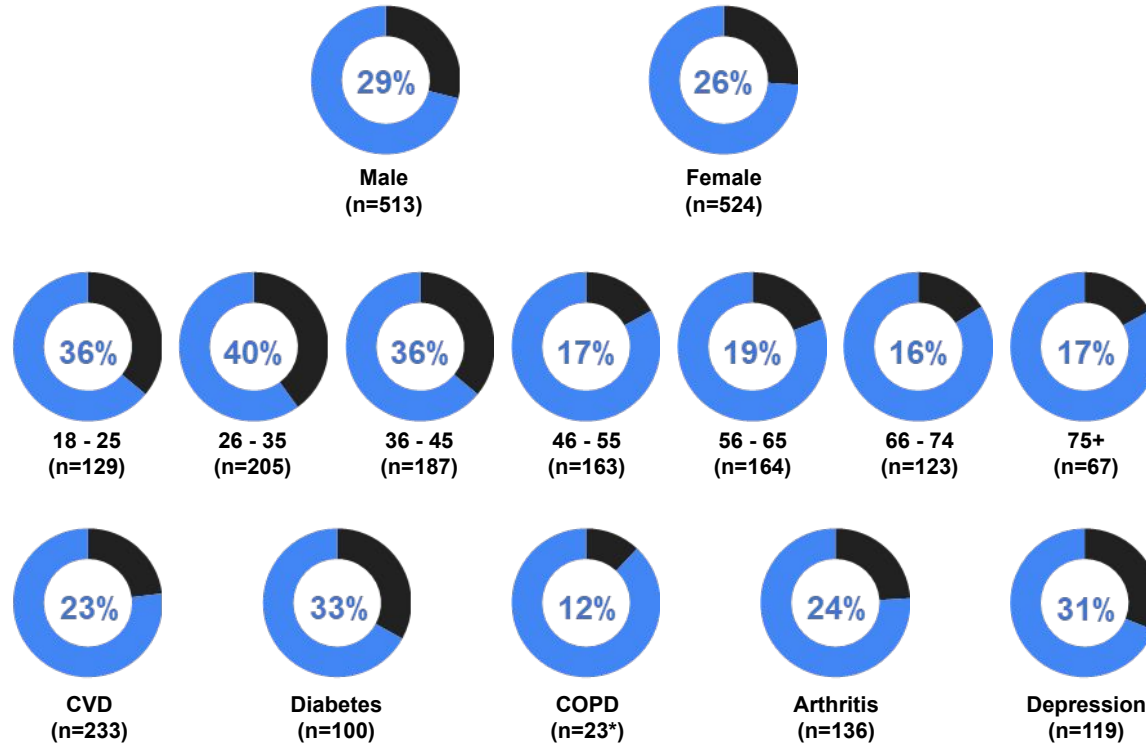
Access health records online via the NHS app / website



B1. Which, if any, do you typically use to take care of your health & wellbeing?

Base: All respondents (n=1037)

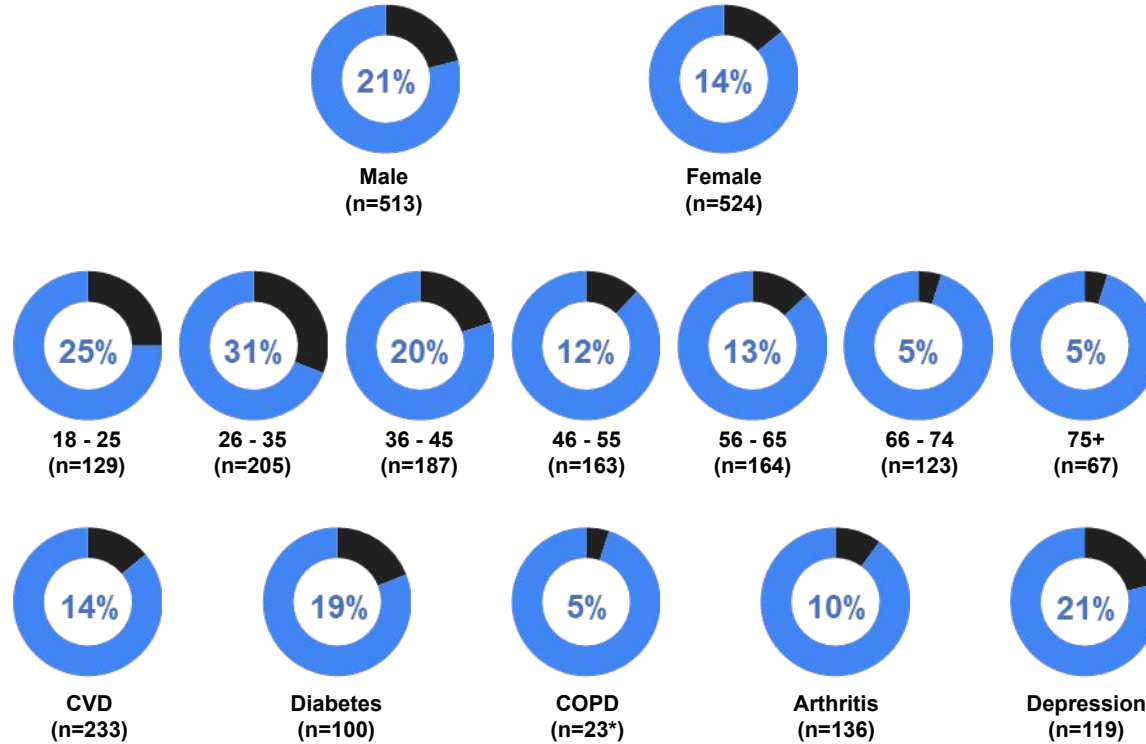
Watch videos online about different health topics



B1. Which, if any, do you typically use to take care of your health & wellbeing?

Base: All respondents (n=1037)

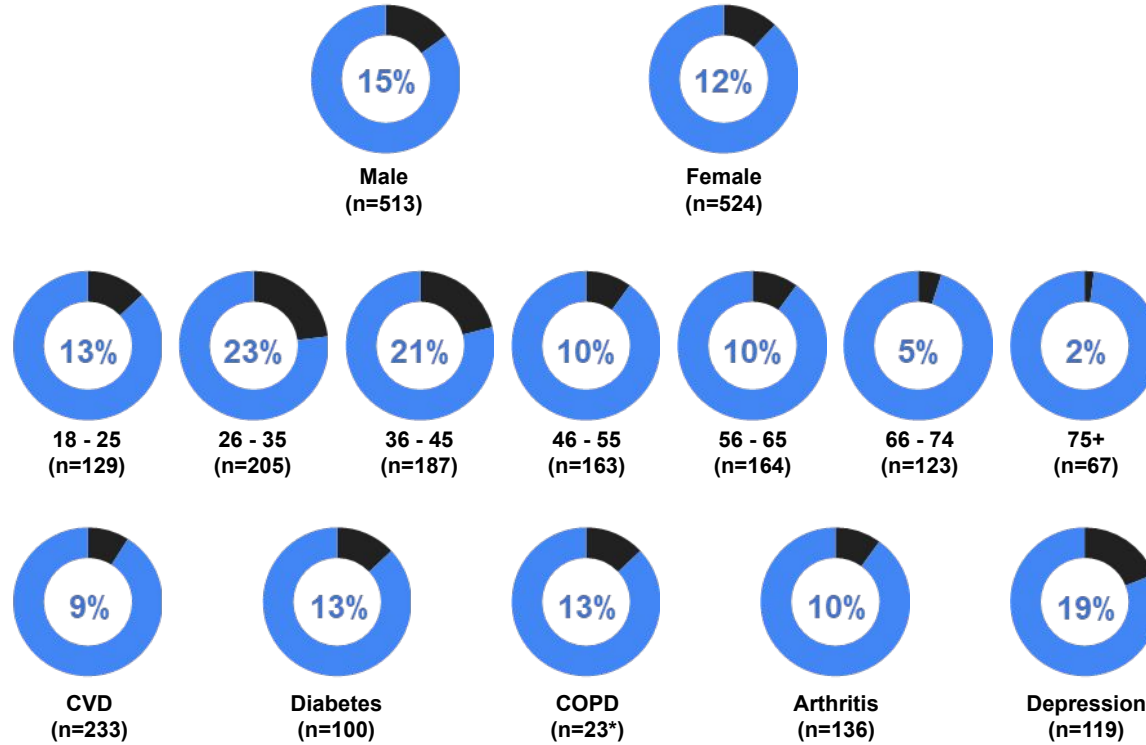
Use wearable tech or apps to monitor my health information in order to support my mental health



B1. Which, if any, do you typically use to take care of your health & wellbeing?

Base: All respondents (n=1037)

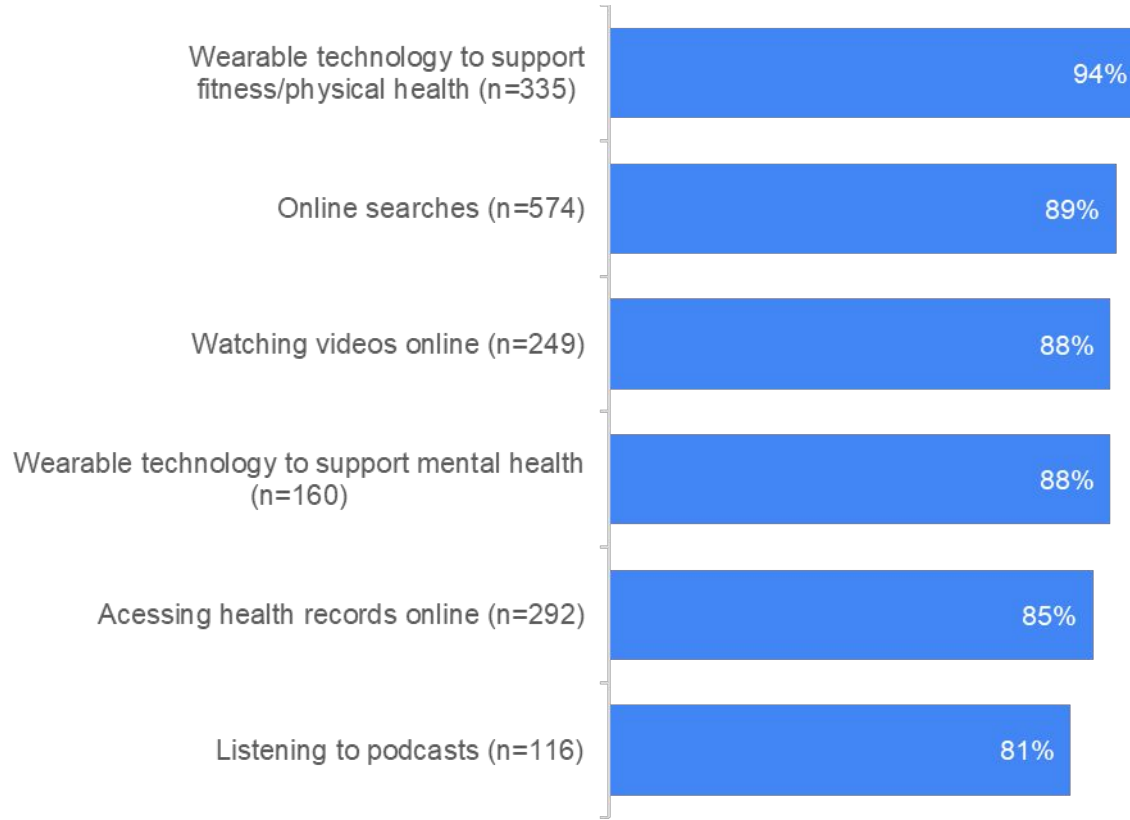
Listen to podcasts on different health topics



B1. Which, if any, do you typically use to take care of your health & wellbeing?

Base: All respondents (n=1037)

Top 2 box on usefulness of technology

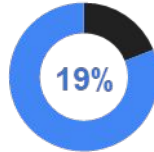


B2. Please rank the selected items in terms of how useful do you feel these are for you?

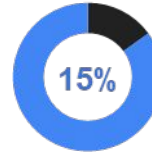
Base: All those who take care of health & wellbeing (n=see chart)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

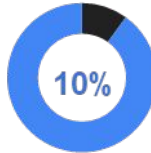
No health technology usage



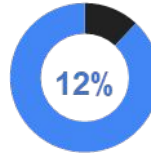
Male
(n=513)



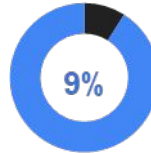
Female
(n=524)



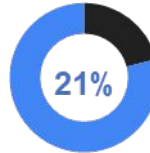
18 - 25
(n=129)



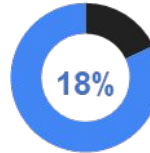
26 - 35
(n=205)



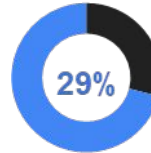
36 - 45
(n=187)



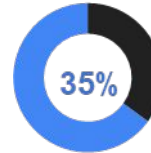
46 - 55
(n=163)



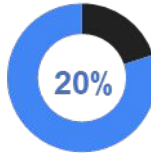
56 - 65
(n=164)



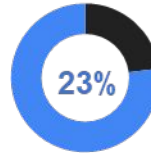
66 - 74
(n=123)



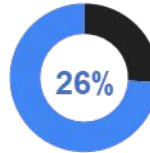
75+
(n=67)



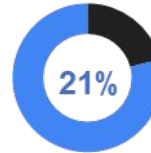
CVD
(n=233)



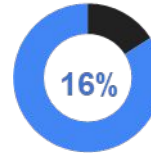
Diabetes
(n=100)



COPD
(n=23*)



Arthritis
(n=136)

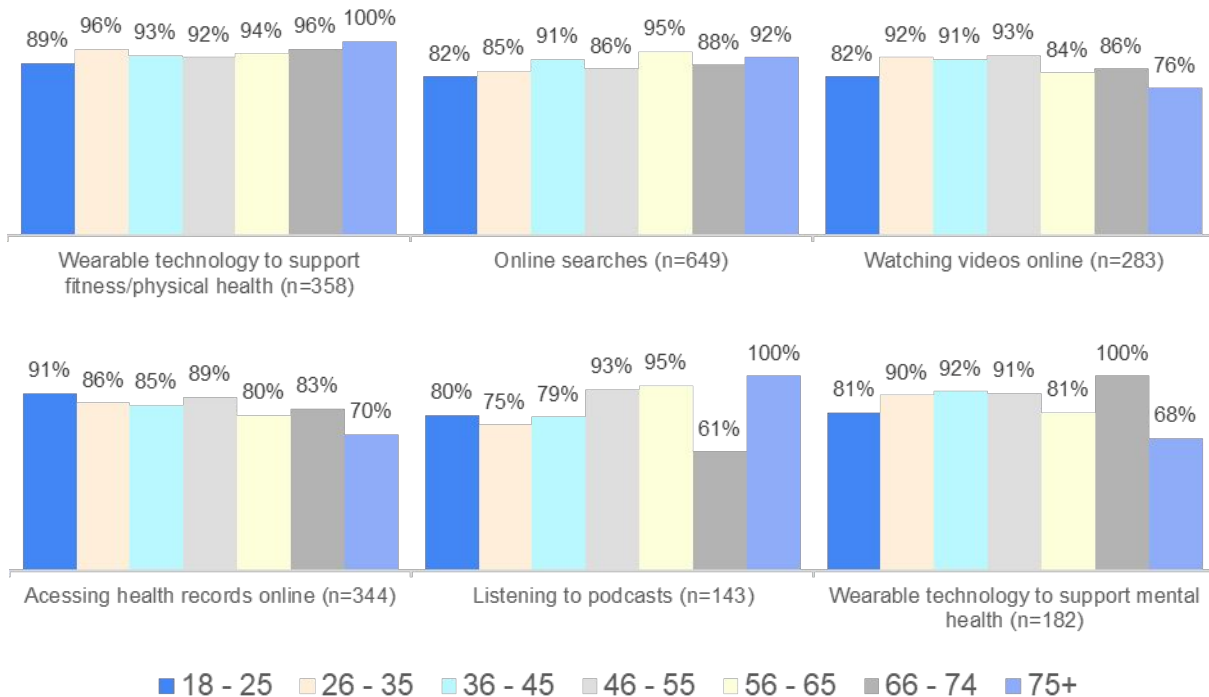


Depression
(n=119)

B1. Which, if any, do you typically use to take care of your health & wellbeing?

Base: All respondents (n=1037)

Top 2 box on usefulness of technology

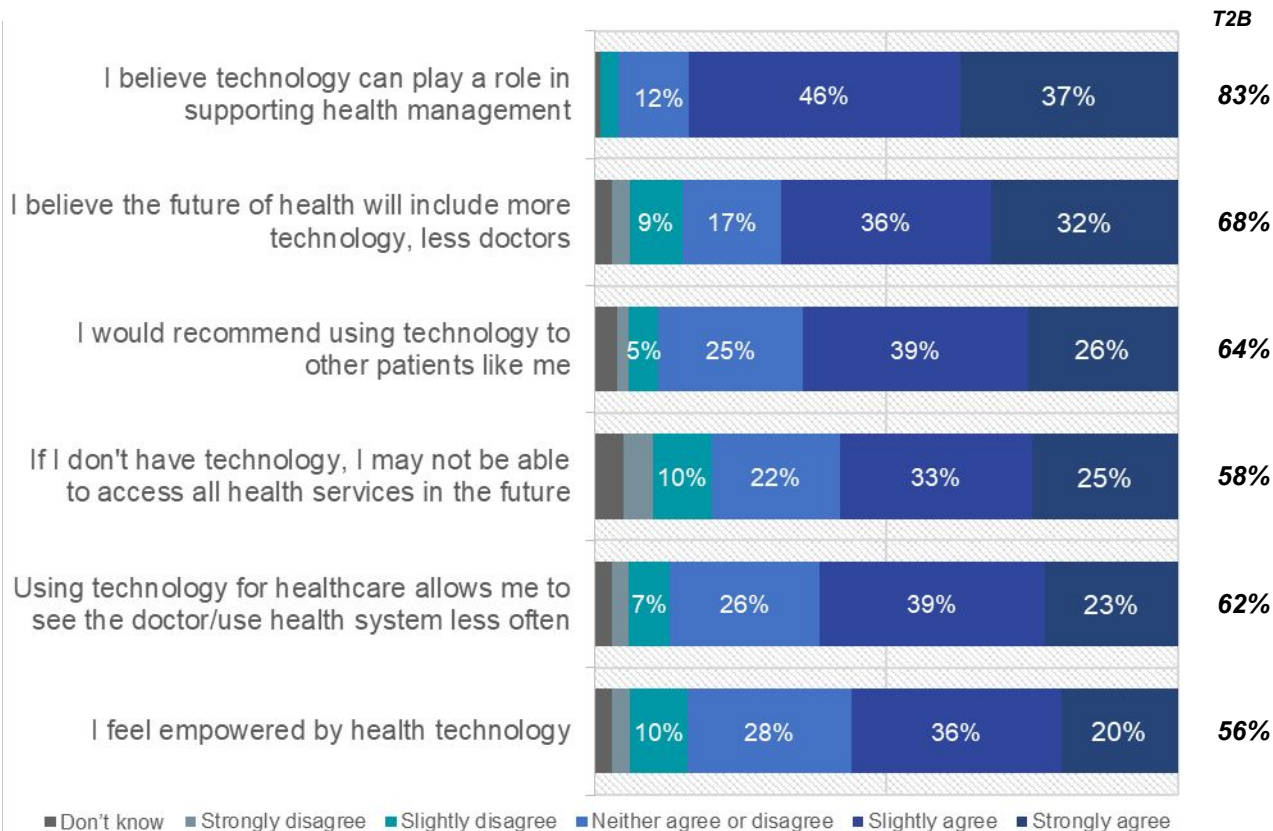


B2. Please rank the selected items in terms of how useful do you feel these are for you?

Base: All those who take care of health & wellbeing (n=see chart)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Agreement/disagreement with statements

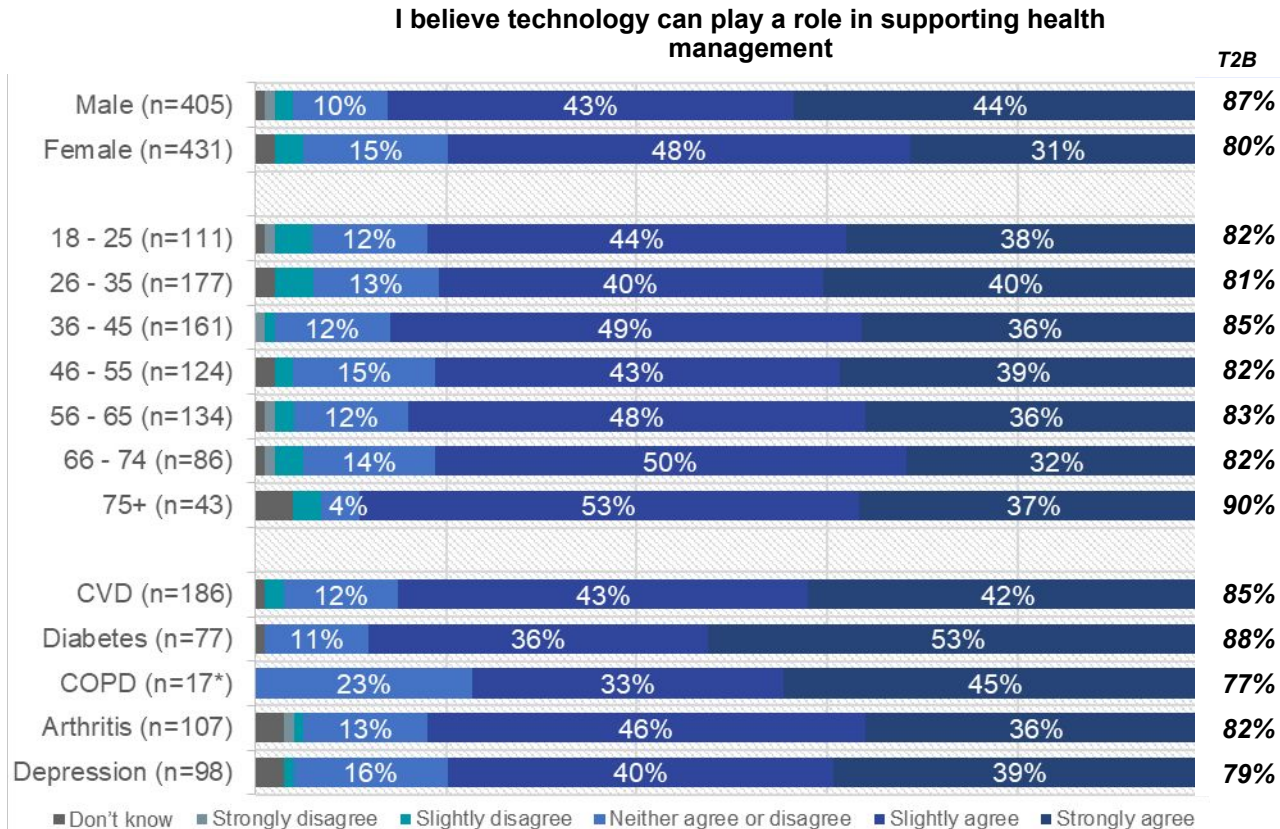


B3. To what extent, do you agree or disagree with the following statements regarding the use of health technology?

Base: All those who take care of health & wellbeing (n=837)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

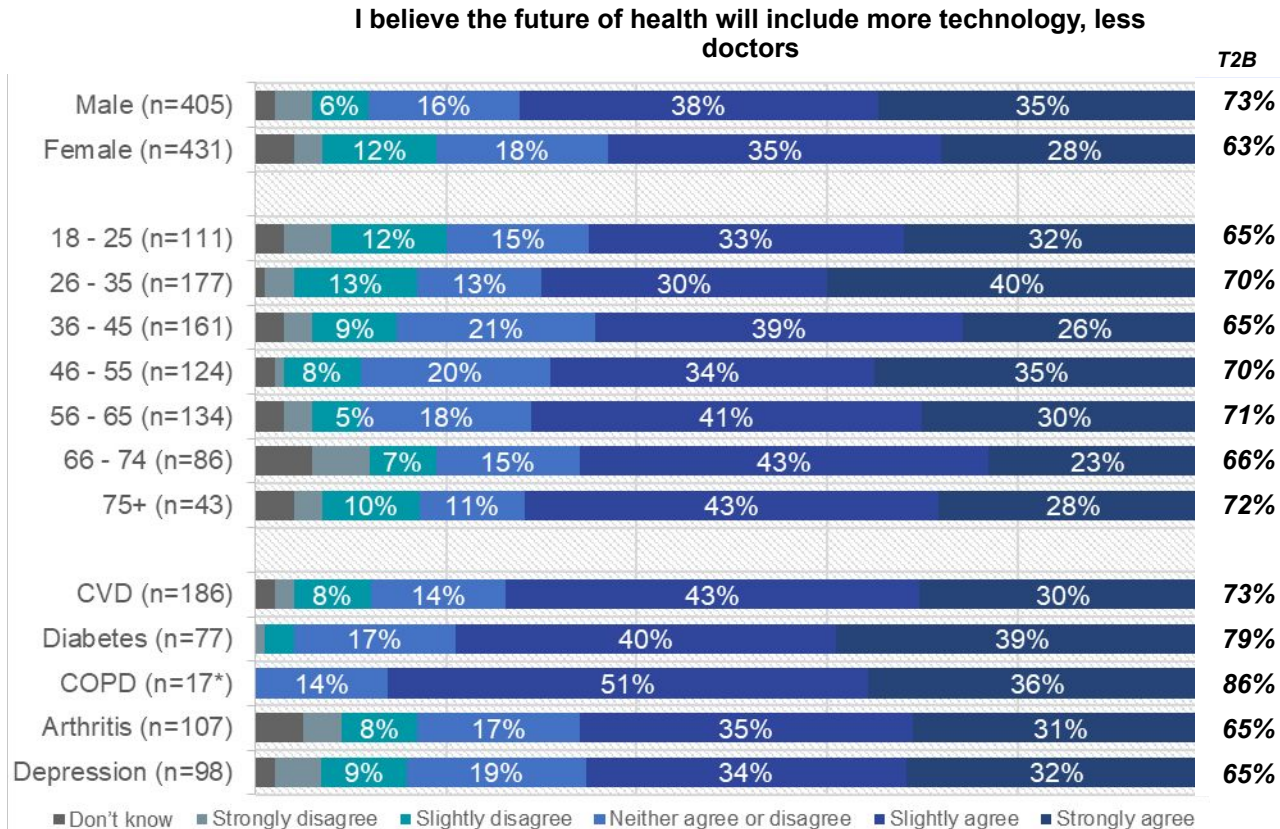
Agreement/disagreement with statements:



B3. To what extent, do you agree or disagree with the following statements regarding the use of health technology?
 Base: All those who take care of health & wellbeing (n=837)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Agreement/disagreement with statements:

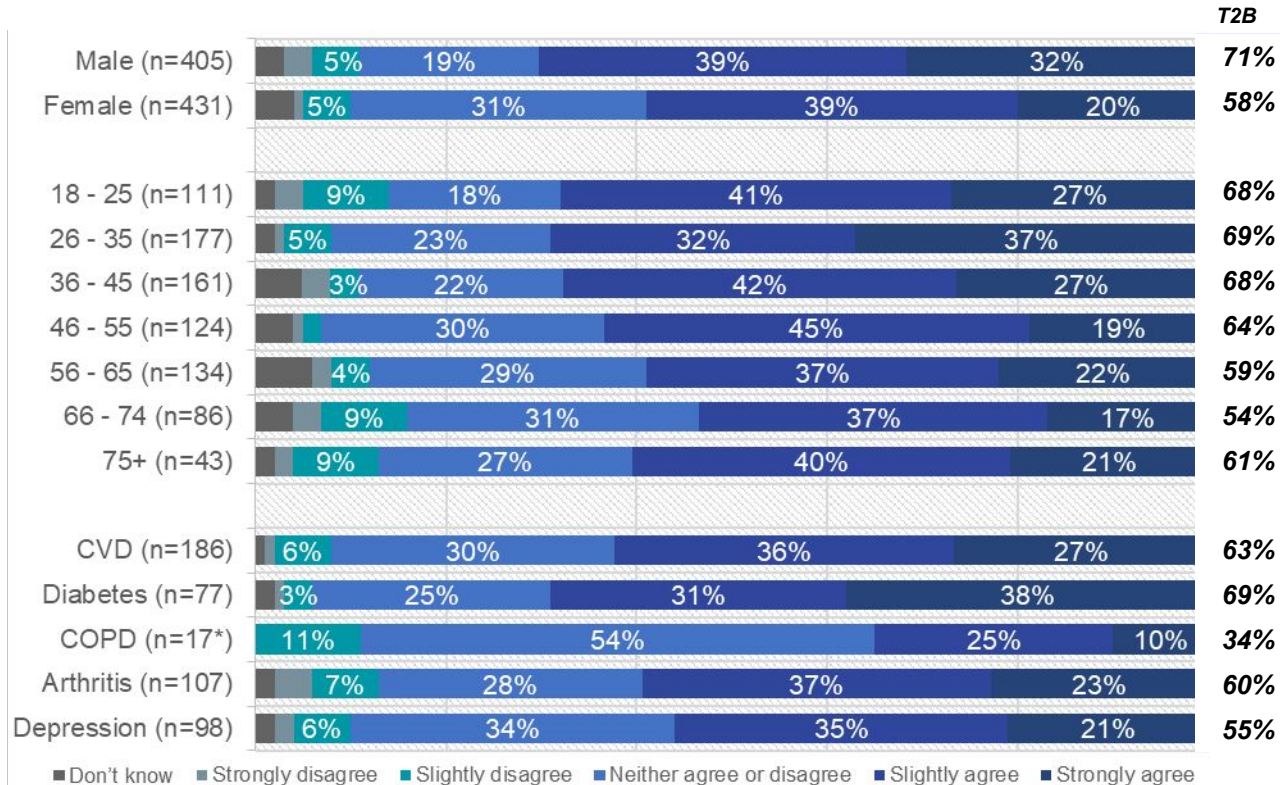


B3. To what extent, do you agree or disagree with the following statements regarding the use of health technology?
 Base: All those who take care of health & wellbeing (n=837)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Agreement/disagreement with statements:

I would recommend using technology to other patients like me

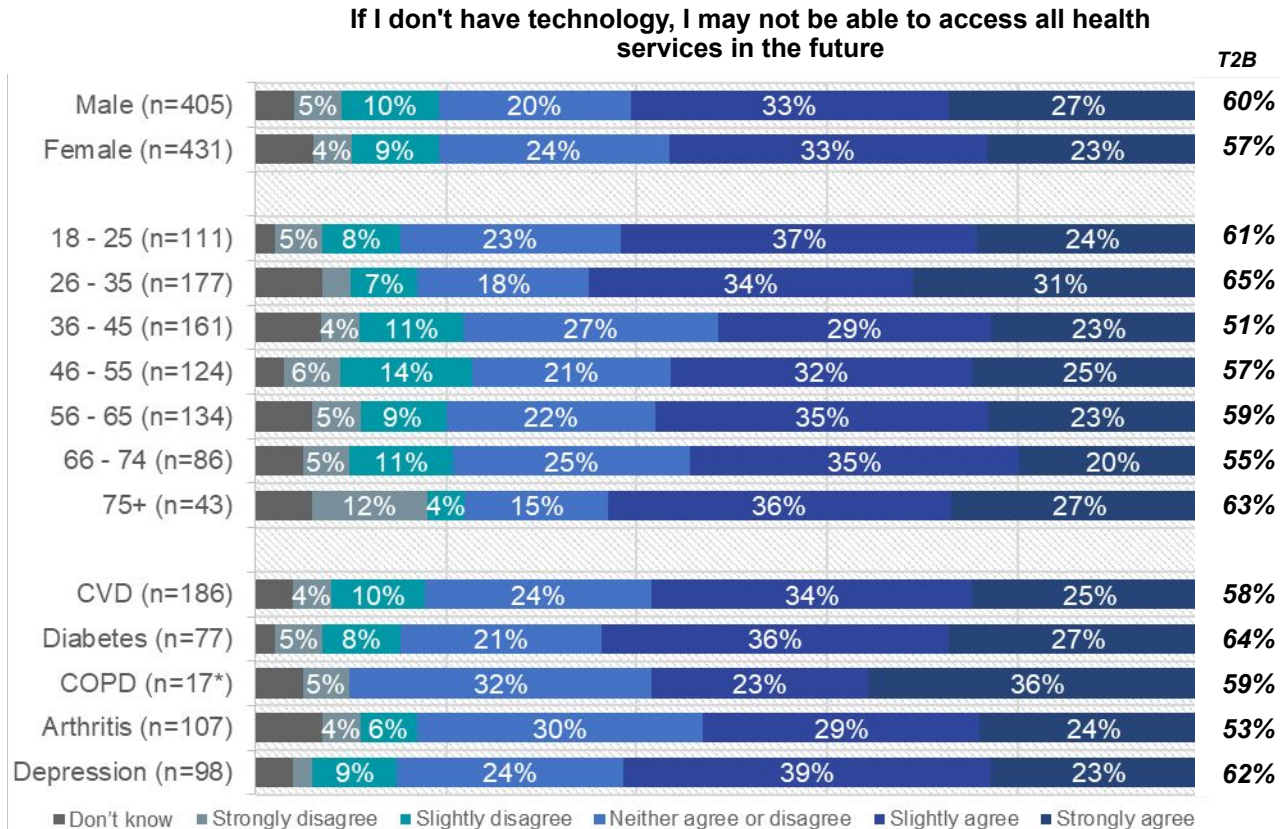


B3. To what extent, do you agree or disagree with the following statements regarding the use of health technology?

Base: All those who take care of health & wellbeing (n=837)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

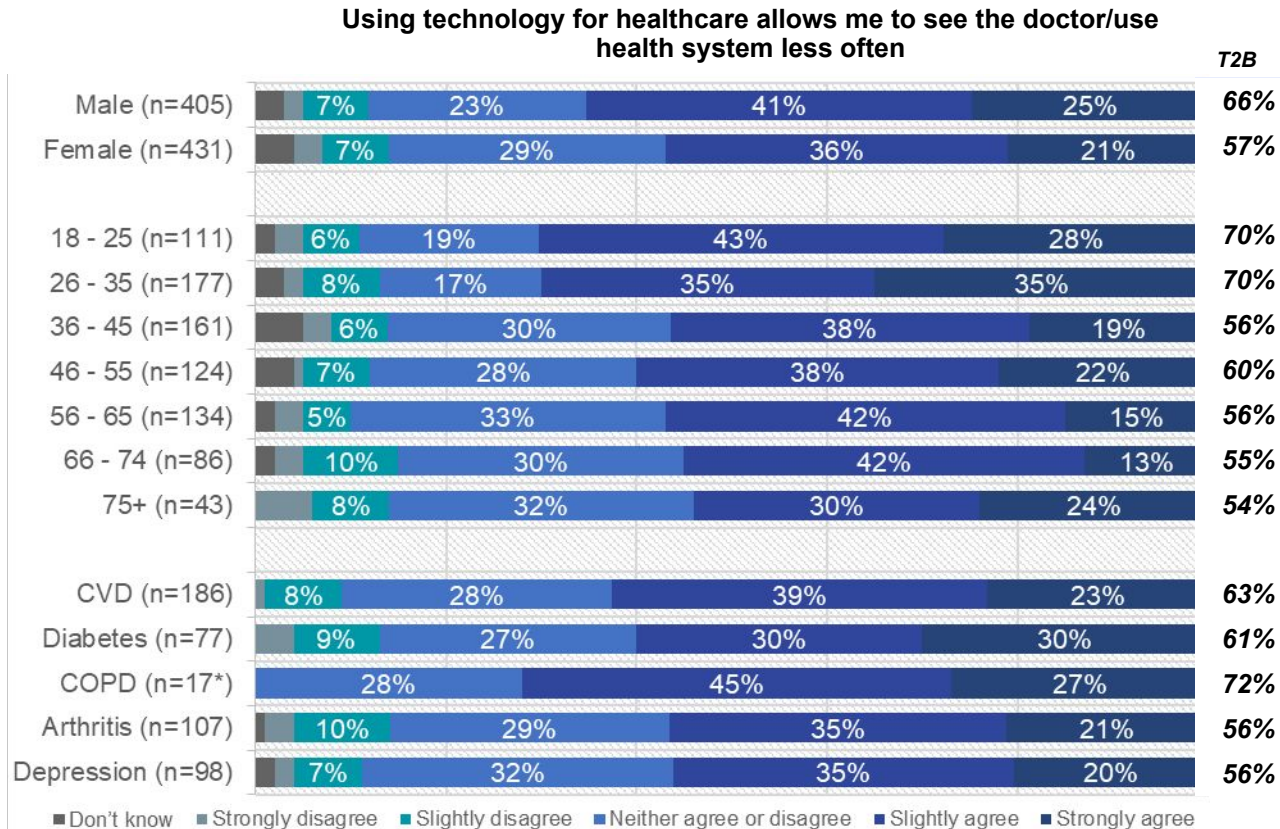
Agreement/disagreement with statements:



B3. To what extent, do you agree or disagree with the following statements regarding the use of health technology?
 Base: All those who take care of health & wellbeing (n=837)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Agreement/disagreement with statements:

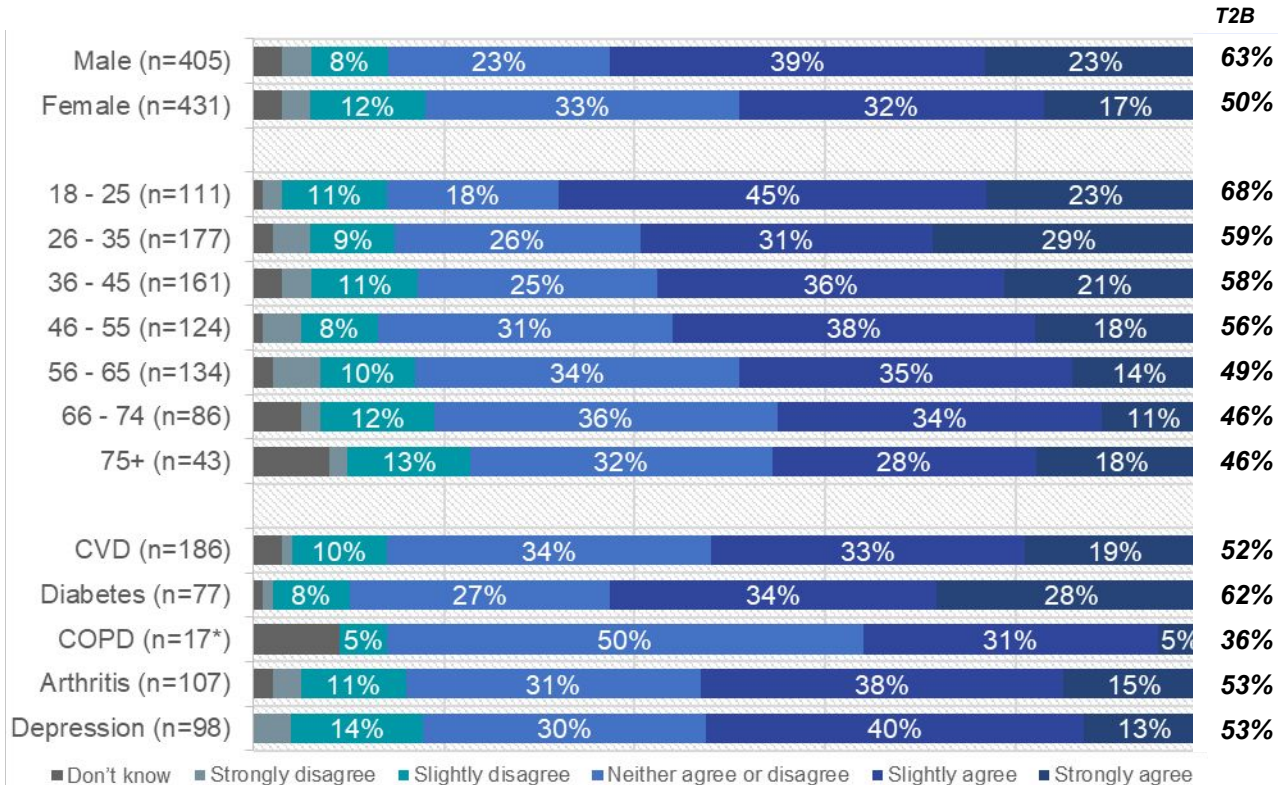


B3. To what extent, do you agree or disagree with the following statements regarding the use of health technology?
 Base: All those who take care of health & wellbeing (n=837)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Agreement/disagreement with statements:

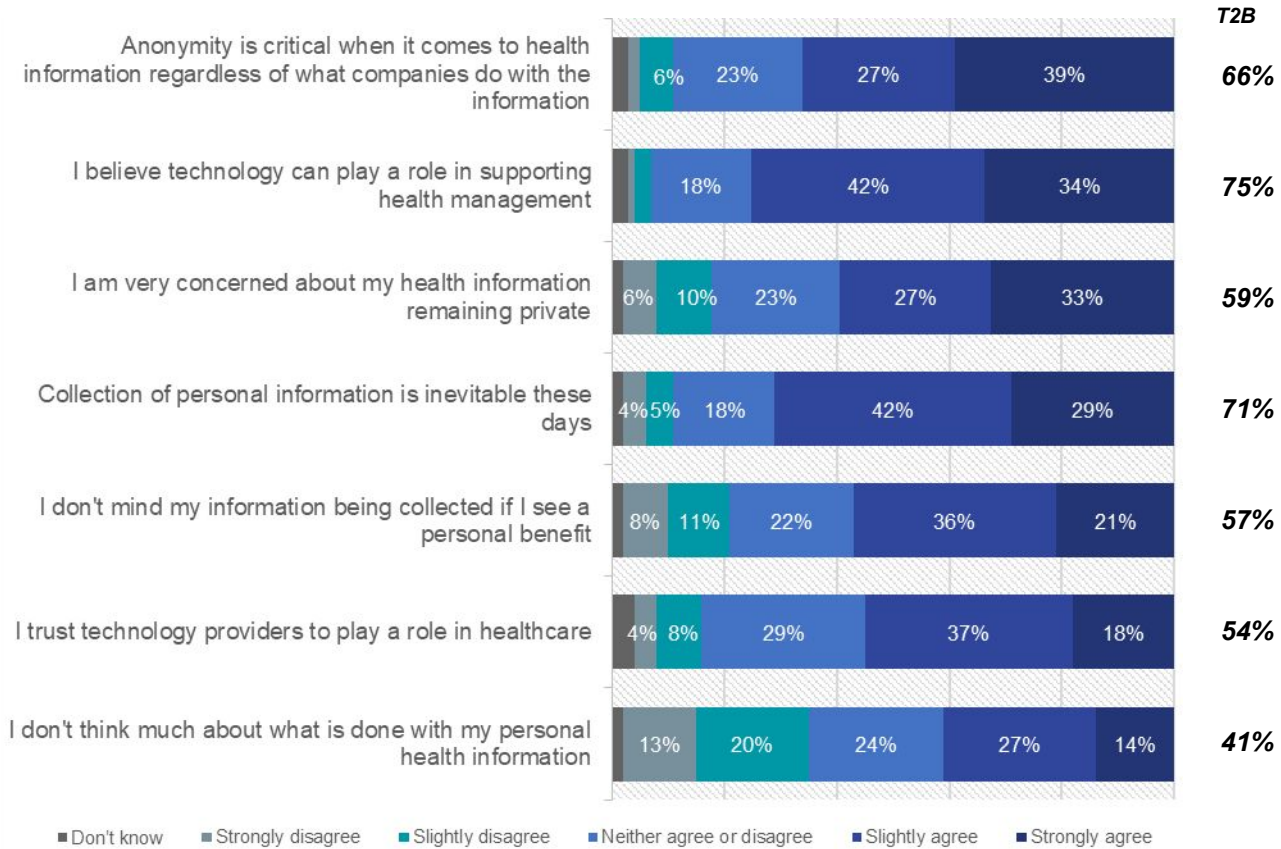
I feel empowered by health technology



B3. To what extent, do you agree or disagree with the following statements regarding the use of health technology?
 Base: All those who take care of health & wellbeing (n=837)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Agreement/disagreement with statements

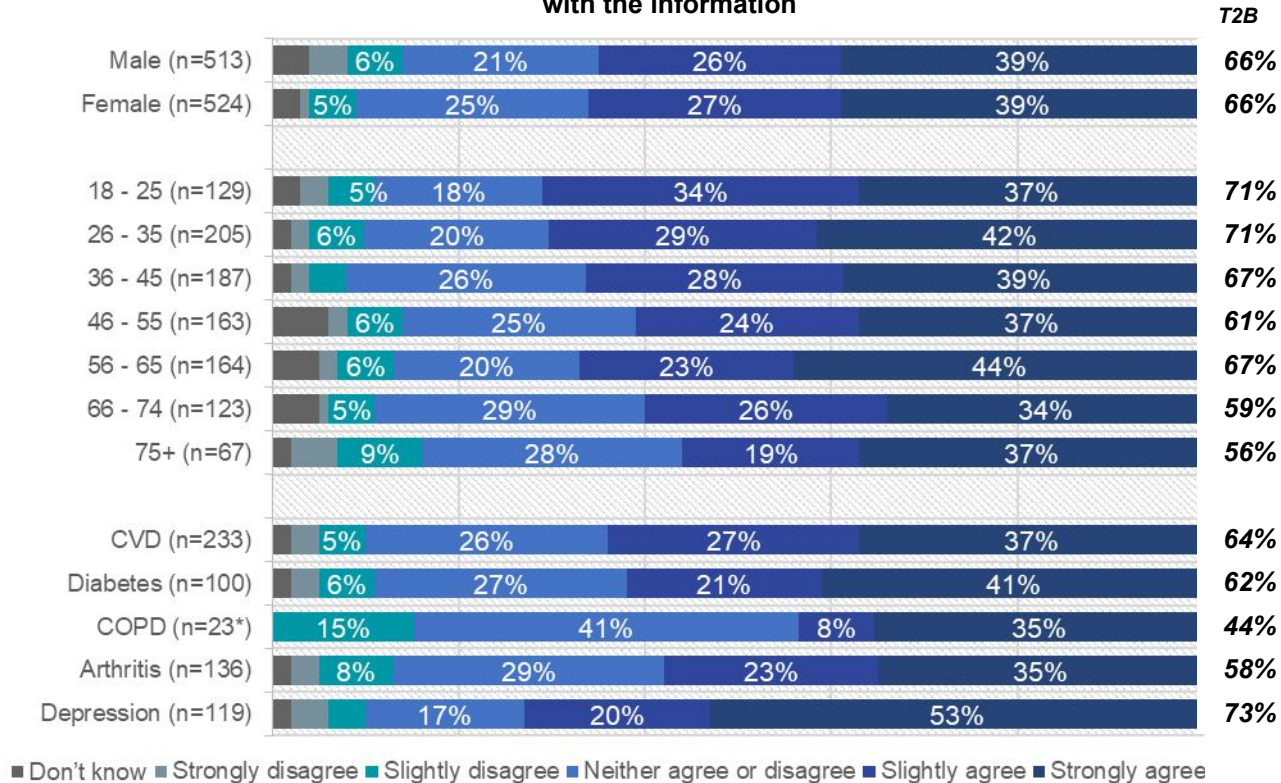


B4. To what extent do you agree or disagree with the following statements related to information collection of health and wellbeing information?
 Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Agreement/disagreement with statements:

Anonymity is critical when it comes to health information regardless of what companies do with the information

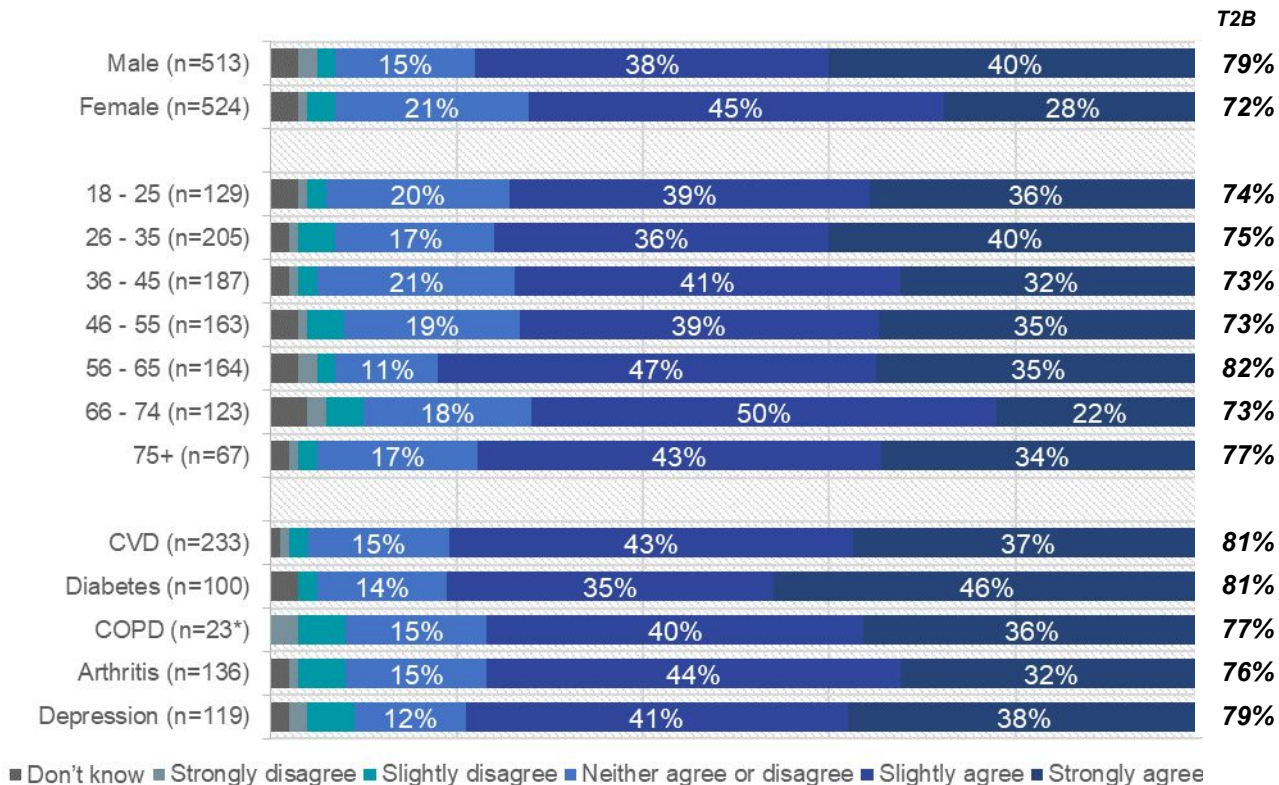


B4. To what extent do you agree or disagree with the following statements related to information collection of health and wellbeing information?
 Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Agreement/disagreement with statements:

I believe technology can play a role in supporting health management

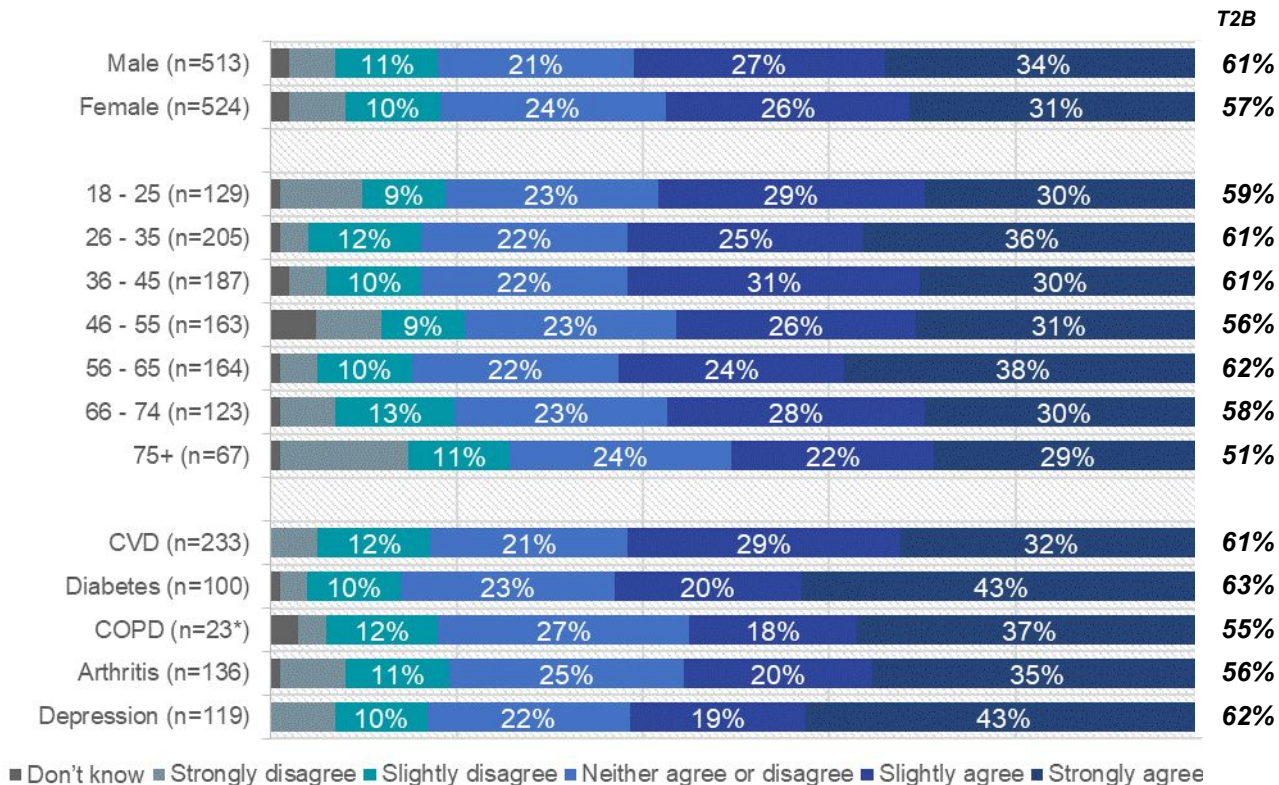


B4. To what extent do you agree or disagree with the following statements related to information collection of health and wellbeing information?
 Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Agreement/disagreement with statements:

I am very concerned about my health information remaining private

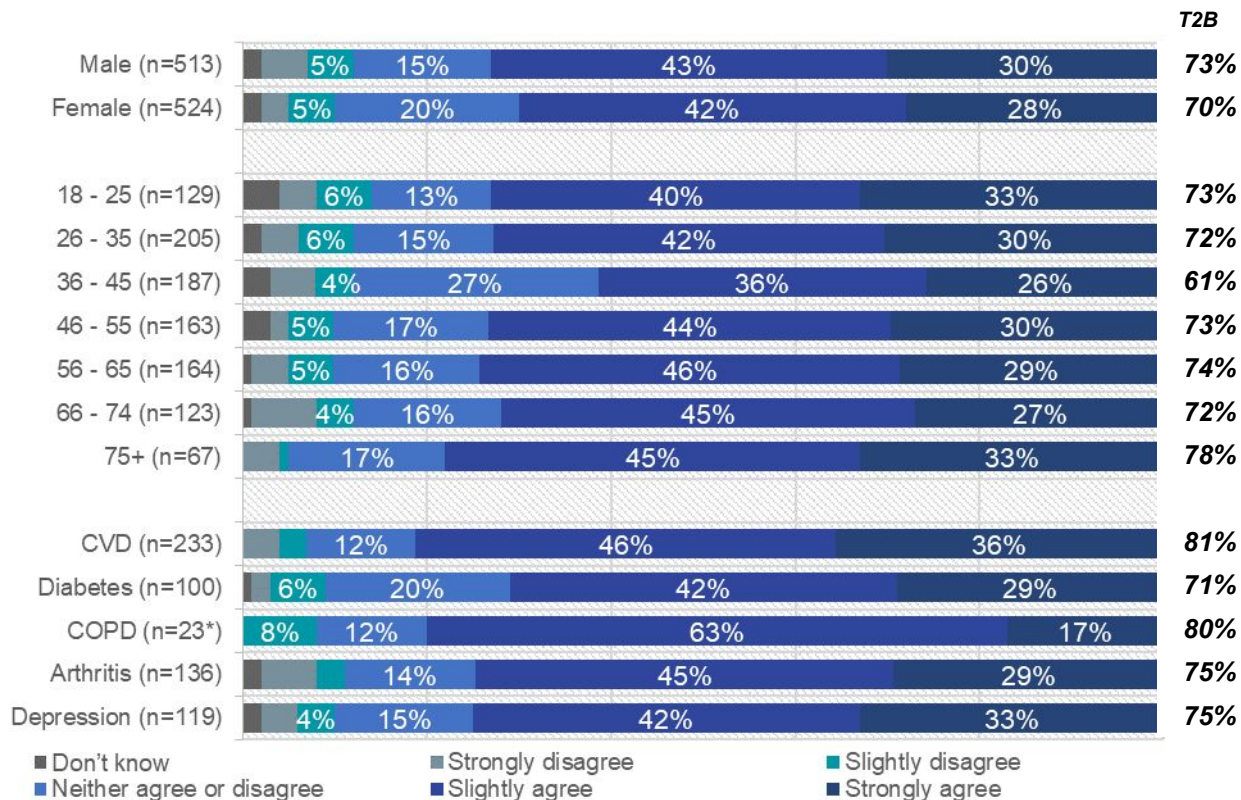


B4. To what extent do you agree or disagree with the following statements related to information collection of health and wellbeing information?
 Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Agreement/disagreement with statements:

Collection of personal information is inevitable these days



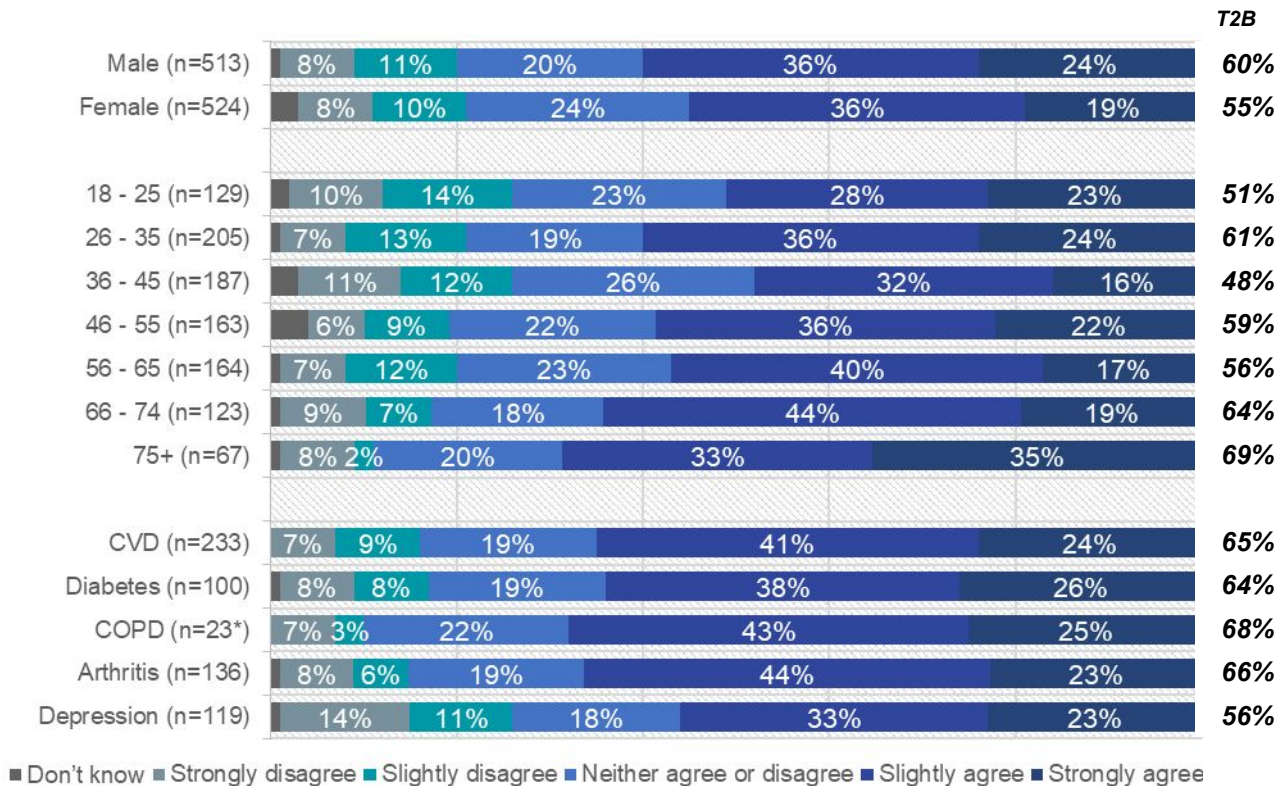
B4. To what extent do you agree or disagree with the following statements related to information collection of health and wellbeing information?

Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Agreement/disagreement with statements:

I don't mind my information being collected if I see a personal benefit

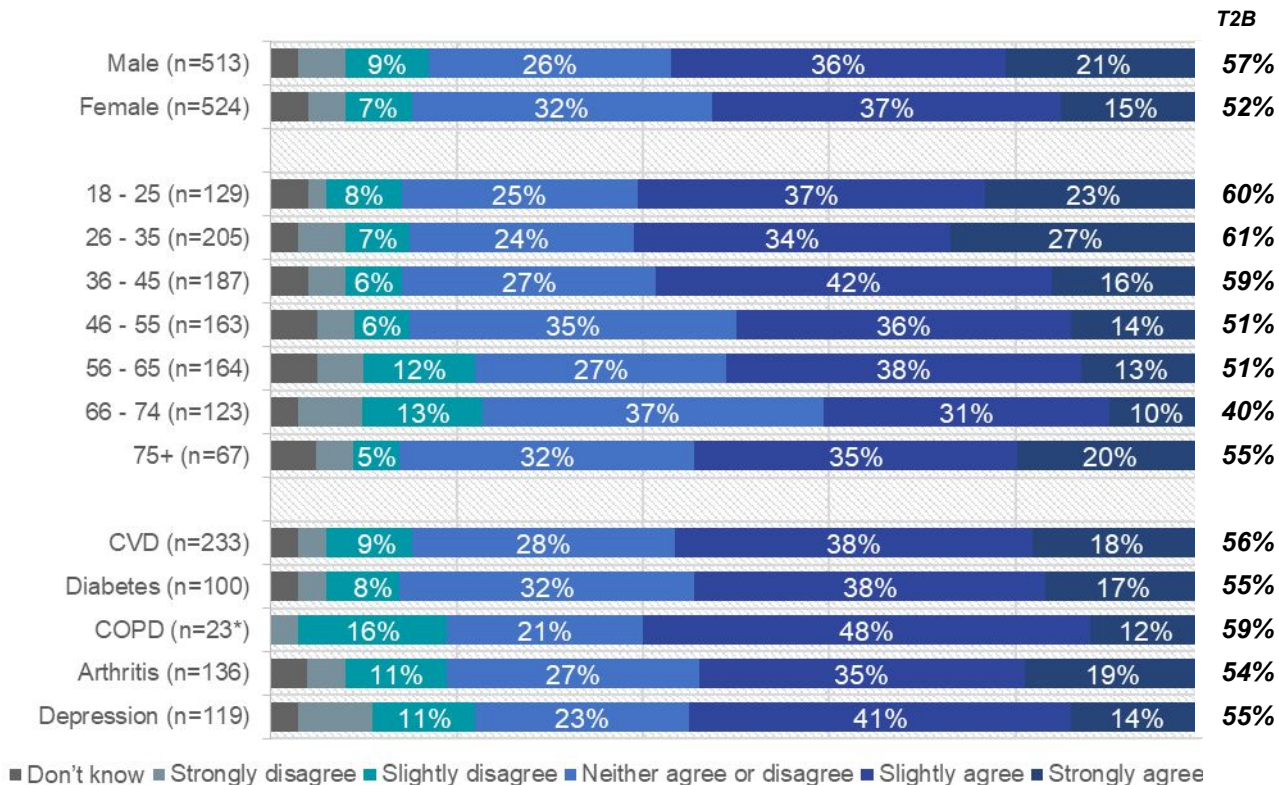


B4. To what extent do you agree or disagree with the following statements related to information collection of health and wellbeing information?
 Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Agreement/disagreement with statements:

I trust technology providers to play a role in healthcare

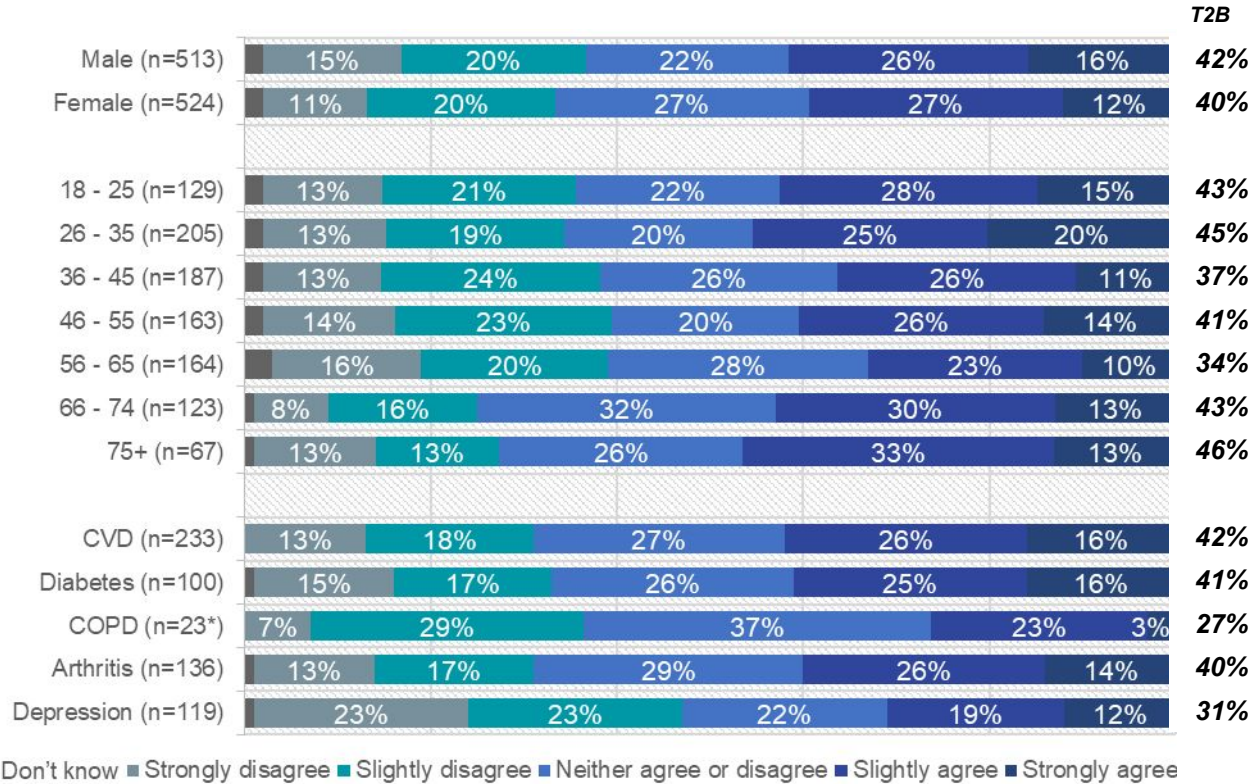


B4. To what extent do you agree or disagree with the following statements related to information collection of health and wellbeing information?
 Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Agreement/disagreement with statements:

I don't think much about what is done with my personal health information



B4. To what extent do you agree or disagree with the following statements related to information collection of health and wellbeing information?
 Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Section C: CURRENT CHALLENGES AND DRIVING GREATER SELF MANAGEMENT WITH TECH



C1. What are the main challenges, if any, that you experience related to your chronic conditions/s.
 Base: Respondents with a chronic condition at Scondition (n=332)

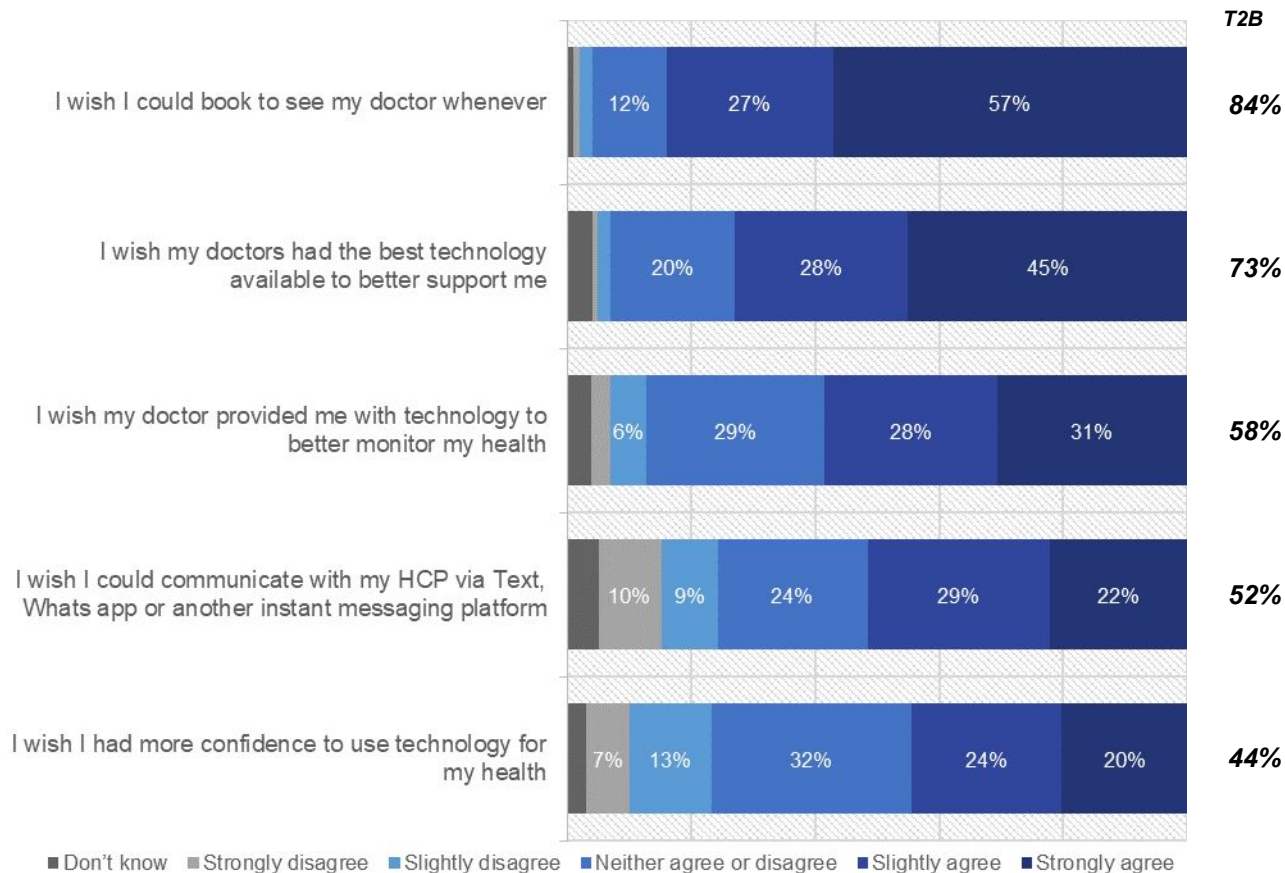
Top 3 Rank on challenges



C2. From the challenges you have selected, could you please select the top 3 which represent the biggest challenges in managing your condition.

Base: All those who select top 3 challenges (n=see chart)

Agreement/disagreement with statements

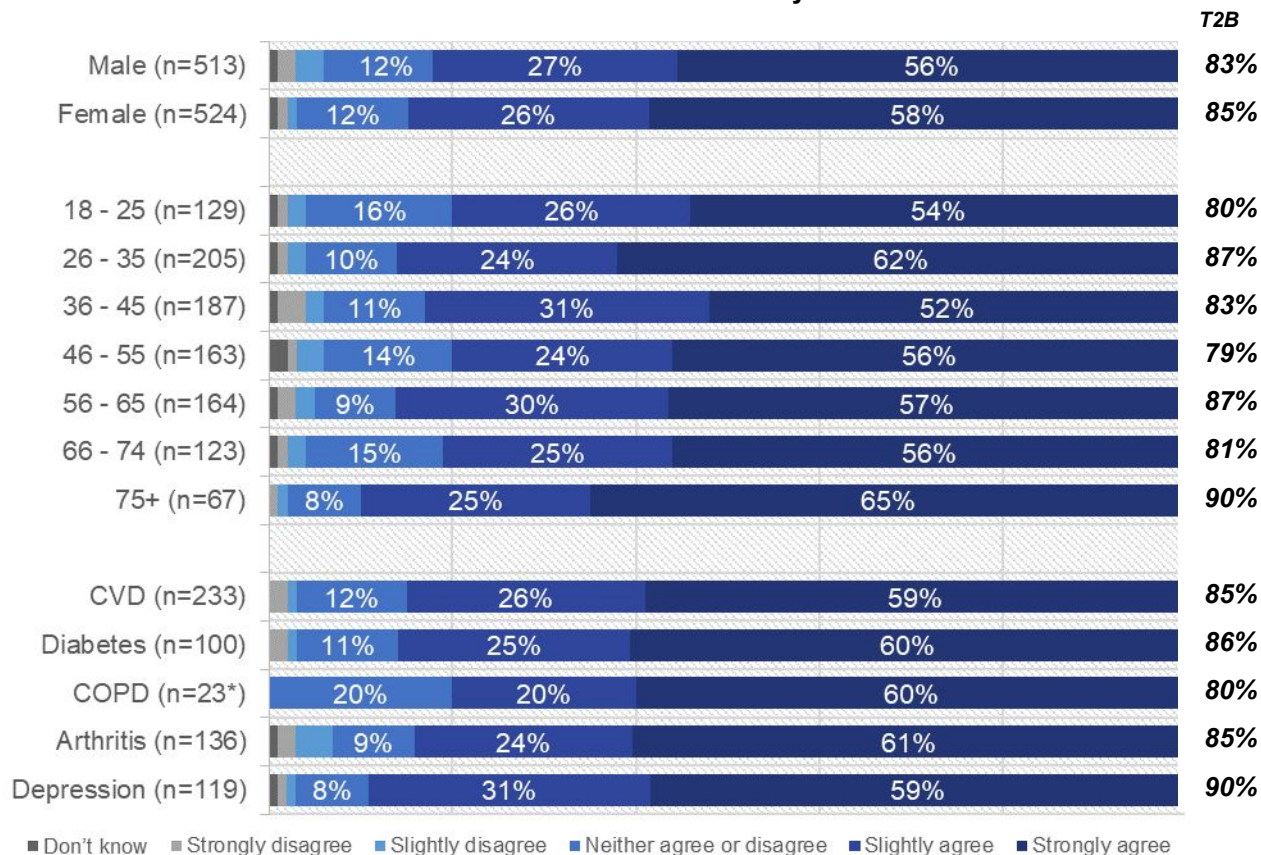


C3. To what extent, if at all, do you agree or disagree with the following statements regarding the relationship between you and your healthcare professional
 Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Agreement/disagreement with statements:

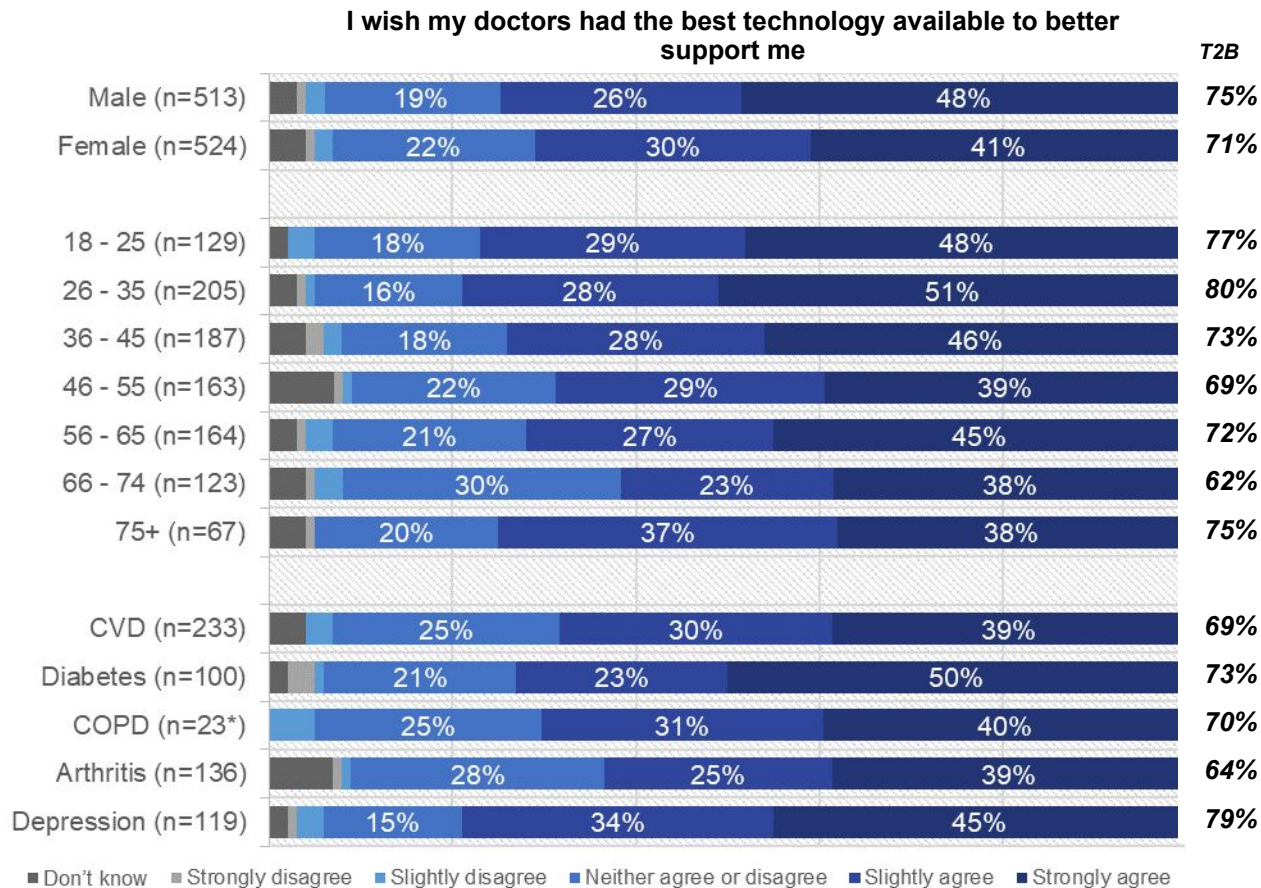
I wish I could book to see my doctor whenever



C3. To what extent, if at all, do you agree or disagree with the following statements regarding the relationship between you and your healthcare professional
 Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Agreement/disagreement with statements:

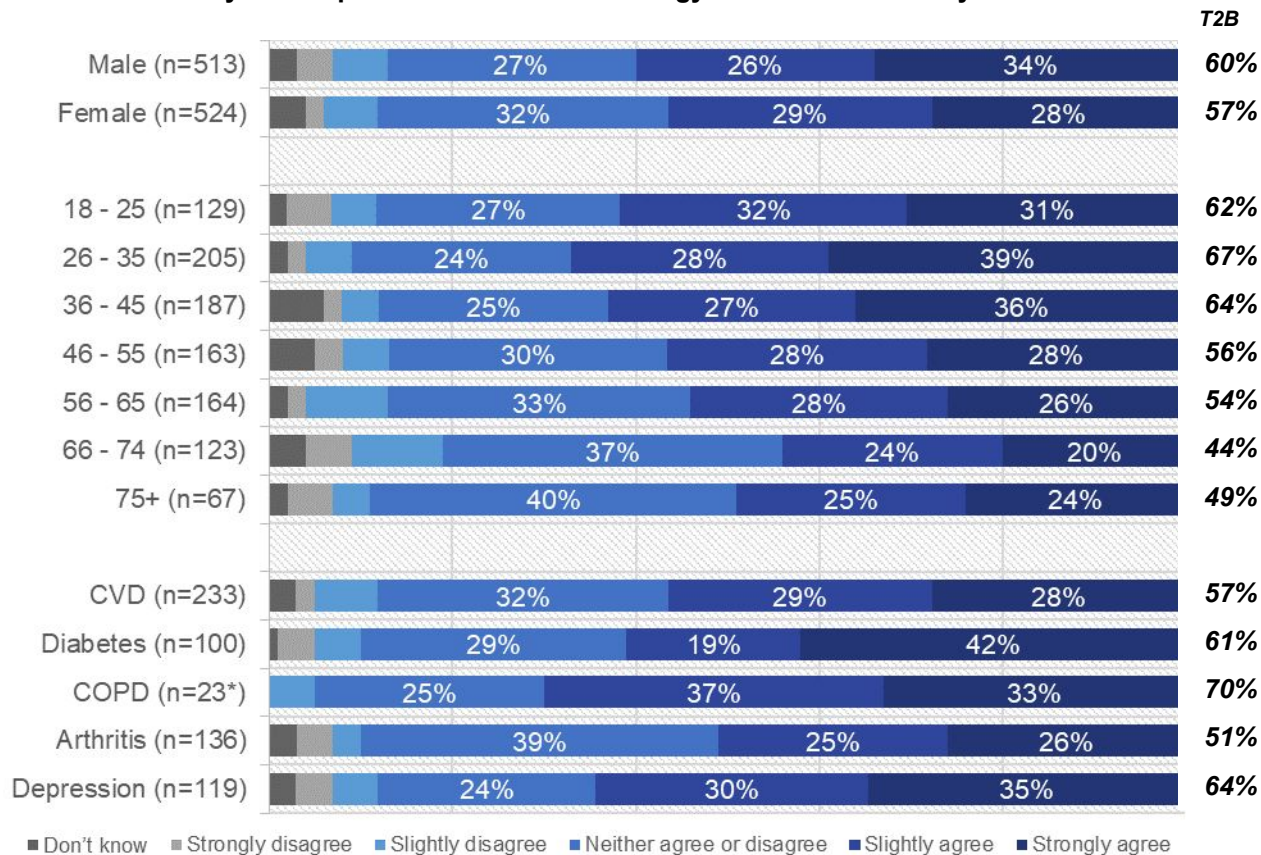


C3. To what extent, if at all, do you agree or disagree with the following statements regarding the relationship between you and your healthcare professional
 Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Agreement/disagreement with statements:

I wish my doctor provided me with technology to better monitor my health

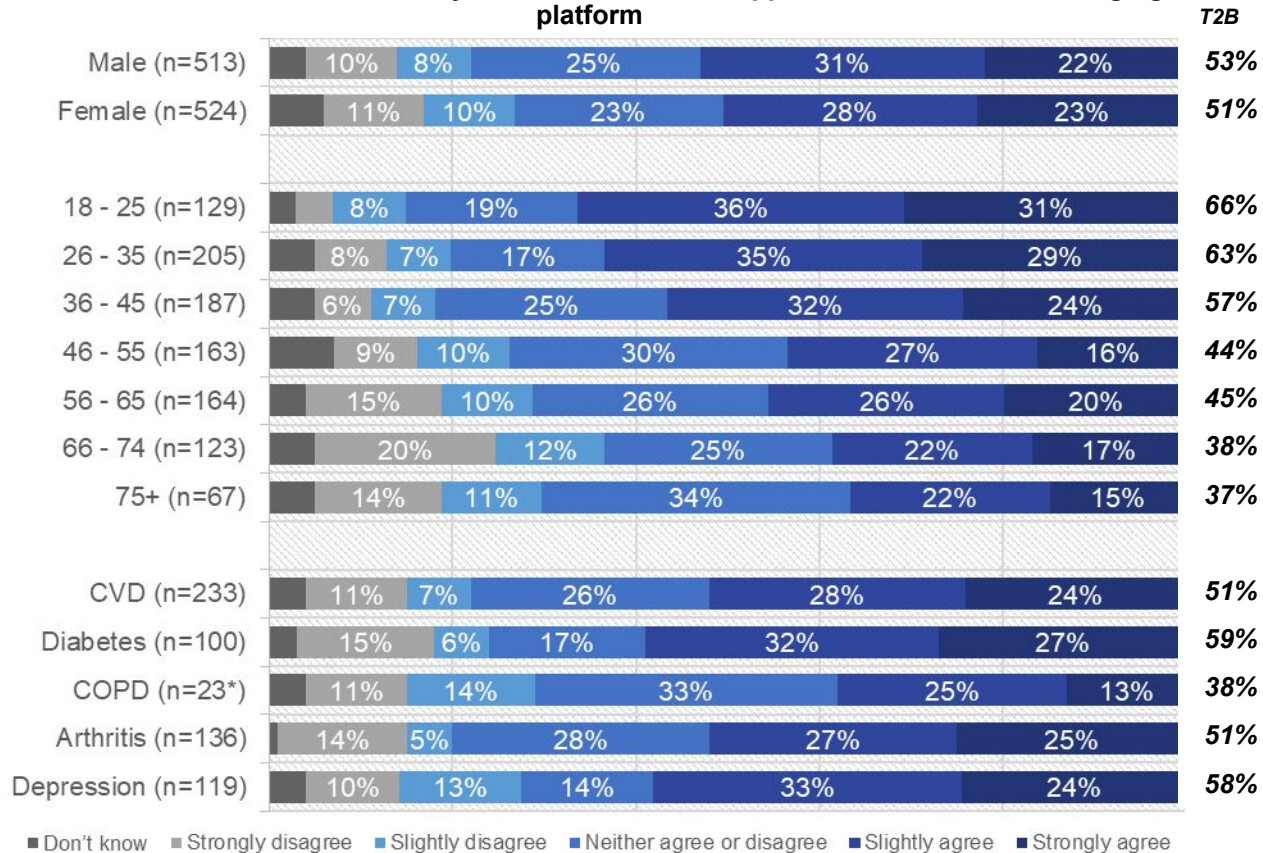


C3. To what extent, if at all, do you agree or disagree with the following statements regarding the relationship between you and your healthcare professional
 Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Agreement/disagreement with statements:

I wish I could communicate with my HCP via Text, Whats app or another instant messaging platform

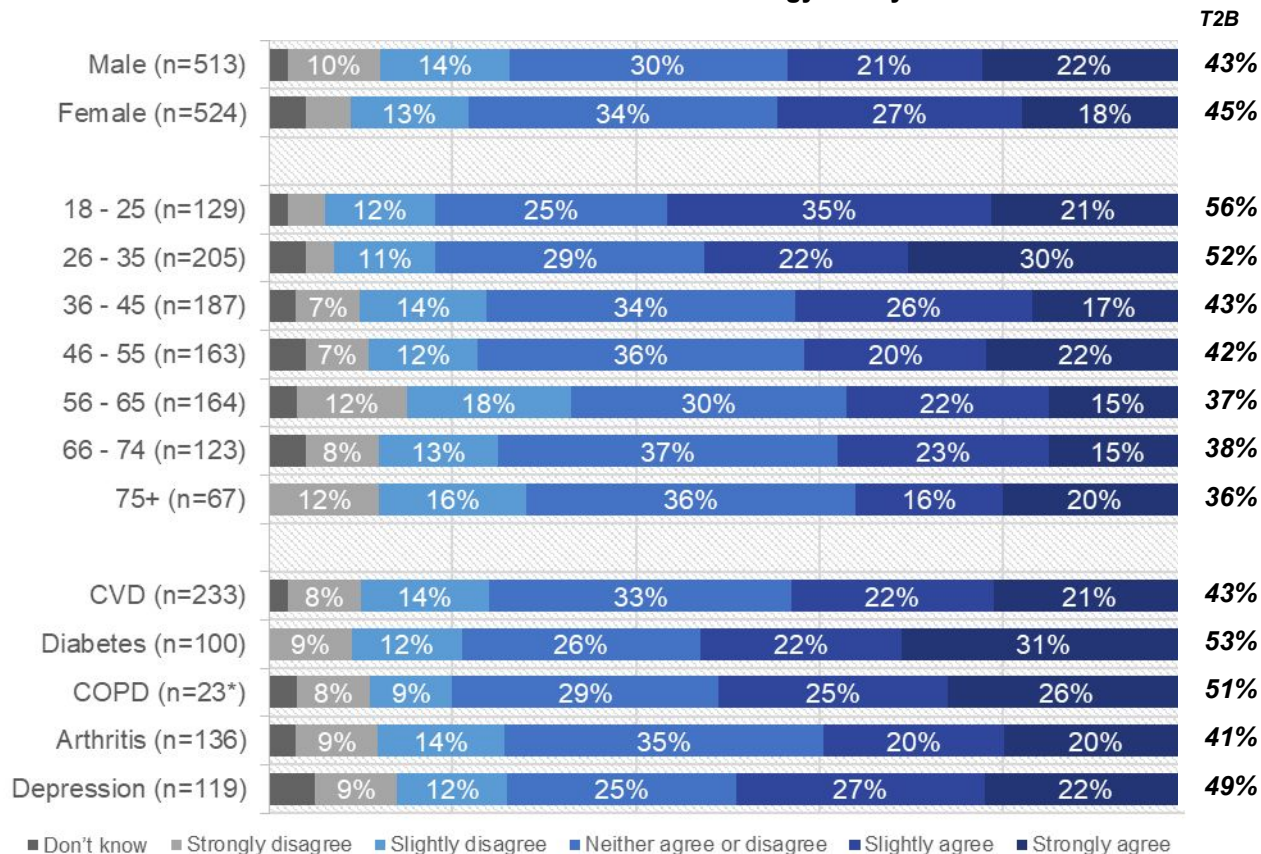


C3. To what extent, if at all, do you agree or disagree with the following statements regarding the relationship between you and your healthcare professional
 Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Agreement/disagreement with statements:

I wish I had more confidence to use technology for my health

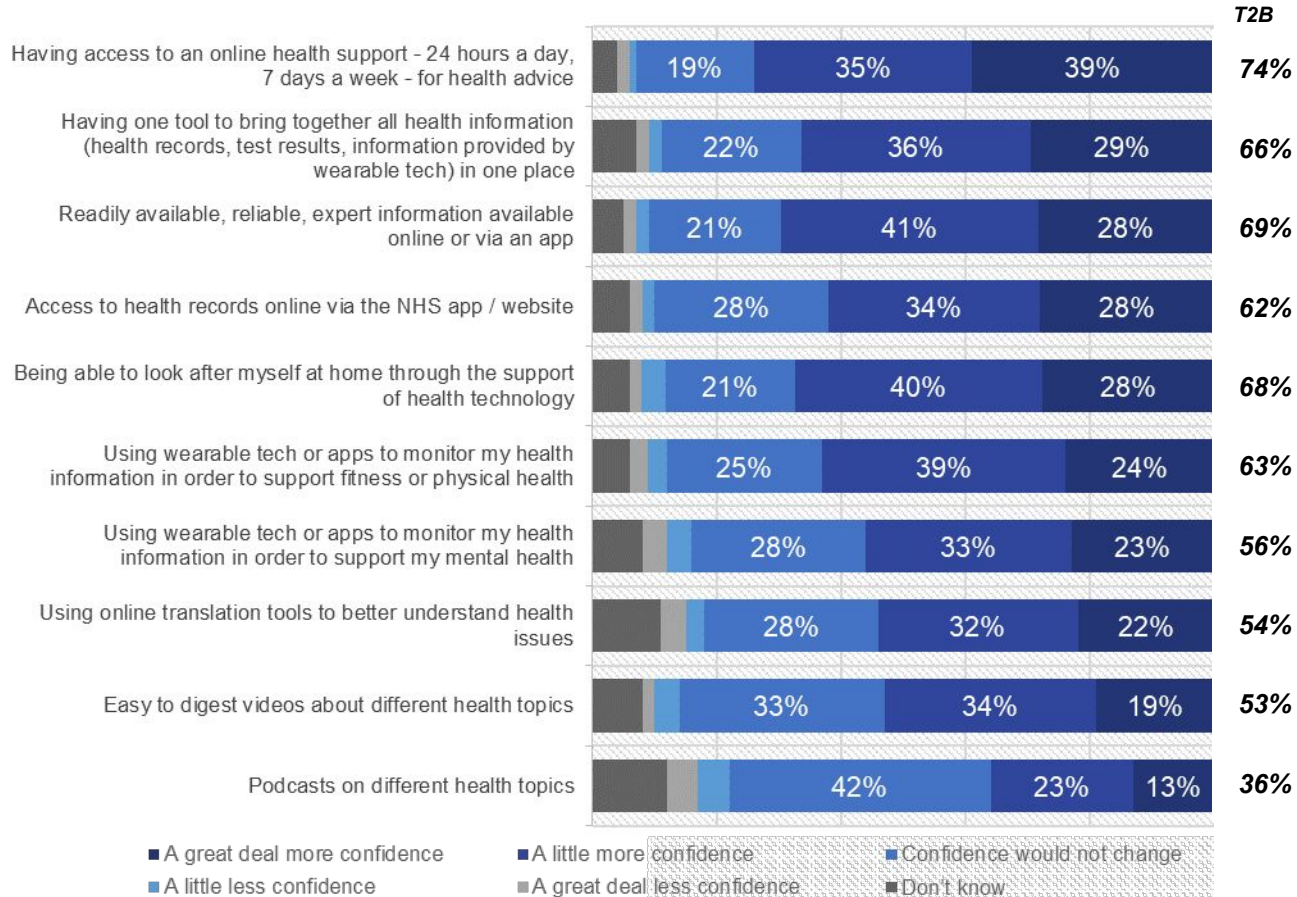


C3. To what extent, if at all, do you agree or disagree with the following statements regarding the relationship between you and your healthcare professional
 Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Section D: FUTURE

Impact of technology on confidence



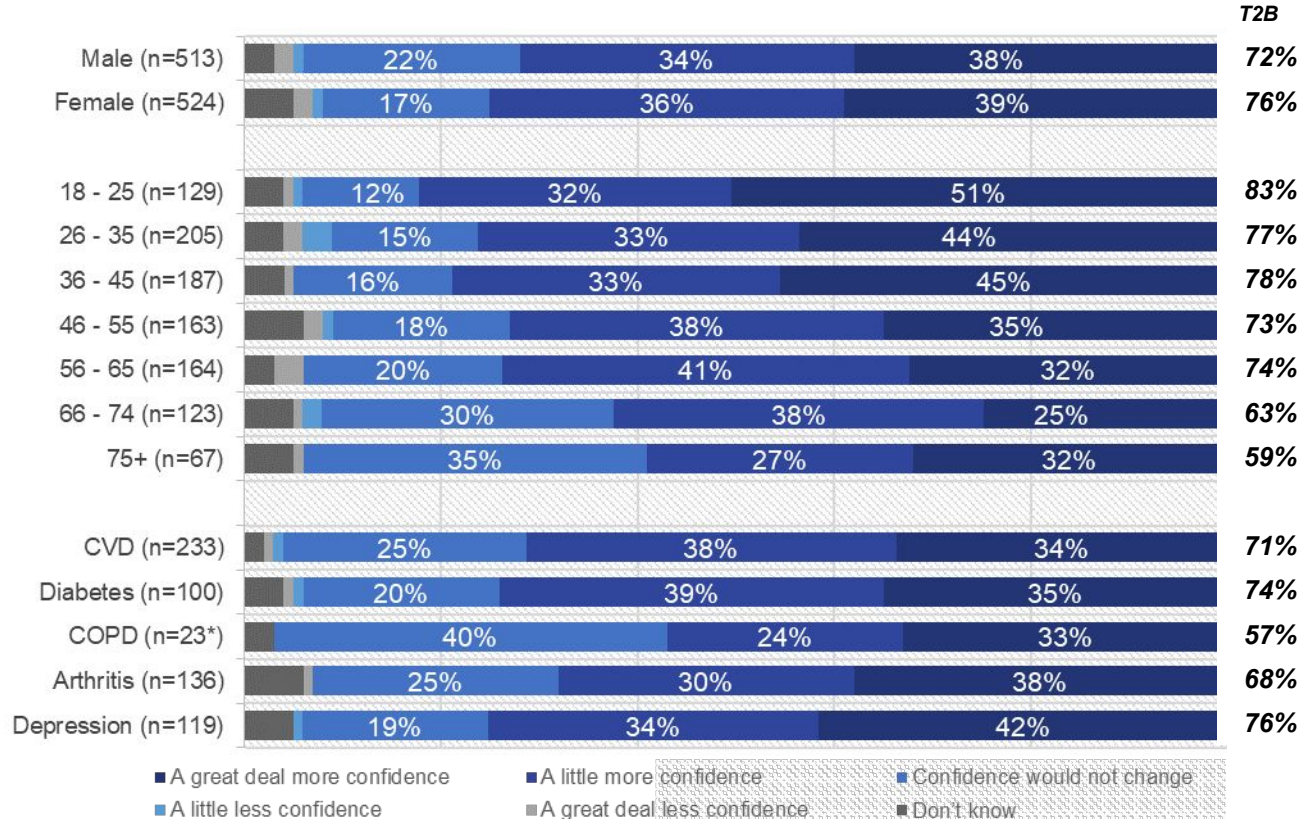
A great deal more confidence
 A little more confidence
 Confidence would not change
 A little less confidence
 A great deal less confidence
 Don't know

D1. Thinking ahead to the future, to what extent, if at all, would each of the following affect your confidence in taking the management of your health into your own hands if it was readily accessible to you?
 Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Impact of technology on confidence

Having access to an online health support - 24 hours a day, 7 days a week - for health advice

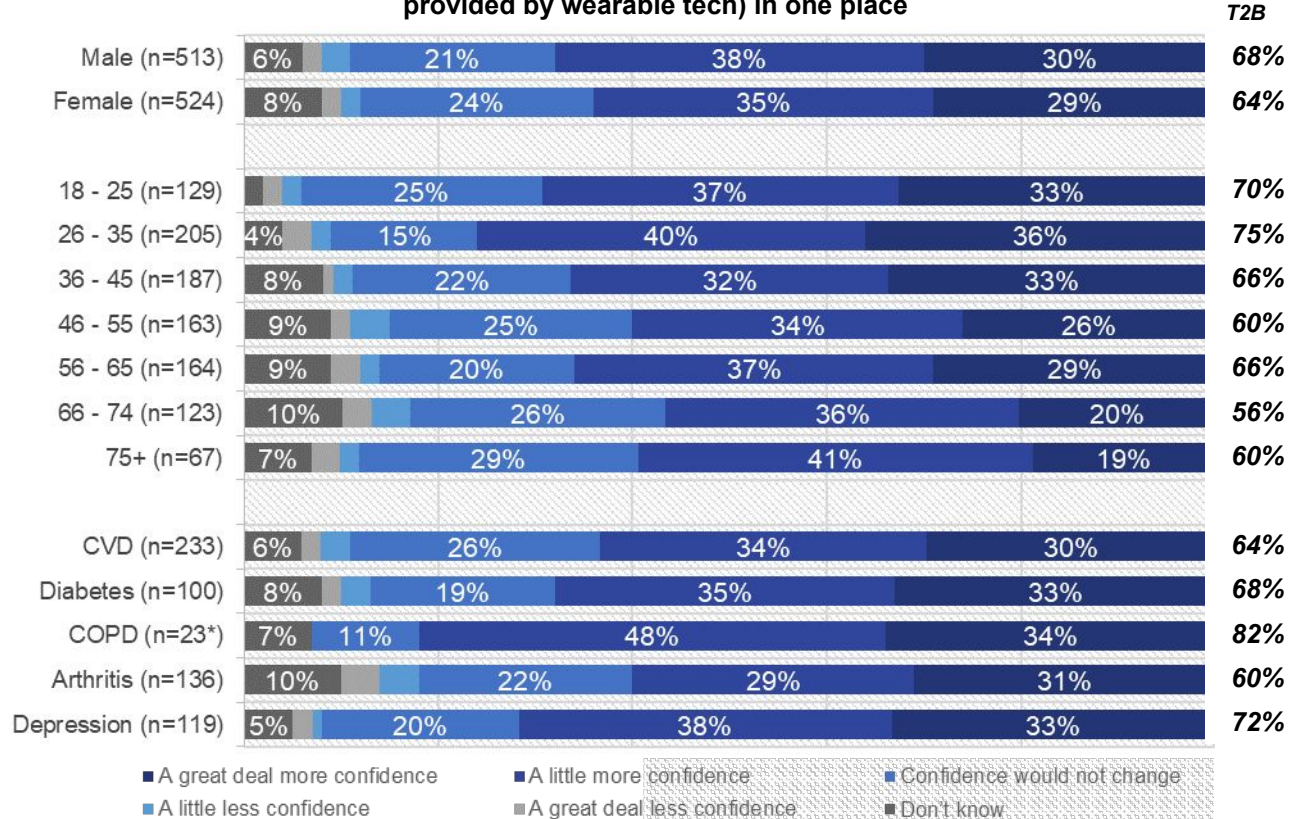


D1. Thinking ahead to the future, to what extent, if at all, would each of the following affect your confidence in taking the management of your health into your own hands if it was readily accessible to you?
 Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Impact of technology on confidence

Having one tool to bring together all health information (health records, test results, information provided by wearable tech) in one place



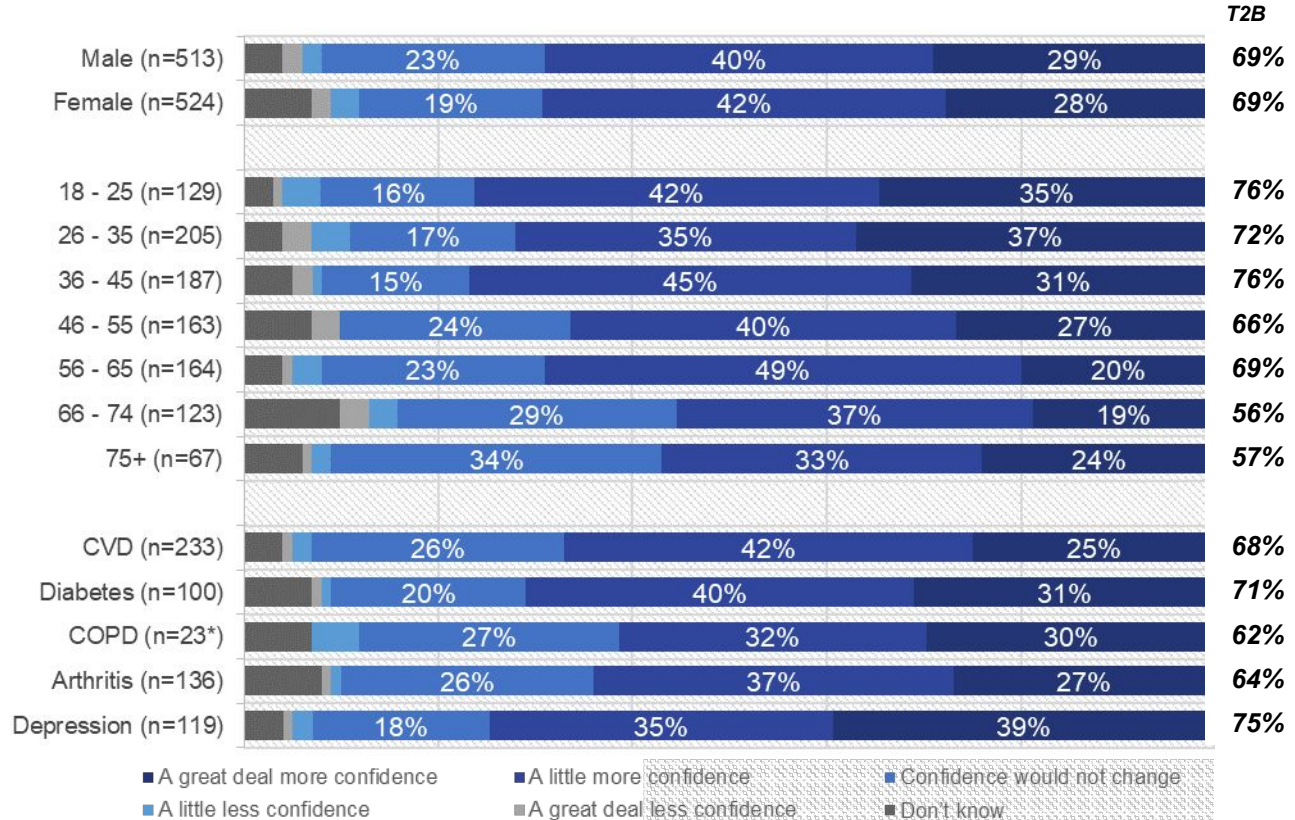
*Small base size (<n=30)

D1. Thinking ahead to the future, to what extent, if at all, would each of the following affect your confidence in taking the management of your health into your own hands if it was readily accessible to you?
 Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Impact of technology on confidence

Readily available, reliable, expert information available online or via an app



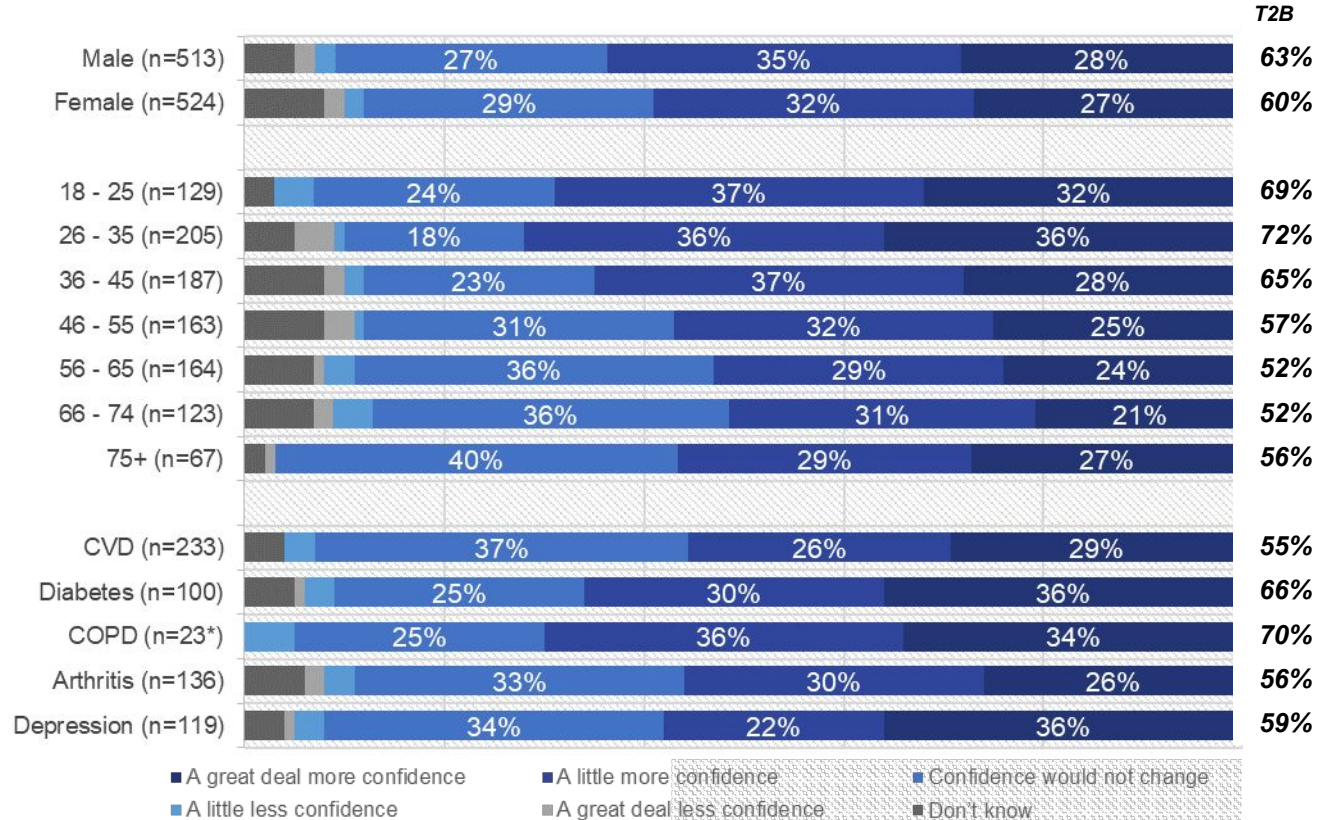
*Small base size (<n=30)

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 Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Impact of technology on confidence

Access to health records online via the NHS app / website



*Small base size (<n=30)

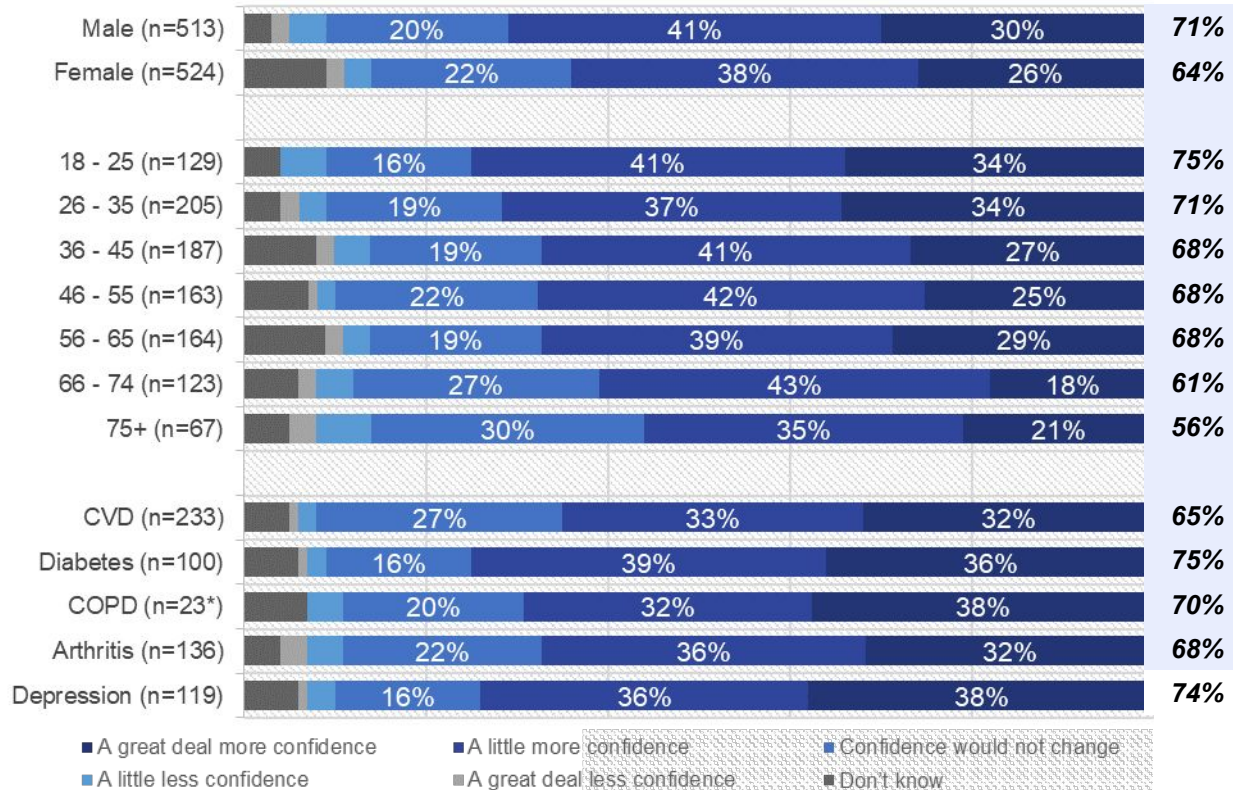
D1. Thinking ahead to the future, to what extent, if at all, would each of the following affect your confidence in taking the management of your health into your own hands if it was readily accessible to you?
 Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

Impact of technology on confidence

Being able to look after myself at home through the support of health technology

T2B

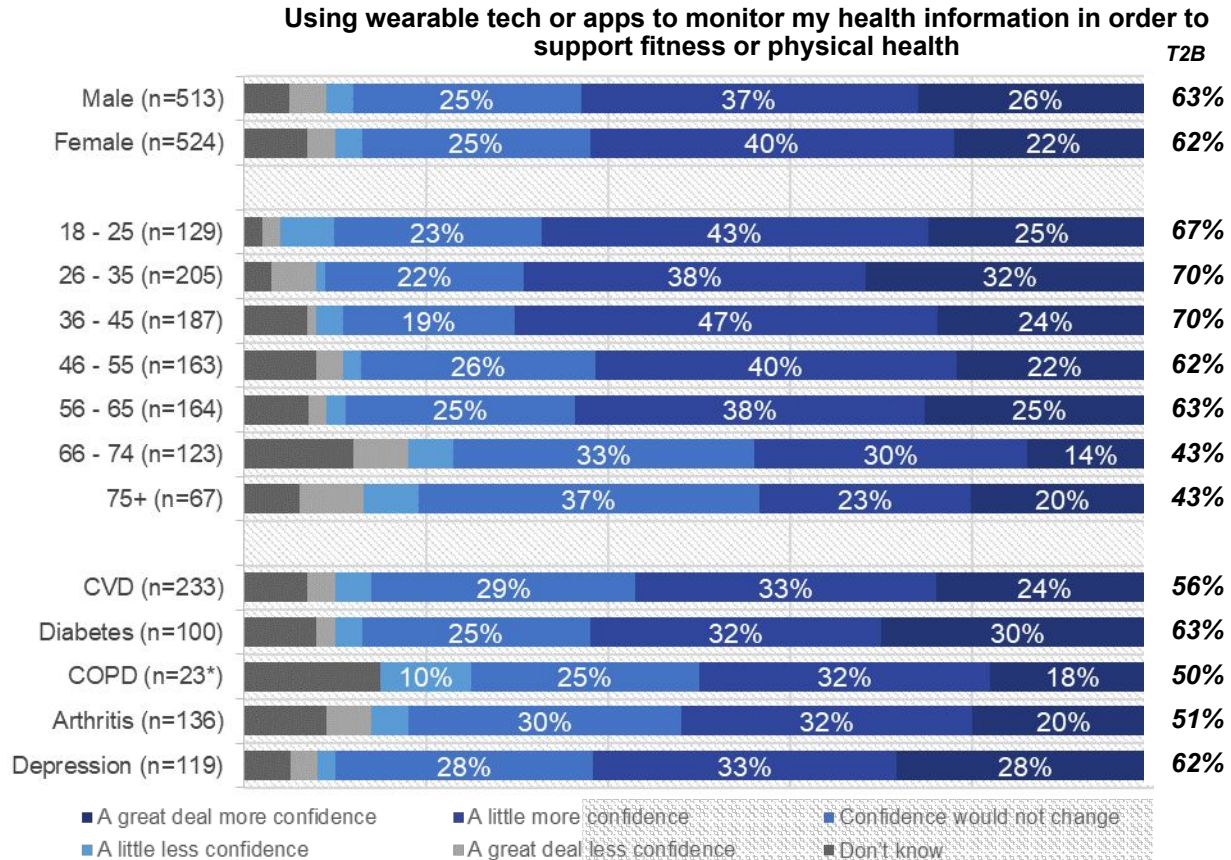


D1. Thinking ahead to the future, to what extent, if at all, would each of the following affect your confidence in taking the management of your health into your own hands if it was readily accessible to you?
 Base: All respondents (n=1037)

*Small base size (<n=30)

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Impact of technology on confidence

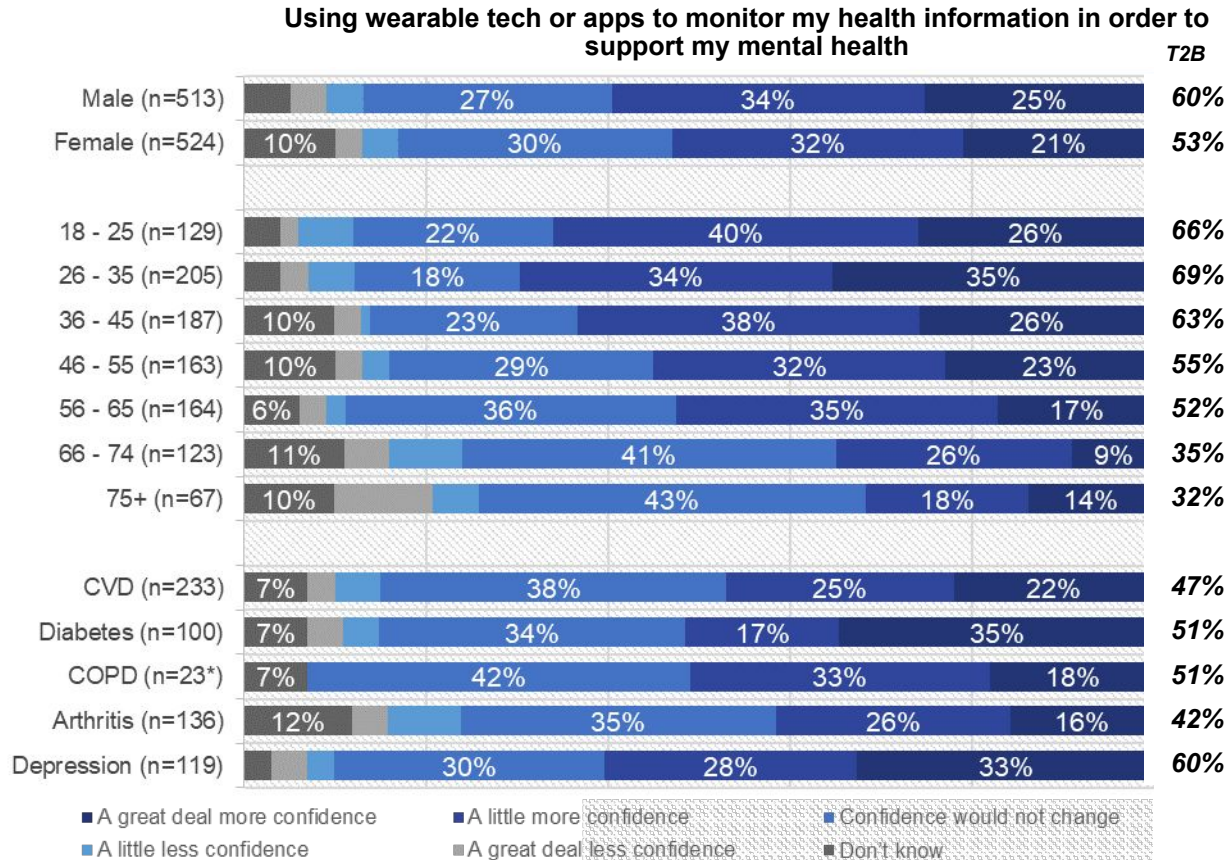


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Impact of technology on confidence



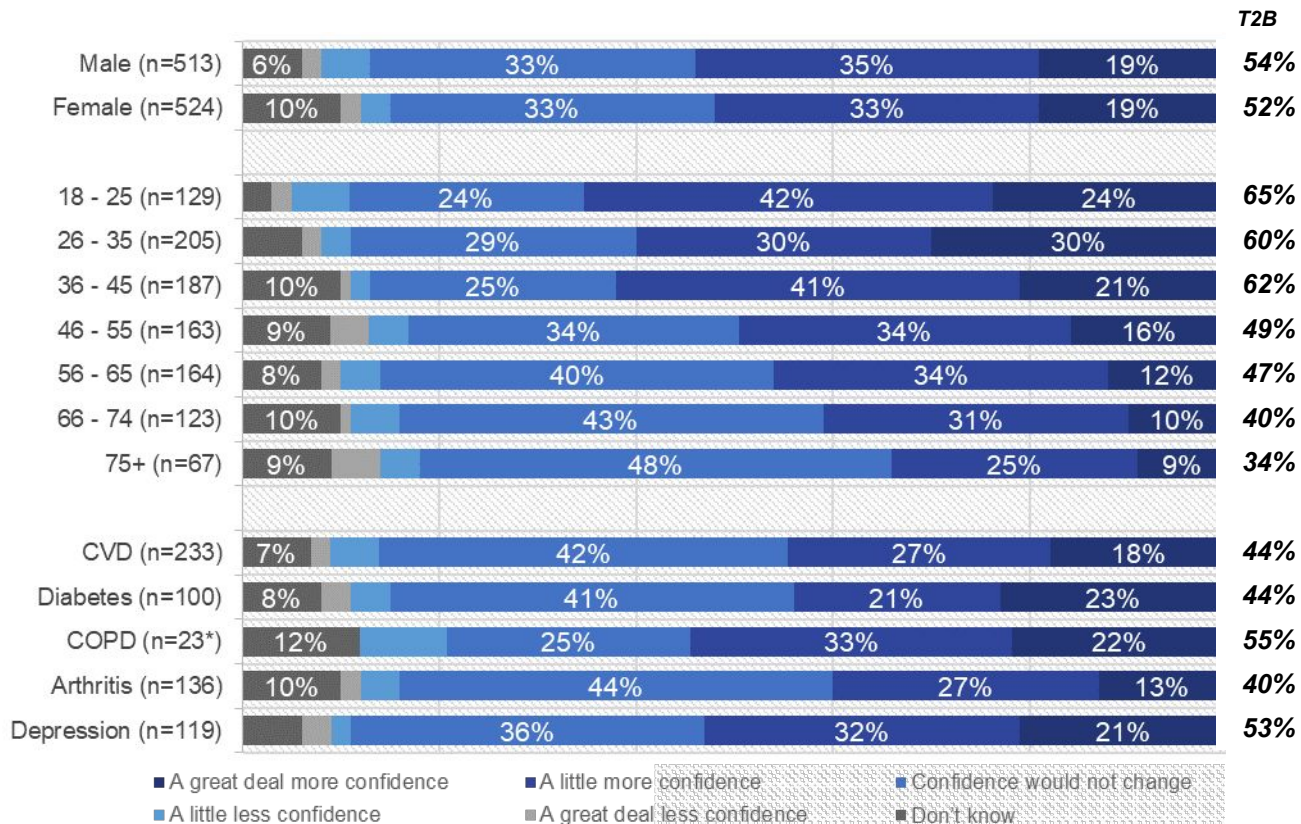
*Small base size (<n=30)

D1. Thinking ahead to the future, to what extent, if at all, would each of the following affect your confidence in taking the management of your health into your own hands if it was readily accessible to you?
 Base: All respondents (n=1037)

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Impact of technology on confidence

Easy to digest videos about different health topics



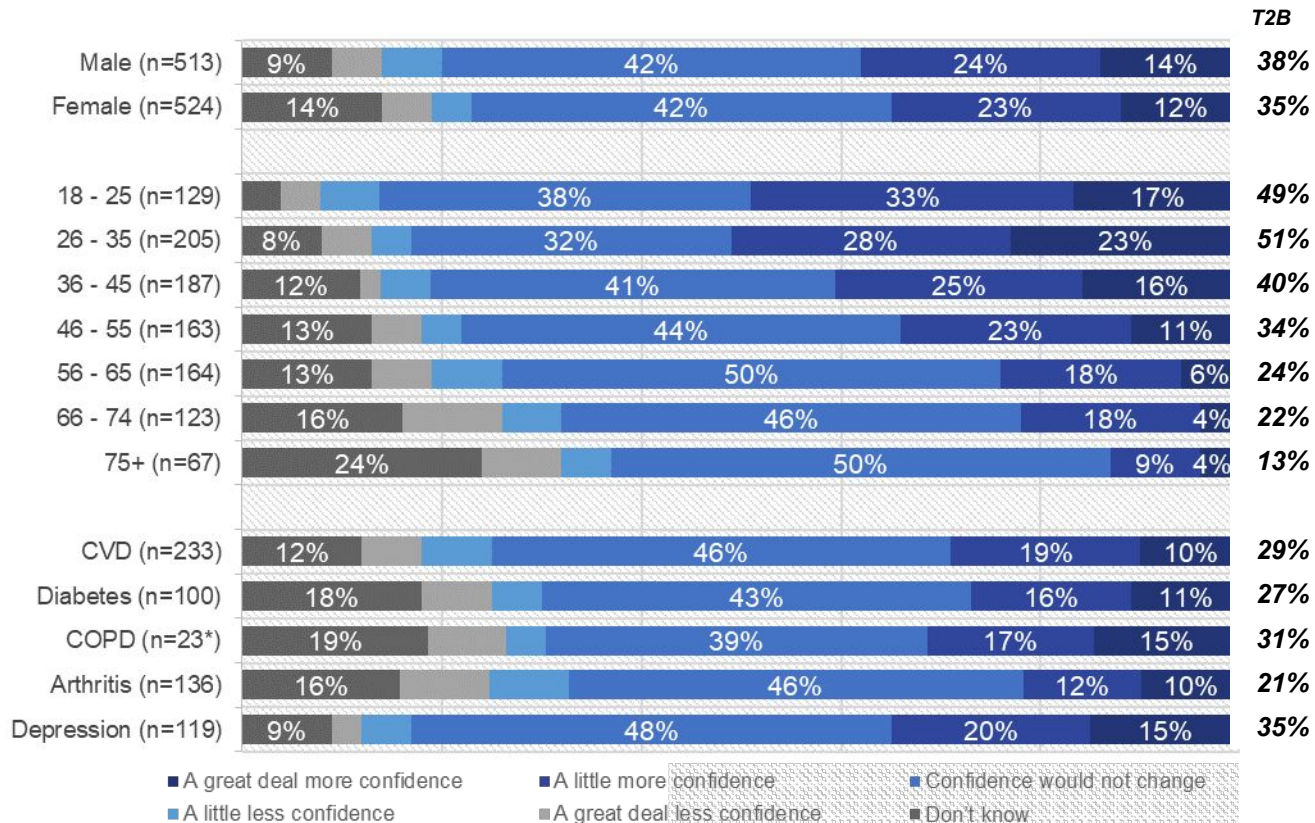
*Small base size (<n=30)

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Impact of technology on confidence

Podcasts on different health topics

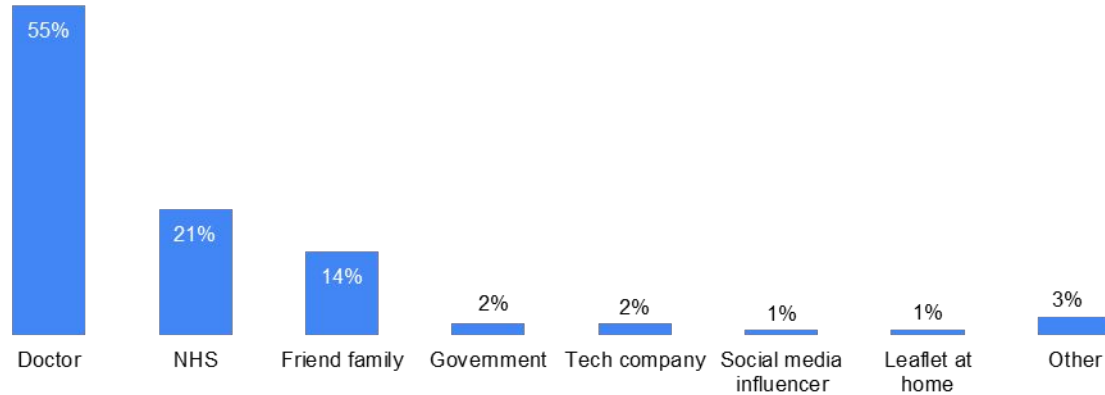


*Small base size (<n=30)

D1. Thinking ahead to the future, to what extent, if at all, would each of the following affect your confidence in taking the management of your health into your own hands if it was readily accessible to you?
 Base: All respondents (n=1037)

T2B ('Top 2 Box') refers to the sum of all respondents that gave a response of 4 or 5 on a 5 point scale

People and organisations who influence uptake of technology

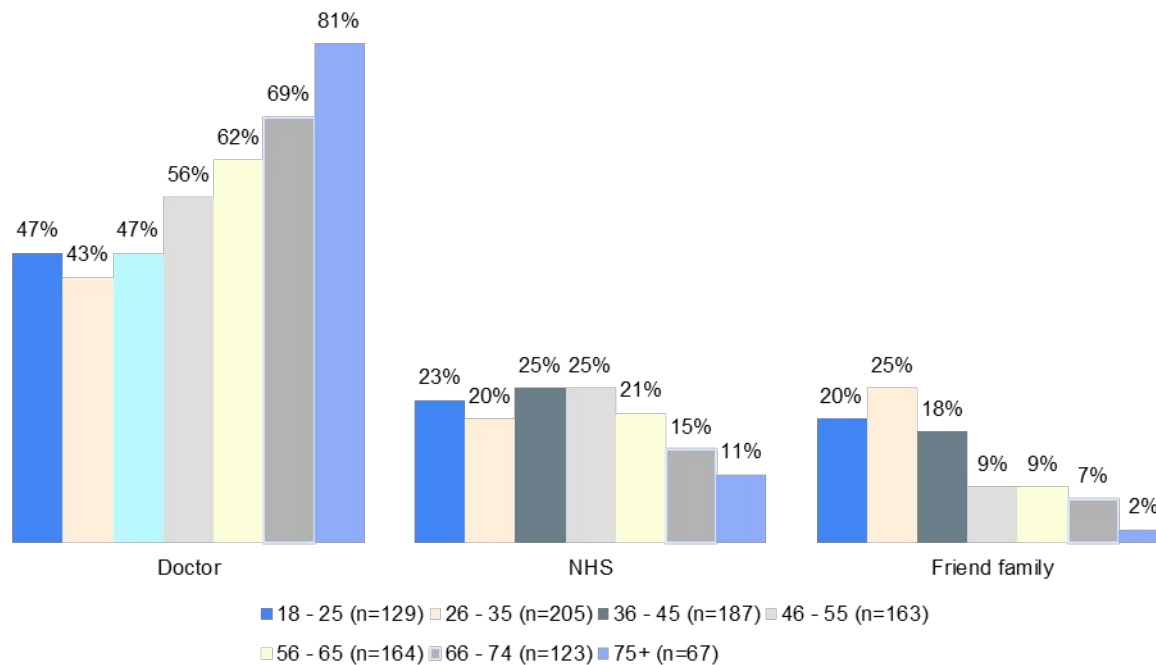


	18-25 (n=129)	26-35 (n=205)	36-45 (n=187)	46-55 (n=163)	56-65 (n=164)	66-74 (n=123)	75+ (n=67)
Doctor	47%	43%	47%	56%	62%	69%	81%
NHS	23%	20%	25%	25%	21%	15%	11%
Family and friends	20%	25%	18%	9%	9%	7%	2%

D2. What or who would be the greatest influence for you to take this up?

Base: All respondents (n=1037)

People and organisations who influence uptake of technology



D2. What or who would be the greatest influence for you to take this up?

Base: All respondents (n=1037)