**I have received an invitation to participate in the survey, but I would like to know more before responding**

Starting from February 4th, the five regions, the Danish Health Authority, and the National Institute of Public Health at the University of Southern Denmark (SDU) will be sending out the "How Are You?" questionnaire to more than 300,000 randomly selected individuals. If you are among those selected, you will receive the questionnaire in your digital mailbox or by post.

"How Are You?" is a survey about well-being, health, and illness. We hope that you will fill out the questionnaire and at the same time participate in the draw for one of our prizes.

Participating is, of course, voluntary, and we treat all responses confidentially. We only publish results where no individual respondents can be identified.

The questionnaire is in Danish. It is ok to get help in filling out the form. You can also use a translation program. But it is important that the answers reflect your own views.

If you have any questions about the survey, you can contact the phone number or email address provided in the invitation letter. Here, you can also choose to opt out of the survey if you do not wish to participate.

We hope you will participate. Your response is important, and we appreciate your assistance.