



## Englisch – English

### **Focus on your health: Generation 60plus in Stuttgart**

Invitation from the University Hospital of Tübingen to participate in the "Generation 60plus" study

#### **Why have you received mail from us?**

We all want to grow older as healthily as possible. There are many factors that contribute to this. With your help, we want to answer the following questions: What is the current state of health of the 60plus generation in Stuttgart? How satisfied is the 60-plus generation with healthcare? What are the everyday needs of the 60-plus generation?

Prof. Dr. Norbert Schmitz's team at the University Hospital in Tübingen, in cooperation with the Stuttgart Health Department, would like to find out how we can best achieve the healthiest possible society in Stuttgart, in which older people also feel comfortable. To this end, short surveys are to be carried out regularly in this study with the help of "new media" (smartphones, PCs, Internet).

You were randomly selected via your local registration office. If you are between 60 and 80 years old, we would be delighted if you would take part in our study. Participation is of course voluntary.

#### **Procedure for taking part in the study**

Participation is simple: in the first part of the study, you will be interviewed by our staff at the University of Tübingen for around one hour - either at your home or by telephone. This interview will focus on questions relating to your well-being and health. There are no right or wrong answers. You tell us how your health is. If you do not wish to be interviewed in person, you can also complete an online questionnaire.

In the second part of the study, you will answer a short questionnaire on your smartphone or computer at regular 2-week intervals over the course of a year. Answering this questionnaire will take no longer than a few minutes each time.

You will receive a EUR 30 voucher for WUNSCHGUTSCHEIN.de as a thank you for your participation!

#### **Would you like to take part and help make Stuttgart a better place to live for the 60-plus generation?**

Then please send us the completed reply card free of charge. We will then contact you promptly by telephone.

If you have any questions, please contact us: Tel. **07071 29 - 86103** or **generation60plus-pbm@med.uni-tuebingen.de**.

Your data will be treated confidentially in accordance with the applicable data protection guidelines (General Data Protection Regulation, GDPR). Our research project has received a positive ethics vote from the Ethics Committee of the University Hospital of Tübingen.