



Medical data capture form

10 most commonly disclosed medical conditions

Guidance

This form contains the supplementary questions that our online application system will ask for the 10 most common medical disclosures. Please indicate which condition(s) affect you and answer the questions that apply. Your Adviser will then transfer this information onto our online application system.

<input type="checkbox"/> Asthma	Go to page 4
<input type="checkbox"/> Backache	Go to page 6
<input type="checkbox"/> Depression	Go to page 8
<input type="checkbox"/> Diabetes	Go to page 11
<input type="checkbox"/> Growths, cysts and lumps	Go to page 14
<input type="checkbox"/> Heartburn	Go to page 18
<input type="checkbox"/> Heart disease	Go to page 21
<input type="checkbox"/> High cholesterol	Go to page 23
<input type="checkbox"/> Hypertension	Go to page 25
<input type="checkbox"/> Musculo-skeletal injuries	Go to page 27

Please note: Before you complete this form we recommend saving a copy of this PDF to a location on your computer, device or network before you start filling in any details.

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Please confirm before completing this form

Please be aware, if you select 'No' we won't be able to process your details in relation to your application

Yes

No

Asthma

(Mild asthma, allergic asthma, seasonal asthma)

Q1. Have you had breathing problems or chest pain in the last two years which have caused any of the following:

- | | | |
|----------------------------------------------|------------------------------|-----------------------------|
| Difficulty walking for 200m | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Breathlessness or wheezing even when resting | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You have needed to use home oxygen treatment | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| None of these | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Q2. Have you been admitted to hospital or visited A&E in the last two years with asthma or breathing problems?

- | | |
|------------------------------|-----------------------------|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No |
|------------------------------|-----------------------------|

If the answer is yes, please tell us the:

- number of admissions/visits and dates
- treatment you had, symptoms and length of stay
- current treatment prescribed (tablets and inhalers)
- number of days of usual activity/work affected in the last two years.

Q3. Have you been prescribed steroid tablets (sometimes called Prednisolone) in the last 12 months?

If yes we'd like to know the total number of days you have been prescribed this treatment, they do not need to be consecutive days.

- | | | |
|--------------------------------------------|------------------------------|-----------------------------|
| Yes, steroid tablets for 7 days or less | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Yes, steroid tablets for 8 to 28 days | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Yes, steroid tablets for more than 28 days | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| No steroid tablets | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

If the answer is 'yes, steroid tablets for more than 28 days', please tell us about your current prescribed treatment (tablets and inhalers):

- how many weeks on steroid tablets
- the number of days of usual activity/work affected in the last 12 months.

Q4. How many days have you taken off work because of this condition in the last 12 months?

Q5. How often do you have symptoms?

Please select the answer which best describes your symptoms over the last month. (Symptoms include wheezing, shortness of breath, a tight chest or coughing.)

- A. Four or more times a week Yes No
- B. Fewer than four times a week but have had symptoms every week Yes No
- C. Occasional symptoms (can go a week without any symptoms) Yes No

Q6. Have you had to take your medication more often or has the dose increased or type of medication changed in the last year?
(Please don't answer this question if you answered yes to Q5 B. or Q5 C.)

 Yes No

If you are aged 50 or above, please answer the following questions

Q7. Have you had any of these conditions?

- Chronic obstructive pulmonary disease (COPD) Yes No
- Chronic obstructive airways disease (COAD) Yes No
- Chronic bronchitis Yes No
- Emphysema Yes No
- Not sure Yes No
- None of these Yes No

Q8. How many chest infections have you had in the last two years; including attacks of bronchitis and lower respiratory tract infections?

Q9. Do any of the following apply to your symptoms?

- First started in the last six months Yes No
- Have become more frequent or severe in the last six months Yes No
- None of these Yes No

Backache

(Back pain, sciatica, whiplash, slipped disc, back injury, bad back)

Q1. Are you awaiting any of the following?

- | | | |
|--------------------------------------------------|------------------------------|-----------------------------|
| Hospital referral (other than for physiotherapy) | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Investigations, tests or results | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| An operation | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| None of these | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Please advise what operation you have planned and when it is due to take place

Q2. Is your back problem related to any of the following?

- | | | |
|-------------------------------|------------------------------|-----------------------------|
| Ankylosing spondylitis | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Cauda equina syndrome | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Spinal curvature or scoliosis | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| None of these | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Q3. Which of the following best describes the severity of your condition?

- | | | |
|----------------------------------------------------------------------------------------------------------------------------|------------------------------|-----------------------------|
| No current symptoms | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Minor symptoms (e.g. early morning stiffness, occasional mild pain) with no effect on your mobility or activities/pastimes | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Regular pain, affects your participation in activities or pastimes | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Severe pain, activities often restricted, mobility aids needed, e.g. walking stick | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Symptoms are very severe, e.g. bedridden, experience problems dressing or washing, wheelchair use | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

If Care Cover is being applied for, please answer the following question:

Q4. Please provide more details about your condition including the frequency and severity of symptoms, how they affect your everyday life, treatment, dates and the results of any investigations.

Q5. When did you last have symptoms of this condition?

Q6. Where did you suffer pain?
(Please tick all that apply)

Neck

Yes

No

Back

Yes

No

Both back and neck

Yes

No

Q7. How many days off work have you had with this condition in the last 2 years?

Q8. On how many separate occasions have you experienced symptoms?

Depression

(Stress, anxiety, panic attacks, post-traumatic stress, work-related stress)

If you are aged 65 or above, please answer Q1 and Q2 before continuing. For all other ages, please move to on Q3.

Q1. Have you had any of these in the last 5 years?

Please tell us about these even if you haven't seen a medical professional.

- | | | |
|-----------------------------------------|------------------------------|-----------------------------|
| A. Memory loss | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| B. Confusion | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| C. Changes to your concentration levels | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| D. Changes to communication skills | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| E. None of these | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Q2. If you selected A, B, C or D, have you seen or spoken to a doctor, specialist or another medical professional about this? If so, please provide full details.

For all age groups disclosing depression, stress, anxiety, panic attacks, post-traumatic stress, work-related stress, please answer the following questions:

Q3. In the past 5 years have you seen the community mental health team, crisis team or been admitted to hospital or a clinic, including A&E in relation to your mental health?

- | | |
|------------------------------|-----------------------------|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No |
|------------------------------|-----------------------------|

Q4. In the past 5 years, who have you seen for this condition?
(These can face-to-face, over the phone or virtual/online).

- | | | |
|------------------------------------------|------------------------------|-----------------------------|
| A. Doctor or nurse at my surgery | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| B. Cognitive behavioural therapist (CBT) | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| C. Counsellor | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| D. Psychologist or psychotherapist | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| E. Psychiatrist | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| F. Drug support worker/specialist | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| G. Alcohol support worker/specialist | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| H. None of these | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Q5. If you selected D, E, F or G, when did you last attend or speak to a drug, alcohol support worker/specialist, psychiatrist, psychiatric nurse, psychologist or psychotherapist?

Q6. When did you first see or speak to a medical professional about your mental health? If you haven't seen a medical professional, then please use the date at which you first became aware of a change in your mood or felt your mental health was starting to be impacted in a negative way.

Q7. Please tell us about your treatment:

I'm currently taking or have been advised to take anti-depressant treatment
e.g. Citalopram, Fluoxetine, Paroxetine, Sertraline

Yes

No

I'm currently taking or have been advised to take anti-psychotic treatment
e.g. Aripiprazole, Chlorpromazine, Olanzapine, Risperidone

Yes

No

I'm currently taking or have been advised to take a mood stabiliser
e.g. Lamotrigine, Lithium, Valproate

Yes

No

None of these

Yes

No

Q8. In the past 12 months, have you been told to do any of these?
(Please tick all that apply)

I was told to start treatment

Yes

No

I was told to change my treatment to help manage my symptoms

Yes

No

I was told to increase my treatment

Yes

No

I was told to reduce or stop my treatment

Yes

No

None of these

Yes

No

Q9. Are you currently off work or have you been off work for more than 5 days in the last 3 months? If you don't work, you can answer 'no' to this question.

Yes

No

Q10. In the past 2 years, how many weeks off work have you taken for this? If you don't work, let us know how many weeks you struggled to do your normal daily jobs.

Q11. When did you last have symptoms of low mood, consult a medical professional about mental health symptoms or feel that your mental health was being impacted in a negative way?

Q12. We understand this is a sensitive question but it's needed to help us understand your mental health history a bit better:

In the past 10 years, have you:

- | | | |
|--------------------------------------------------------|------------------------------|-----------------------------|
| A. Harmed yourself | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| B. Thought about harming yourself | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| C. Tried to end your life, including overdose attempts | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| D. Thought about ending your life | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| E. None of these | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Q13. If you selected A, B, C or D, when did you last try to harm yourself, think about harming yourself, or attempted to take your own life?

Q14. How many times have you thought about or attempted to take your own life?

Q15. Please provide full details of your mental health condition, how this is managed and how it affects you. We'd like to use your insight to help us understand your mental health.

Diabetes mellitus

(Type 1 or 2 diabetes, insulin or non insulin dependent diabetes)

If the answer to Q1 is yes, you will also need to complete page 17:

Q1. Do you also have raised blood pressure?

Yes

No

If the answer to Q2 is yes, you will also need to complete page 19:

Q2. Do you also have raised cholesterol?

Yes

No

Q3. Apart from your regular check-ups, are you waiting for a hospital referral, tests or investigations, or the results of these?

Yes

No

Q4. At what age were you diagnosed with diabetes?

(If you are not diagnosed with diabetes, the age you were found to have raised blood sugar.)

Q5. Have you been diagnosed with diabetes within the last six months?

Yes

No

Q6. If you answered yes to Q5, please answer:

What was your HbA1c reading on diagnosis?

1. 8.0% (64 mmol/mol) or under

Yes

No

2. 8.1% (65 mmol/mol) or over

Yes

No

3. Don't know

Yes

No

Q7. Was your last diabetes review within the last year?

Yes

No

If your smoker status is smoker, please answer Q8 below

Q8. On average, how many cigarettes do you smoke per day?

Q9. Please tick all that apply to you:

- | | | |
|---------------------------------------------------------------------------------|------------------------------|-----------------------------|
| I've had angina, a heart attack or heart disease | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| I've had a stroke or mini stroke | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| I've had kidney disease or reduced kidney function | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| I've had foot or leg problems which needed treatment or surgery due to diabetes | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| None of these | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Q10. Have you ever had any of the following symptoms or conditions?

(Please tick all that apply)

- | | | |
|----------------------------------------------------------------------------------------------------|------------------------------|-----------------------------|
| I've had protein or blood in the urine | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| I've had altered sensation or abnormal pulses in my feet | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| I've had eye problems due to diabetes | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| I've been to hospital for very low or very high amounts of sugar in my blood in the last 12 months | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| None of these | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Q11. At your last diabetic review, what were you told about the control of your diabetes and treatment?

Example:

- Excellent control HbA1c of 7.0% (53mmol/mol) or less
- Satisfactory control HbA1c of 7.1% (54mmol/mol) to 8.0% (64mmol/mol)
- Less than satisfactory control HbA1c of 8.1% (65mmol/mol) or above

- | | | |
|---------------------------------------------------------------------------|------------------------------|-----------------------------|
| Excellent control, no change to treatment needed | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Satisfactory control, no change to treatment needed | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Satisfactory control, treatment increased or changed | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Advised diabetic control was less than satisfactory or needed improvement | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| I don't know | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

If you answered 'don't know' in Q11, then please answer Q12

Q12. How often have you consulted with a medical professional for your diabetes in the last year?

- | | | |
|---------------------|------------------------------|-----------------------------|
| Once | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Twice | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Three times or more | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

If you had answered Yes to Advised diabetic control was less than satisfactory or needed improvement in Q11, please answer Q13.

Q13. Has your HbA1c reading been over 10% (or 86 mmol) in the last 2 years?

- | | | |
|------------|------------------------------|-----------------------------|
| Yes | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| No | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Don't know | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Growths, cysts, lumps etc

(Cyst, lump, mole, polyp, fatty lump, growth)

Q1. Has the cyst, lump or growth or polyp been removed?

It has been completely and totally removed

Yes

No

It disappeared, or was drained without surgery

Yes

No

It's still present or has only partially been removed

Yes

No

Q2. Are you awaiting an appointment, investigations, any procedure/operation, or a follow-up with a medical professional for this condition?

Yes

No

If you answered Yes to Q2, you don't need to answer any more questions in this section. Please go to page 15 to complete the rest of the questions.

Q3. Has the growth ever been described as malignant or cancerous?

Yes

No

For the purposes of this question, a history of rodent ulcer or basal cell carcinoma can be disregarded

Q4. Where was/is the growth, cyst, lump or polyp?

On skin

Yes

No

Kidney

Yes

No

Liver

Yes

No

Pancreas

Yes

No

Brain or spine

Yes

No

Lung

Yes

No

Breast

Yes

No

Ovary

Yes

No

Cervix, uterus or endometrium

Yes

No

Testicle

Yes

No

Bowel or rectum

Yes

No

Thyroid

Yes

No

Other

Yes

No

If answer to Q4 was Thyroid, please answer the following question:

Q5. Was your thyroid growth diagnosed as any of the following?

- | | | |
|-----------------------------|------------------------------|-----------------------------|
| Toxic goitre | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Simple goitre | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Thyroid nodule or cyst | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Don't know or none of these | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

If growth was located on the testicle, please answer Q6

Q6. Was your testicular lump diagnosed as any of the following?

- | | | |
|-----------------------------|------------------------------|-----------------------------|
| Hydrocele | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Varicocele | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Epididymal cyst | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Don't know or none of these | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Q7. Who have you sought medical advice from for this condition?

- | | | |
|----------------------------------|------------------------------|-----------------------------|
| GP only | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Specialist (with or without GP) | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| I have not sought medical advice | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

If your answer to Q7 is not sought medical advice, please answer Q8, Q9 and Q10 – otherwise move to Q11.

Q8. Are you intending to seek the advice of a medical practitioner for this condition? Yes No

Q9. When was the growth first discovered (please give approximate date)?

Q10. Has the growth or lump changed in appearance or have you had any further symptoms? Yes No

Q11. Have you been fully discharged with no further follow-ups required? Yes No

Q12. Since you sought medical attention for this condition, has the growth or lump changed in appearance or have you had any further symptoms? Yes No

Q13. Has the growth, cyst, lump or polyp been diagnosed as any of the following?

Ganglion Yes No

Fatty lump (or lipoma) Yes No

Nose or nasal polyp Yes No

Sebaceous cyst Yes No

Skin tag, wart or verruca Yes No

Rodent ulcer or Basal Cell Carcinoma (BCC) Yes No

Mole, birthmark or freckle Yes No

Keratosis Yes No

Not sure Yes No

None of these Yes No

If the location of the growth, lump or mole was on the skin, please answer Q14, Q15 and Q16.

Q14. Have you had five or more moles or skin abnormalities examined or treated, or have you undergone or been advised to undergo mole mapping? Yes No

Q15. When were you most recently seen or reviewed about a skin abnormality?

Q16. Do you have a family history of skin cancer or multiple mole syndrome? Yes No
Examples of multiple syndromes are Dysplastic Naevus Syndrome (DNS), Familial Atypical Multiple Mole Melanoma (FAMMM).

If the answer to Q7 was 'I have not sought medical advice' please answer Q17

Q17. Please describe the growth, cyst or lump in your own words including where it was situated, any symptoms you had, and why you haven't sought any medical advice.

If the answer to Q4 is Other, or Q13 is Not Sure or None of These please answer the following questions:

Q18. Where was the growth situated?

Q19. What was the name of the growth?

Q20. When was the growth first discovered?

Q21. What treatment did you receive for the growth?

Q22. Please describe this condition in your own words including details of any treatment, follow ups or investigations.

Heartburn

(Dyspepsia, acid reflux, indigestion, stomach acid, gastric reflux)

Q1. Are you due to see a hospital specialist, to have any investigations, or are you waiting for the results of any investigations? Yes No

Q2. Are your symptoms caused by or associated with any of the following?

Ulcer Yes No

Barrett's oesophagus Yes No

Oesophageal stricture or obstruction Yes No

Hiatus hernia Yes No

More than one of these conditions Yes No

Medication I'm taking for another condition Yes No

No related conditions Yes No

If you answered yes to ulcer, Barret's oesophagus, oesophageal stricture or obstruction, hiatus hernia or more than one of these conditions you do not need to complete anymore questions in this section

Q3. Have you sought medical advice for your symptoms?

Yes Yes No

No Yes No

Not yet, but I intend to seek advice Yes No

Q4. When did you first have symptoms?

Q5. Do any of the following apply to your symptoms in the last 12 months?
Please select all that apply.

- | | | |
|-------------------------------------------------------------|------------------------------|-----------------------------|
| They've got worse, changed or increased in frequency | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| I have symptoms on most days | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| I've lost weight without dieting or increasing my exercise | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| I've had difficulty swallowing food or had choking episodes | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| I've vomited blood | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| None of these | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Q6. How many days have you taken off work because of this condition in the last 12 months?

If the answer for this question is more than 0, please answer the following question:

Q7. Please provide full details about your condition, how this is managed and how it affects you. We'd like to use your insight to help us understand your condition.

Q8. Have you seen a hospital specialist or had investigations in the last 12 months?

- | | |
|------------------------------|-----------------------------|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No |
|------------------------------|-----------------------------|

If the answer to Q8 is Have seen a hospital specialist or had investigations in the last 12 months, please answer the following:

Q9. What was the outcome of your investigations or specialist appointment?

- | | | |
|----------------------------------------------------------------------|------------------------------|-----------------------------|
| I remain under review with a specialist | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Investigations were normal and I have been discharged from follow up | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

If answer to Q2 is Another condition, please answer the following questions:

Q10. Please describe your symptoms including the severity, frequency, how long they lasted, and whether they continue.

Q11. Please tell us the name of the condition

Q12. When did you last have symptoms of this condition?

Q13. Please provide full details about your condition, how this is managed and how it affects you. We'd like to use your insight to help us understand your condition.

Heart disease

(Ischaemic heart disease, angina, heart attack, coronary heart disease)

Q1. When were you first diagnosed with this condition?

Q2. Have you ever been diagnosed with any of the following?

Atrial flutter or atrial fibrillation

Yes

No

Diabetes or raised blood sugar levels

Yes

No

A stroke, cerebral haemorrhage or TIA (transient ischaemic attack)

Yes

No

Peripheral vascular disease or intermittent claudication

Yes

No

None of the above

Yes

No

Q3. Have you had a heart attack?

One heart attack

Yes

No

More than one heart attack

Yes

No

No, never had a heart attack

Yes

No

Don't know

Yes

No

Q4. Have you had an operation for this condition?

Yes

No

If the answer to Q4 is yes, please answer Q5 and Q6. If no, skip to Q7.

Q5. How many operations have you had?

- One Yes No
- More than one Yes No

Q6. What was the date of your operation?

Q7. Please advise how many vessels have been treated/affected.

- More than two vessels Yes No
- One or two vessels Yes No
- Don't know Yes No

Q8. In the last 12 months have you had?

- Chest pain, tiredness or palpitations when resting Yes No
- Chest pain, tiredness or palpitations with normal activity. Normal activity is defined as walking/climbing the stairs at a steady pace Yes No
- Chest pain, tiredness or palpitations with physical activity such as walking uphill or when walking/climbing the stairs at a rapid pace Yes No
- Occasional chest pain with no limitations on normal activity such as walking uphill or when walking/climbing the stairs at a rapid pace Yes No
- No symptoms within the last 12 months Yes No

Q9. When did you last see your GP or a specialist for this condition (including routine reviews)?

Q10. Are you awaiting specialist investigations or an operation for this condition? Yes No

High cholesterol

(Raised cholesterol, raised lipids)

Q1. Apart from your regular check-ups for cholesterol, are you waiting for any of the following?

Hospital referral

Yes

No

Tests or investigations, or results of these

Yes

No

Neither of these

Yes

No

Q2. Do any of the following apply to you?
Please tick all that apply.

I've been referred or advised to attend a specialist for my cholesterol in the last 5 years

Yes

No

I've been diagnosed with familial high cholesterol or pure hypercholesterolaemia

Yes

No

None of these

Yes

No

Q3. At your last check up, what did the medical professional tell you about your cholesterol? If you know your last cholesterol result and it was over 7, please answer as 'It was high'

It was normal

Yes

No

It was high

Yes

No

Don't know

Yes

No

Q4. Are you taking medication for your cholesterol?

Yes

No

Q5. Have you had your cholesterol tested in the last 12 months?

Yes

No

If your smoker status is smoker

Q6. On average, how many cigarettes do you smoke per day?

If you answered 'No' to Q4 and Q5, please answer Q7

Q7. Please tell us when your last cholesterol test was, the result (if known), how often you're checked, and what was discussed and advised at your last check. Please also include whether you've been advised to take medication in the past and if so, the reason why you stopped.

Hypertension

(High blood pressure, raised blood pressure, blood pressure, B.P)

Q1. Apart from your regular check-ups for blood pressure, are you waiting for any of the following?

Hospital referral

Yes

No

Tests or investigations, or results of these

Yes

No

Neither of these

Yes

No

If the answer to Q1 is hospital referral or tests or investigations, then there is no need to answer the remaining questions in this hypertension section.

If your smoker status is smoker please answer Q2 below:

Q2. On average, how many cigarettes do you smoke per day?

Q3. Are you taking prescription medication to treat your blood pressure?

Yes

No

If you're currently on treatment, please answer Q4 and Q5, otherwise skip to Q6.

Q4. Have you been told to do any of the following with your blood pressure medication in the last 12 months?

Take it more regularly

Yes

No

Increase medication or change to a different type

Yes

No

No change or reduce medication

Yes

No

Q5. Your surgery will have asked you to have your blood pressure checked at regular intervals. Has yours been checked within the last year? Yes No

Please only answer the remaining questions for Hypertension if you selected 'no' on Q3

Q6. Please tell us why prescription medication wasn't needed from the following options:

No medication was needed or advised Yes No

Medication was advised but I prefer not to take it Yes No

My blood pressure is being reviewed to decide if I need medication Yes No

Q7. When was your blood pressure last checked by a medical professional?

Within the last 12 months

13 to 18 months ago

More than 18 months ago

Q8. When your blood pressure was last checked when were you told to have it checked again? Please select the closest match.

Come back in 1, 2, 3 or 4 months from the date of that appointment

A longer period or no follow up checks needed

Q9. When your blood pressure was last checked, was it confirmed to be normal? Yes No

Q10. Please tell us about your raised blood pressure, including the cause, the results of any investigations, when it was diagnosed and any blood pressure readings that you may have including the dates these were taken.

Musculo-skeletal injuries

(Shoulder injury or pain, broken ankle, arm wrist or leg, dislocated or frozen shoulder, fractured wrist, arm or leg)

Q1. Please choose the site of the musculo-skeletal injury from the following:

- | | | |
|-----------------------|------------------------------|-----------------------------|
| Shoulders | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Arms, wrists or hands | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Knees | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Legs, ankles or feet | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Ribs | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Jaw | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Back or neck | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Hips/pelvis | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Q2. Was the injury due to, or complicated by, a medical condition such as osteoporosis? Yes No

If the answer to Q2 is Yes please tell us the name of the underlying condition:

Q3. Is an operation planned? Yes No

Q4. How much time have you had off work with this?

Q5. Have you fully recovered from this condition? Yes No

If you haven't fully recovered from this condition, please answer the following questions:

Q6. Please describe your symptoms including exactly which part(s) of your body is affected by the problem

Q7. What treatment do you take or undergo?
(Please include prescription medication and physical treatment for
example chiropractic or physiotherapy)

If your injury was due to a fracture, please answer the following questions:

Q8. Was your fracture in the last 12 months? Yes No

Q9. Have you returned to work (or normal daily activities if not working)
with no restrictions of your duties or physical activities? Yes No

Q10. Please tell us the exact location of the fracture