

«Household_ID»F

22 July 2021

«Ref_Person_FirstName» «Ref_Person_LastName»
«Mail_Address_1»
«Mail_Address_2»
«Mail_Address_Suburb» «Mail_Address_State» «Mail_Address_Postcode»

Dear «Ref_Person_FirstName»,

Welcome to the Living in Australia (HILDA) study for Wave 21

Given the extraordinary experience of the last eighteen months, the in-depth understanding of how Australian lives are changing provided by the Living in Australia (HILDA) study is indispensable.

This year our study will focus on health and health related topics including diet and sleep. Your participation will help us understand how these areas affect your daily life and activities. As always, the information you provide is completely confidential and will be treated with the strictest of privacy.

Enclosed in this parcel you will find:

- The latest **Newsletter**, with a special letter from Professor Peter Butterworth, Research School of Population Health, ANU College of Health and Medicine
- Information on your gift of up to **\$60** following your participation, and prize draws
- A **tape measure** to be used when completing the Self-Completion Questionnaire this year.

Your interview

Your interviewer will contact you in the next few weeks to arrange a time for your face-to-face personal interview. If you prefer a phone call from your interviewer instead, please contact us via phone on 1800 656 670 or email HILDA@roymorgan.com. Our friendly support team will arrange this for you.

Completing your Self-Completion Questionnaire

You are now able to complete your Self-Completion Questionnaire either online or by hardcopy. Instructions on how you and your household can access your personal survey links for the online survey are found on the reverse of this letter or simply wait for your interviewer to contact you for your hardcopy version.

You are important to us and we are here for you

I encourage you to visit the project website www.livinginaustralia.org for more information about the study. You can change your contact details via this page: www.livinginaustralia.org/change-your-details.

Should you wish to contact the project team for any reason you can call 1800 656 670 or email HILDA@roymorgan.com.

We hope you find your participation this year enjoyable.

Yours sincerely,



Davina Heng
Project Director
Roy Morgan

Accessing your online Self-Completion Questionnaire

To complete your Self-Completion Questionnaire component of your interview online, please go to the following website:

www.livinginaustralia.org/onlinescq

or simply scan the QR code below.



Once you reach this website, enter in your Unique ID indicated on the right. You will be asked to confirm your details before proceeding with the survey.

Your First Name

«Ref_Person_FirstNam
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«First_Name»
«First_Name»

Unique ID

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You may complete this survey on a desktop computer, tablet or smart phone. You can start and stop the online survey at any time. To protect your privacy and confidentiality of the information you have entered, you will not be able to move backwards in the survey and see previous answers.

If you have any difficulty with the online survey, you can call 1800 656 670 or email HILDA@roymorgan.com.



Once you have completed the Self-Completion Questionnaire, we will immediately send you your \$20 thank you gift as an E-gift card or make a charitable donation to your preferred charity. Alternatively, you may choose a cheque.



If you are unable to complete the Self-Completion Questionnaire component of your interview online, you can ask your interviewer for a hardcopy questionnaire at the time of your personal interview.

If you have any queries about the Living in Australia study or you would like to request an interpreter, please phone 1800 656 670.

Εάν έχετε οιαδήποτε απορία σχετικά με τη μελέτη Living in Australia (Ζώντας στην Αυστραλία) ή εάν επιθυμείτε να ζητήσετε διερμηνέα, παρακαλώ καλέστε στο τηλέφωνο 1800 656 670.

Per eventuali domande sullo studio Living in Australia (Vita in Australia) o per richiedere un interprete, telefonare al numero 1800 656 670.

Si usted desea realizar algún tipo de consulta acerca del estudio Living in Australia (La Vida en Australia) o desea solicitar los servicios de un intérprete, sírvase comunicarse al 1800 656 670.

Nếu quý vị có bất kỳ câu hỏi nào hoặc quý vị muốn yêu cầu có người phiên dịch, vui lòng gọi 1800 656 670.

Ako ima te pitanje o studiju Living in Australia (Život u Australiji) ili vam treba prevodilac, zovi te na broj 1800 656 670.

如有任何咨询或需要传译员时，请您打电话1800 656 670。

Jeżeli masz pytania o nauce Living in Australia (Życie w Australii) albo chcesz poprosić tłumacza, prosze przedzwon do nas na 1800 656 670.

إن كانت لديك اية استفسارات حول دراسة المعيشة في استراليا أو كنت بحاجة الى مترجم، الرجاء اتصل بهاتف 1800656670.