



Dear Well Now Subscriber,  
We would like to invite you to  
**complete a brief survey** for  
our *Healthy Working Lives  
Silver Award submission*.

The survey is **now live** until 11 November 2016.

## Win one of 4 £30 shopping vouchers!

NHS Fife has recognised our University as an example of good practice for our health and wellbeing programmes. In 2014, as a result of more than a year of hard work disseminating information and organising a wide range of activities to promote health and wellbeing at work, we were awarded the Healthy Working Lives Bronze Award.



This year, we are going for Silver!

This survey has been approved by UTREC and is confidential and anonymous. Upon completion, you may enter a Prize Draw for one of 4 £30 shopping vouchers with local retailers. This will not affect the anonymity of your survey.

The results will inform the work of the University Wellbeing and Engagement Group in developing our Healthy Working Lives Action Plan and our programmes of health and wellbeing activities, events and campaigns.

If you would like to participate in this short, 10 minute survey and help us achieve the Silver Award, please click the link below:

<https://standrews.onlinesurveys.ac.uk/healthy-working-lives-2015-16>