

Patient Costs and Opportunities Questionnaire

Please complete the below questionnaire by ticking **ONE** box to answer each question.

1. In the last 12 months, have you signed up to any new programmes (e.g. gym membership, taken up a new activity like yoga/meditation) that might help your health?
- No new programmes at all
 Some new programmes
 Lots of new programmes

Please note any programmes you took up:

2. Have any new programmes that you have signed up to (e.g. gym membership, taken up a new activity) cost you any money that you might have spent elsewhere?
- Yes Total Amount: _____
Weekly amount: _____
(if you don't know, please estimate)
- No

Please only answer the below questions if you registered with the My Breathing Matters website in the last 12 months.

3. Did you think there were any benefits of using My Breathing Matters?
- No benefit at all
 Very little benefit
 Some benefit
 Quite a bit of benefit
 A large amount of benefit

If any benefits, please note them down below:

4. Did you think there were any disadvantages of using My Breathing Matters?
- No disadvantages at all
 Very little disadvantages
 Some disadvantages
 Quite a bit of disadvantages
 A large amount of disadvantages

If any disadvantages, please note them down below:

5. How likely are you to recommend My Breathing Matters to friends and family if they needed similar care and treatment?
- Extremely likely
 Likely
 Neither likely or unlikely
 Unlikely
 Extremely unlikely
 Don't know