

Help improve public health

By saying yes to the health dialogue, you can also participate in a research project. By participating in the project, you can contribute to public health research, for example, in the prevention and treatment of serious illnesses in the future.

If you would like to participate, you will need to provide your consent for your data and test results to be used in the research. Your results will be handled in accordance with the laws on confidentiality. The research is approved by the Swedish Ethical Review Authority. The health dialogue will take the same amount of time regardless of whether you participate in the research project.

How to participate

Log in to 1177.se and read more about the research project. You will find the information together with the questions that you will be asked when you agree to come in for your health dialogue.

Then sign the enclosed consent form for the research project. Bring the form with you when you go for your blood test the week before your health dialogue. Sometimes you may need to provide extra blood samples at the sample collection appointment. The blood samples are stored in Region Skåne's biobank.



Health Dialogue in Skåne

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There is a lot you can do to take control of your health

Many common diseases are linked to the choices we make. By adopting healthy habits, we can take control of our own health and feel better. Be sure to accept when your local healthcare centre offers you a health dialogue!

What are your passions in life? By staying physically and mentally active, eating healthy, managing stress, sleeping well and taking care of your relationships, you can increase your chances of feeling well and staying healthy as you age. It is also important to try to stay away from all forms of tobacco and drink alcohol in moderation. Even small changes can make a big difference to your health.

For those turning 50

We want to help you make informed choices for your health. We therefore offer you a health dialogue when you reach 50 at selected healthcare centres in Skåne. Your local healthcare centre is one of these.

The health dialogue can be a useful tool to improve health, regardless of whether you currently feel well. During the health dialogue, you will be offered advice and support according to your specific circumstances.

How it works

1. Your local healthcare centre will call you to give you more information about the health dialogue and will schedule a time that works for you.
2. When you agree to come in for a health dialogue, you will be asked to answer some questions about your health. You can find these questions in a personal message when you log in to 1177.se.

3. You will provide a blood sample at your health care centre no later than one week before the health dialogue.
4. You will then have a health dialogue with a trained facilitator at your healthcare centre.
5. You decide whether you want to receive advice and support for change.

Blood sample before the health dialogue

You will provide a blood sample at your health care centre before the health dialogue. The blood test will show your levels of blood sugar and cholesterol. High blood sugar and cholesterol levels can increase the risk of heart disease.

You will need to fast for the blood sample. This means that you will not be able to eat or drink after 10 pm the night before the test. If you are taking any medications, it is fine to take them with a small glass of water.

More information about the health dialogue

The health dialogue is free of charge and lasts about one hour. During the visit, your blood pressure, weight, height and waistline will be measured. These values, together with the results from your blood tests and your answers to the health questions, will be used to create a personal health curve (graph) that you will take home with you.

You can find more information about the health dialogue for those turning 50 years of age in Skåne at 1177.se. Search for health dialogue at 1177.se.



Scan the QR code with your mobile to go directly to "Health dialogue in Skåne" on 1177.se