



# Pregnant or recently delivered? Make your voice heard!

## PARTICIPATE IN THE PREGNANCY SURVEY

If you're pregnant or gave birth recently, you may participate in the Pregnancy Survey and respond to questions on your perception of the healthcare services and your health during the pregnancy, after the birth and one year after the birth. Every pregnancy and birth is unique, so your participation is important to us.



The Pregnancy Survey is divided into three separate parts. All parts are available on your personal pages on the website <https://www.1177.se>.

You'll be asked to respond on three occasions:

- ▶ When you're pregnant in week 25;
- ▶ Eight weeks after you've given birth; and
- ▶ When one year has passed since you gave birth.

You're welcome to complete all three parts of the survey, but you don't need to. For example, if you gave birth about one year ago, you may choose to only complete the final part. Every part takes approximately five minutes to fill in, and you'll have six weeks to do so from the time when you receive the questionnaire.

#### How to participate:

1. Visit the website <https://www.1177.se>.
2. Click "Logga in" on top of the page.
3. Click "Logga in" in the middle of the page, where there is a key symbol.
4. Choose an identification method, such as "Mobilt Bank-ID" to use e-identification on your mobile phone.
5. Click "Inställningar" below your name, on top of the page.
6. Enter your contact details. Choose whether you want to receive notifications from 1177 ("Avisering från 1177 Vårdguiden") by e-mail and/or text message. Click "Spara" at the bottom of the page.

Once you have entered these details, you'll receive a message every time you may complete a new part of the survey.

#### Your personal data are protected

Participation in the survey is voluntary, and no responses can be linked to you personally. The aggregated results from the Pregnancy Survey will be used as a basis for improvements to the healthcare services.

*If you have medical issues or need support during your pregnancy or after giving birth, please contact your midwife or medical centre.*

Thank you for your participation.