

Did you know that where you live, work and play affects your health?



my Health
my Community

It's time to see
the big picture.

Help shape your
community.

Get involved today!

 @mhmcsurvey

 /mhmcsurvey

**Vancouver
CoastalHealth**
Promoting wellness. Ensuring care.

 **fraserhealth**
Better health. Best in health care.

 a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA
Faculty of Medicine
eHealth Strategy Office

Take the survey and you could win an iPad! mhmcsurvey.org/bigpicture



my Health
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Take the *My Health My Community* survey today for a chance to win an iPad and other prizes – odds are 1 in 500!

<https://www.myhealthmycommunity.org/survey>

My Health My Community is a web-based health and wellness survey that gives our residents the opportunity to help influence their community's health priorities. The survey has been extended **until June 30th, 2014**.

We need to hear from everyone! If you are over 18 years of age and live in the Vancouver Coastal Health or Fraser Health regions please take the [survey](#) now.

Why does the My Health My Community survey matter to me?

You will learn how your lifestyle, community and physical environment are affecting your health while helping us collect valuable information that will help health care and community planners develop strategies and programs to promote health and well-being in **your** community.

Taken the survey already? [GET INVOLVED!](#)

If you believe in the importance of *My Health My Community*, **be a champion** and share your commitment with the people in your life – friends, family members, neighbours and co-workers – and encourage them to take part. Do you know someone whose voice needs to be heard?

Let them know about *My Health My Community*!

Share this email with your friends, family and colleagues, watch our official 1 minute video on [YouTube](#), follow us on [Twitter](#) #MHMC, like us on [Facebook](#)!

Together we can reach out to even more members of our diverse communities. Contributing to the spectrum of voices will ensure we can plan for the communities of tomorrow.

Please check out the [Get Involved](#) page for more information and tools to help you – as an individual, an employer, an employee - help us, spread the word!

This information and the attached poster can be printed or distributed electronically. If you would like to receive other hard copy promotional materials or would like our outreach team to visit your organization please contact us at: phtsu@vch.ca or 604-675-3885