Living Well
North Tyneside
Supporting Health and Wellbeing

Are you ready to improve your overall health and wellbeing, but not sure where to start?

Our free quiz gives you guidance, based on your answers, to help you live a healthier life.

What we'll ask

We start by asking general questions about you and your motivations. These answers won't affect your result. Then we move onto questions about your lifestyle, which is the main part of the quiz.

We will not ask about your medical history as this is not a medical assessment.

What you'll get

Your result will include an overall score out of 10. This score indicates how your lifestyle could be affecting your health and wellbeing.

We also explain how you're doing in each lifestyle area, and what to do if you should make any changes. We suggest NHS apps, advice and resources to help you get going with confidence.

Related Links

- Take the NHS Healthy Choices Quiz

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