

Technical Report- 2024 Health, Work and Retirement (HWR) survey

Version 1.0

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Background: The 2024 Health, Work and Retirement survey

The New Zealand Health, Work & Retirement (HWR) study is an initiative of Massey University's Health & Ageing Research Team (HART). The HWR study aims to track and describe factors associated with health, retirement and 'ageing well' in the older New Zealand population. Since commencing in 2006, study methods have included a biennial longitudinal postal survey, face to face qualitative and cognitive interviews, life history interviews (2010, 2012 and 2024), an online survey pilot, data linkage with national health and mortality records, and ACC records, and for this year with the integrated Data Infrastructure (IDI). Participant cohorts in the HWR have been drawn from random samples of persons aged over 55 years who are listed on the New Zealand electoral roll, on which approximately 97.6% of eligible voters aged over 55 years are enrolled¹. In 2006, 2016, 2018, 2020, 2022 and 2024, the population samples have included an over-sampling of persons listed on the electoral roll as being of Māori descent to adequately represent this important section of the older New Zealand community.

The 2024 HWR postal survey, which is the focus of this report, represents the 18-year follow up of the original cohort recruited in 2006, the 15-year follow-up of cohorts recruited in 2009, the ten-year follow-up of the cohort recruited in 2014, the eight-year follow-up of the cohort recruited in 2016, the six-year follow-up of the cohort recruited in 2018, the four-year follow-up of the cohort recruited in 2020 and the two year follow up of the cohort recruited in 2022. Follow-up of the cohort recruited in 2010 was concluded in 2012. The 2024 protocol continues the 'refresh - RP' recruitment procedure of new cohorts of persons aged 55-65 to the HWR study.

Funded by the Ministry of Business, Innovation and Employment, the 2024 HWR survey has a focus on health and wellbeing, frailty, eating habits, whanau family and friends, activity participation, aspects of housing, relationships with the natural world, employment and retirement living standards, and maori ancestry among the older New Zealand population.

Additionally, the 2024 survey continues combining the recruitment of new participants to the study with a concurrent approach for consent to participation in the HART health data linkage project. Details of approaches to existing longitudinal HWR participants for consent to participate in the HART health data linkage project are detailed elsewhere^{2,3}.

¹ Accessed from the New Zealand Electoral Commission, 18th January, 2017: <http://www.elections.org.nz/research-statistics/enrolment-statistics-electorate>. Calculations based on estimated population statistics as at 30 June 2016 (Provisional) using 2013 census data and enrolment statistics as at 31 December 2016

² Allen, J. (2016). *Health, Work and Retirement (HWR) National Health Data Linkage Project '14- '15: approach protocol and response*. Technical report for the Health, Work and Retirement Study. Palmerston North: Massey University.

³ Phillips, H. (2021). *Health, Work and Retirement (HWR) National Health Data Linkage Project '20: approach protocol and response*. Technical report for the Health, Work and Retirement Study. Palmerston North: Massey University.

All existing (EP) and refresh participants (RP) were approached for consent to link their data to the IDI. Those existing participants, who had not previously responded to the invitation to link data to MoH and ACC records, and the refresh participants, were all invited to link their data to ACC and MoH records.

Investigators

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Other project team members

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Ethics and funding

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Method

The 2024 Health, Work and Retirement survey comprised a 32-page postal survey to persons who had participated previously in the survey between 2006-2022 (‘existing’ cohort - EP), as well as a new sample invited to participated in the study for the first time (2024 ‘refresh’ cohort - RP). All materials sent to participants are provided in Appendix 1.

Existing and Refresh participants were sent:

- An **initial approach** comprised an introductory letter, information sheet, pen, survey booklet, consent form and reply-paid return envelope (EPMO1: 30th September - 4th October 2024, RPMO1: 14th October 2024)
- A **first reminder** sent 2 weeks later, comprised of a postcard thanking participants who had returned the survey and asking those who had not to do so (EPMO2: 14th - 18th October 2024, RPMO2: 28th October 2024)
- A **second reminder** to those who had not returned the survey (or otherwise notified as being lost to contact, deceased or withdrawn) after 8 weeks from the initial contact, comprised of a

final reminder letter, information sheet, survey booklet, consent form and a reply-paid return envelope (EPMO3: 29th November – 2nd December 2024, RPMO3: 6th December 2024). Historically, this second reminder pack is posted 10 – 12 weeks after the initial approach (as per Dilman), but due to Xmas, the decision was made to send it out earlier.

Differences in approach to new and existing participants

The refresh participants were approached for their written consent to participate in the IDI, health data and ACC data linkage components of the study. Their information sheet included information relating to the IDI, health data and ACC data linkage components. Existing participants who had not previously responded to the invitation for consent to health and ACC data linkage (or who had not declined the first invitation), were sent another consent form for this, as well as a consent form for the IDI (see Allen, 2016⁴, and Phillips, 2018⁵).

To facilitate future follow-up of both refresh and existing participants, the last page of the survey booklet included a form on which participants were given the opportunity to provide their phone number and email address and to update their postal address if necessary. They were also advised they could do this via a live link on our website.

Participant sample

Existing participants

Inclusion criteria

Participants who were from cohorts recruited in 2006, 2009, 2014, 2016, 2018, 2020, and 2022 were surveyed in 2024 if they were not excluded (deceased, relocated overseas, withdrawn from the study, or had not responded since 2020 or earlier) or lost to contact (that is, there was evidence that the participant no longer lived at the address and forwarding details were not available, including: mail that came back “return to sender” and no forwarding details available AND phone disconnected OR phone contact, which indicated the person was no longer at the premises and no forwarding address was available).

Demographic profile

The age, gender and Māori descent profile of existing participants approached for participation in 2024 by recruitment year are presented in Figure 1

⁴ Allen, J. (2016). *Health, Work and Retirement (HWR) National Health Data Linkage Project '14-'15: approach protocol and response*. Technical report for the Health, Work and Retirement Study. Palmerston North: Massey University.

⁵ Phillips, H. (2021). *Health, Work and Retirement (HWR) National Health Data Linkage Project '20: approach protocol and response*. Technical report for the Health, Work and Retirement Study. Palmerston North: Massey University.

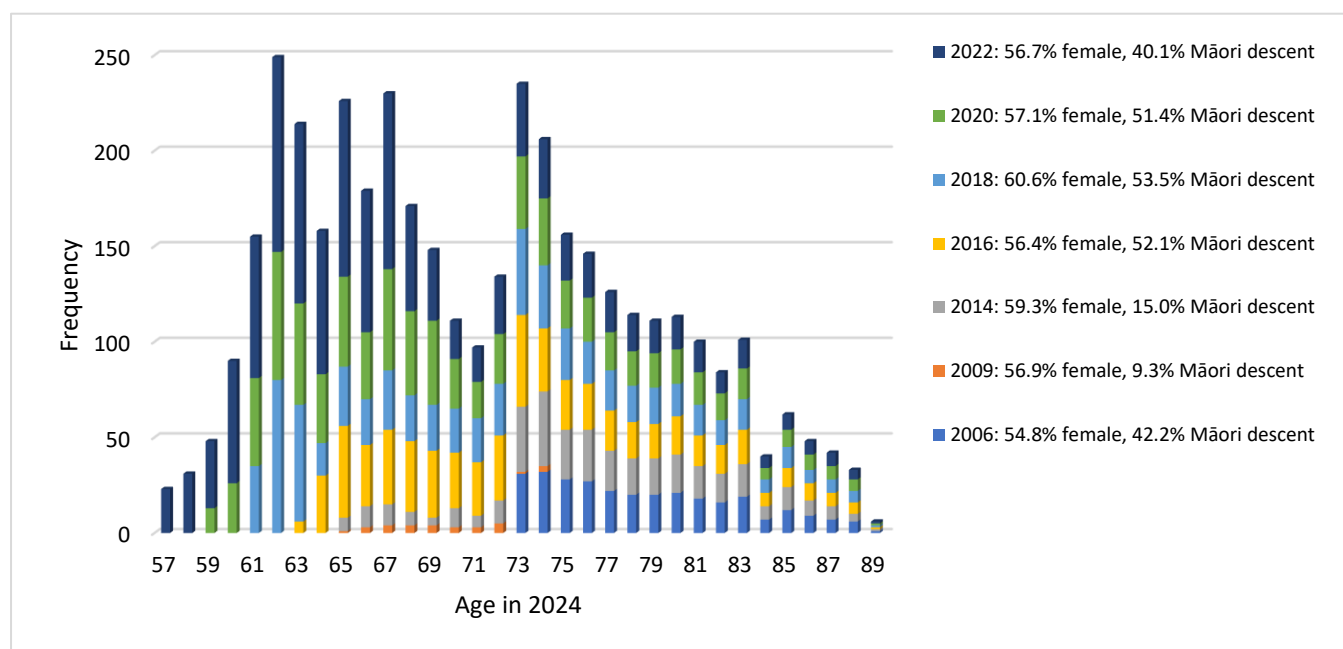


Figure 1. Frequency of age by cohort.

New 2024 refresh cohort

The 2024 cohort recruitment employed a steady state sampling recruitment design to ensure that the HWR survey continued to represent New Zealand residents of Māori and non-Māori descent aged 55+ in 2024. As such, the study aimed to recruit a new representative sample of persons aged 55-65 to maintain representation of the population aged 55+ as the existing cohort aged, while ensuring adequate representation of persons of Māori descent for the purposes of analysis. As in 2016-2022, the study simultaneously asked for consent to participate in health data-linkage study (ACC, MoH, and newly for 2024, the IDI).

Sample frame

As per the 2006 sampling protocol, an oversampling of persons indicated as being of Māori descent in the New Zealand electoral roll (this data was extracted on the 11th March 2024) was undertaken to provide adequate observations for the purposes of analysis. All persons on the electoral roll who were born between 12/07/1958 and 11/07/1969 (aged 57-67 in 2024) were assessed for inclusion in the study. Those who resided outside New Zealand ($n = 11675$, 1.5%) and those who had responded to a previous Health, Work and Retirement survey '06 -'22 were excluded from the sample. A 'Māori descent' sample was selected from within persons identified as being of Māori descent on the electoral roll. A 'general' sample was randomly selected from within all remaining eligible persons enrolled on the electoral roll.

Target sample size

The target sample size for 2024 was based on established guidelines, with reference to the size of the populations of interest as indicated in the 2013 New Zealand census and acknowledging the lower response rates among Māori. Briefly, as per the 2006 sampling strategy, the Dillman (2014) sample size calculation for population surveys, employing a finite population correction was used to calculate the target responding sample size. Based on 2013 census data and 2022 survey response rates, it was determined for 2024, that a general population sample of $n = 930$ participants and a Māori sample of $n = 1094$ would be required to adequately represent the populations of interest.

BOX 1. Dillman (2014) sample size calculation formulae

General formula:

$$N_s = (Z^2 * p * q) / MoE^2$$

Formula with a *finite population correction* (*fpc*), which accounts for the size of the target population in the calculation:

$$N_{s(fpc)} = (N_p * p * q) / \{ (N-1) * (MoE/z)^2 + \{p * q\} \}$$

Where

n = completed sample size needed for desired level of precision

p = the proportion being tested

$q = 1-p$

MoE = the desired margin of sampling error

z = the z-score or critical value for the desired level of confidence

N_p = the size of the target population

Approach sample size

As the approach method for the 2024 survey most closely matched that employed in 2022, response rates for 2022 were used to project response rates and to calculate the initial approach sample size. Table 1 shows the response rate at the conclusion of the 2022 survey recruitment⁶ and projected response rate for the 2024 sample.

Table 1. Response rate at the conclusion of the 2022 survey recruitment and projected response rate for the 2024 Refresh sample.

	Māori over-sample response rate	General sample response rate	Overall
2020	403/2011 (20%)	468/1541 (30%)	871/3552 (25%)
2022 target	1056/4576 (20%)	925/3044 (30%)	1981/7620 (25%)
2024	1094/5471 (20%)	930/3100 (30%)	2024/8571

It was projected that a response rate of 20% could be expected for the Māori descent sample and 30% for the general sample for the 2024 approach to the new Refresh cohort. Using these projections, an initial Māori descent sample of $n = 5471$ persons and a general sample of $n = 3100$ persons were approached to achieve the target sample size.

⁶ Phillips, H. (2021). *2020 Health, Work and Retirement (HWR) Survey*. Technical report for the Health, Work and Retirement Study. Palmerston North: Massey University.

Characteristics of the 2024 refresh cohort sampling frame and approach samples

Tables 2-5 below describe the size, age and Māori descent profile of: 2) the sampling frame (electoral roll); 3) the 2024 refresh sample overall; 4) the general sample, and 5) the Māori descent sample. These may be used for generating survey weights and for initial assessment of bias associated with survey response.

Table 2. Electoral roll ($n = 773281$): 13.5% Māori descent

<i>Start year</i>	<i>End year</i>	<i>Age</i>	<i>%</i>
6/03/1958	6/03/1959	(67-68)	7.1
6/03/1959	6/03/1960	(66-67)	7.3
6/03/1960	6/03/1961	(65-66)	7.6
6/03/1961	6/03/1962	(64-65)	7.8
6/03/1962	6/03/1963	(63-64)	7.9
6/03/1963	6/03/1964	(62-63)	7.9
6/03/1964	6/03/1965	(61-62)	7.6
6/03/1965	6/03/1966	(60-61)	7.6
6/03/1966	6/03/1967	(59-60)	7.6
6/03/1967	6/03/1968	(58-59)	15.7
6/03/1968	6/03/1969	(57-58)	8.0
6/03/1969	6/03/1970	(56-57)	8.1
Total			100.0

Table 4. General refresh sample ($n = 3100$): 14.2% Māori descent

<i>Start year</i>	<i>End year</i>	<i>Age</i>	<i>%</i>
6/03/1958	6/03/1959	67-68	7.0
6/03/1959	6/03/1960	66-67	6.9
6/03/1960	6/03/1961	65-66	6.8
6/03/1961	6/03/1962	64-65	7.9
6/03/1962	6/03/1963	63-64	8.1
6/03/1963	6/03/1964	62-63	7.5
6/03/1964	6/03/1965	61-62	8.4
6/03/1965	6/03/1966	60-61	7.2
6/03/1966	6/03/1967	59-60	8.3
6/03/1967	6/03/1968	58-59	15.9
6/03/1968	6/03/1969	57-58	8.0
6/03/1969	6/03/1970	56-57	7.9
Total			100

Table 3. Refresh sample overall ($n = 8571$): 68.9% Māori descent

<i>Start year</i>	<i>End year</i>	<i>Age</i>	<i>%</i>
6/03/1958	6/03/1959	(67-68)	6.4
6/03/1959	6/03/1960	(66-67)	6.5
6/03/1960	6/03/1961	(65-66)	6.5
6/03/1961	6/03/1962	(64-65)	7.7
6/03/1962	6/03/1963	(63-64)	7.6
6/03/1963	6/03/1964	(62-63)	7.9
6/03/1964	6/03/1965	(61-62)	7.4
6/03/1965	6/03/1966	(60-61)	7.7
6/03/1966	6/03/1967	(59-60)	8.1
6/03/1967	6/03/1968	(58-59)	16.7
6/03/1968	6/03/1969	(57-58)	8.6
6/03/1969	6/03/1970	(56-57)	8.7
Total			100.0

Table 5. Māori descent sample ($n = 5471$): 100% Māori descent

<i>Start year</i>	<i>End year</i>	<i>Age</i>	<i>%</i>
6/03/1958	6/03/1959	67-68	6.1
6/03/1959	6/03/1960	66-67	6.3
6/03/1960	6/03/1961	65-66	6.4
6/03/1961	6/03/1962	64-65	7.5
6/03/1962	6/03/1963	63-64	7.3
6/03/1963	6/03/1964	62-63	8.1
6/03/1964	6/03/1965	61-62	6.8
6/03/1965	6/03/1966	60-61	7.9
6/03/1966	6/03/1967	59-60	7.9
6/03/1967	6/03/1968	58-59	17.1
6/03/1968	6/03/1969	57-58	9.0
6/03/1969	6/03/1970	56-57	9.1
Total			100.0

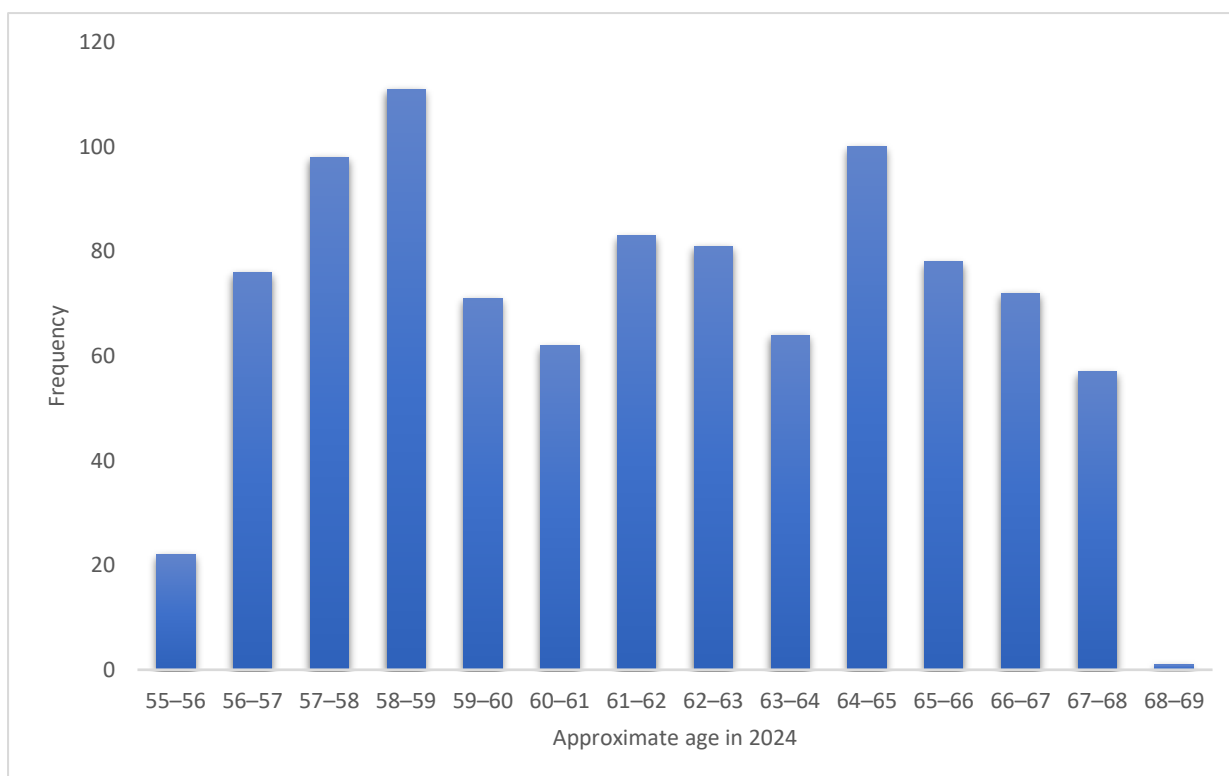


Figure 2. Demographic profile of 2022 refresh sample approached in the 2024 survey.

2024 survey response

A total of $n = 6,307$ responses to the 2024 survey were received. The records where there was a mismatch between previously recorded and reported demographic (date of birth, gender) data and those could not be identified $n = 62$, and these were deleted. As such, $n = 6245$ survey respondents were included in the 2024 dataset.

Response cleaning

The gender and date of birth reported by responders to the 2024 survey were assessed for consistency against those previously reported (gender, date of birth) and information from the electoral roll (gender, year of birth range). A one-digit difference in reported day OR month OR year of birth was allowed as long as reported gender also matched previous records (e.g., reported date of birth and gender 25/05/1958 Female vs. existing record of 27/05/1958 Female 1957-1958). Where it was apparent that a mix-up between dd/mm/yyyy and mm/dd/yyyy formats had occurred, a match was also recorded as long as the remaining information matched existing records for the participant (e.g., reported date of birth and gender 11/12/1954 Male vs. existing record of 12/11/1954 Male 1954-1955). Similarly reported gender could vary as long as reported date of birth was consistent with previously reported date of birth, electoral start/end year (i.e., 25-May-1958 Male vs. existing record 25-May-1958 Female 1958-1959).

Any responses received reporting combinations of gender and/or date of birth that were considered inconsistent with recorded data could not be identified in 2024, $n = 62$ were excluded from the dataset and noted as not responding to the survey. Those participants who were considered lost to contact but participant's study participation status remained 'active' - $n = 534$ participants ($113 = \text{Existing}$, $420 = \text{2024 Refresh cohort}$) who reported neither their date of birth or gender in the 2024 survey, were considered matches by default. Gender and approximate age values for these participants were obtained from electoral roll details and input into the dataset.

Response rate by cohort

Overall, $n = 6,307$ (42.27%) survey responses to the 2024 survey were received. Table 6 presents data on response rate by cohort for the cohort's original year of recruitment and 2024 survey response.

Table 6. Approach size and response rate by cohort at original approach and 2024 survey.

Year cohort recruited	Approach and response at original recruitment			Approach and response at 2024 survey			2024 response rate as % of original approach sample
	Sample size	N response	% response	Sample size	N response in 2024	2024 response rate	
2006	13045	6661	51.06%	1335	1156	86.59%	8.86%
<i>GS/GM</i>	<i>5264</i>	<i>3103</i>	<i>58.90%</i>	<i>807</i>	<i>709</i>	<i>87.86%</i>	<i>13.47%</i>
<i>MS</i>	<i>7781</i>	<i>3558</i>	<i>45.70%</i>	<i>528</i>	<i>447</i>	<i>84.66%</i>	<i>5.74%</i>
2009	4502	1000	22.20%	536	466	86.94%	10.35%
<i>RP</i>	<i>3002</i>	<i>555</i>	<i>18.50%</i>	<i>406</i>	<i>351</i>	<i>86.45%</i>	<i>11.69%</i>
<i>NZP</i>	<i>1500</i>	<i>445</i>	<i>29.70%</i>	<i>130</i>	<i>115</i>	<i>88.46%</i>	<i>7.67%</i>
2014	2900	774	26.70%	572	492	86.01%	16.97%
<i>M</i>	<i>583</i>	<i>147</i>	<i>25.20%</i>	<i>86</i>	<i>67</i>	<i>77.91%</i>	<i>11.49%</i>
<i>NM</i>	<i>2317</i>	<i>627</i>	<i>27.10%</i>	<i>486</i>	<i>425</i>	<i>87.45%</i>	<i>18.34%</i>
2016	4298	1272	29.60%	913	688	75.36%	16.01%
<i>MY</i>	<i>2428</i>	<i>655</i>	<i>27.00%</i>	<i>443</i>	<i>312</i>	<i>70.43%</i>	<i>12.85%</i>
<i>GY</i>	<i>1870</i>	<i>617</i>	<i>33.00%</i>	<i>470</i>	<i>376</i>	<i>80.00%</i>	<i>20.11%</i>
2018	3596	598	16.60%	550	345	62.73%	9.59%
<i>GZ</i>	<i>1638</i>	<i>307</i>	<i>18.70%</i>	<i>283</i>	<i>193</i>	<i>68.20%</i>	<i>11.78%</i>
<i>MZ</i>	<i>1958</i>	<i>291</i>	<i>14.90%</i>	<i>267</i>	<i>152</i>	<i>56.93%</i>	<i>7.76%</i>
2020	3552	871	24.50%	837	580	24.50%	16.33%
<i>GA</i>	<i>1541</i>	<i>468</i>	<i>30.40%</i>	<i>452</i>	<i>329</i>	<i>72.79%</i>	<i>21.35%</i>
<i>MA</i>	<i>2011</i>	<i>403</i>	<i>20.00%</i>	<i>385</i>	<i>251</i>	<i>65.19%</i>	<i>12.48%</i>
2022	7620	1773	23.27%	7620	1773	24.50%	23.27%
<i>GB</i>	<i>3044</i>	<i>901</i>	<i>29.60%</i>	<i>3044</i>	<i>901</i>	<i>29.60%</i>	<i>29.60%</i>
<i>MB</i>	<i>4576</i>	<i>872</i>	<i>19.06%</i>	<i>4576</i>	<i>872</i>	<i>19.06%</i>	<i>19.06%</i>
2024	8571	1800	21.00%	8571	1800	21.00%	21.00%
<i>GC</i>	<i>3100</i>	<i>791</i>	<i>25.52%</i>	<i>3100</i>	<i>791</i>	<i>25.52%</i>	<i>25.52%</i>
<i>MC</i>	<i>5471</i>	<i>1009</i>	<i>18.44%</i>	<i>5471</i>	<i>1009</i>	<i>18.44%</i>	<i>18.44%</i>
Total	48,084	14,749	30.67%	20,934	7,300	34.87%	15.18%

Note: GS: general sample, non-Māori descent; GM: general sample, Māori descent; MS: Māori over-sample; RP: Retirement Planning study; NZP: New Zealand Longitudinal Study of Ageing pilot sample; M: 2014 sample, Māori descent; NM: 2014 sample, non-Māori descent; MY: 2016 Māori over-sample; GY: 2016 general sample; MZ: 2018

Māori over-sample; GZ: 2018 general sample; MA: 2020 Māori over-sample; GA: 2020 general sample; MB: 2022 Māori over-sample; GB: 2022 general sample MC: 2024 Maori over sample; GC: 2024: general sample

Existing cohort

Of the existing “EP” (recruited prior to 2024) longitudinal participants surveyed in 2022 ($n = 6397$), $n = 4507$ (70.46%) returned a completed survey. The response rate for persons not indicated as being of Māori descent ($n = 2827$, 62.72%) was higher than the response rate for persons indicated as being of Māori descent ($n = 1676$, 37.18%). There was a 12% difference in the response rate for men ($n = 1951$, 43.28%) and women ($n = 2521$, 55.93%).

Of the 1889 existing participants who did not return a completed survey, 16 returned a blank survey, 119 contacted the study to withdraw, 114 were considered lost to contact (returned to sender/gone no address postal sticker on returned mail), and 1640 did not respond.

New 2024 refresh cohort

Of the new 2024 refresh “RP” cohort sample ($n = 8571$), $n = 1800$ (21.12%) returned a survey. The response rate for the general sample ($n = 791/3100$, 25.5%) was 7% higher than that for the Māori descent oversample ($n = 1009/5434$, 18.5%). The response rate for men ($n = 751$, 8.8%) was lower than that for women ($n = 991$, 11.6%).

Of the 6723 persons who did not return a completed survey, 54 returned a blank survey, 132 contacted the study to say they did not want to participate, 421 were lost to contact (returned to sender/gone no address), and 6117 did not respond.

Response rate by mail out phase

Response rates by cohort and mail out phase (EPMO1, EOMO2, EPMO3, RPMO1, RPMO2 and RPMO3) were broken down (Table 6, Figure 3) to examine the relative value associated with each mail out phase. Responses received from approximately a week after each phase’s initiation were attributed to that phase.

The majority of responses for both existing and refresh cohorts were received within the first four weeks of the initial mail out.

Figure 3. Number of surveys received by date and existing/refresh cohort.

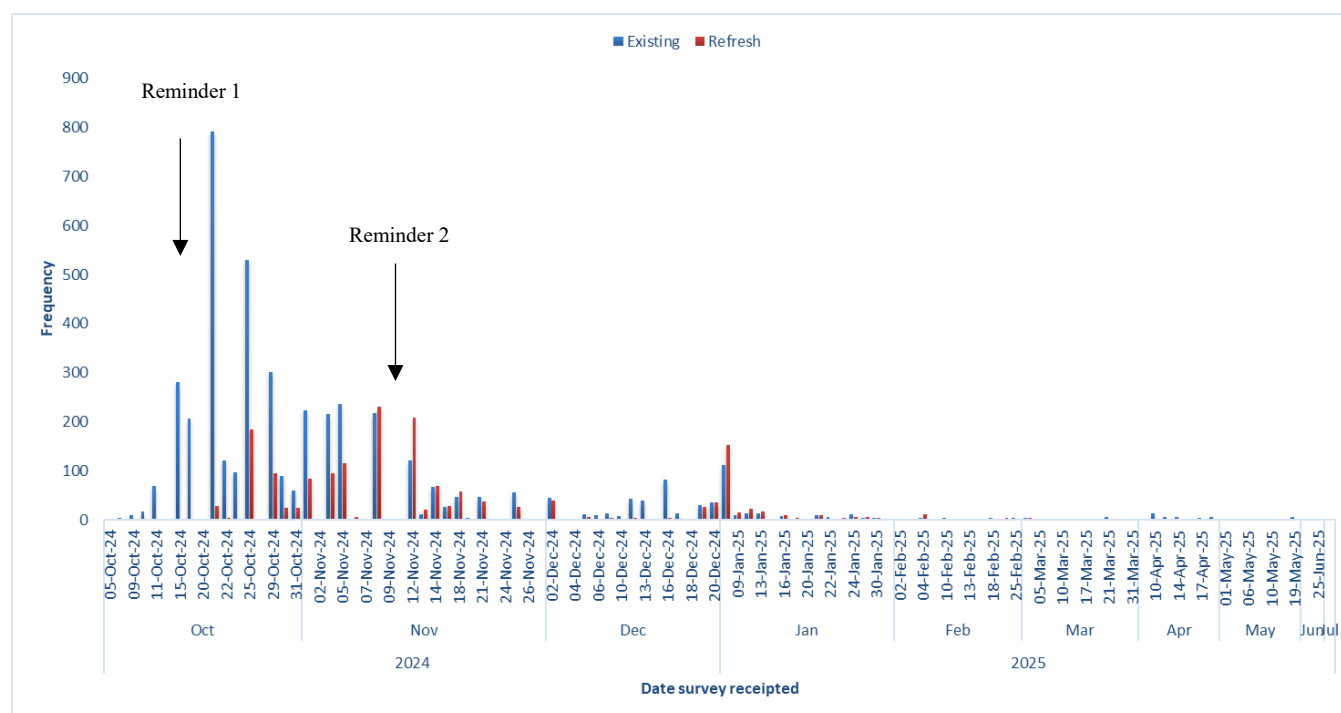


Table 7. Responses by survey protocol phase.

	N responses subsequent to phase	% response rate attributable to phase	% of responses received
Over all cohorts (n = 14968 sent)			
Initial survey mail out (30/09 - 4/10)	103	0.6%	1.63%
Reminder 1 (14-18/10)	5117	34.1%	81.13%
Reminder 2 (29/11 – 6/12)	1087	7.2%	17.23%
Overall	6307	41.9%	100%
Existing cohorts (n = 6397 sent)			
Initial survey mail out	103	1.6%	2.28%
Reminder 1	3760	58.7%	83.42%
Reminder 2 (2,764)	644	10.0%	14.28%
Overall	4507	70.3%	100.0%
2024 refresh (n = 8571 sent)			
Initial survey mail out	0	0%	0%
Reminder 1	1357	15.8%	75.38%
Reminder 2	443	5.1%	24.11%
Overall	1800	21.9%	100.0%

2024 Existing cohort

All existing participants who were not considered lost to contact, deceased or withdrawn two weeks after the initial mail out ($n = 6396$), were sent the first reminder by OrangeBox, which was the postcard thanking those who had returned a survey, and serving as a reminder for those who had not yet done so. If a response had not been received by 8 weeks after initial mail out, a second reminder pack was sent by OrangeBox to participants who were not considered lost to contact, deceased or withdrawn ($n = 2764$) including a second copy of the survey and all the other materials, except a pen. Of these, $n = 644$ (10%) ultimately responded.

2024 Refresh cohort

A first reminder postcard to the 2024 refresh sample was sent by OrangeBox for all refresh participants who were not considered lost to contact, deceased or withdrawn two weeks after the initial mail out ($n = 8571$). If a response had not been received by 8 weeks after initial mail out, a second reminder was sent by OrangeBox to participants who were not considered lost to contact, deceased or withdrawn ($n = 7336$) including a second copy of the survey and all the materials (except a pen).

Overall, $n = 443$ (6%) of those approached in the third reminder who had not yet responded eventually returned a survey.

Appendices (see supplementary file)

Appendix 1.1: First letter - existing participants

Appendix 1.2: First letter - refresh participants

Appendix 2.1: Information sheet - existing participants

Appendix 2.2: Information sheet – refresh participants

Appendix 3: 2022 survey

Appendix 4: consent and contact form (2022 refresh cohort only)

Appendix 5: Post card reminder

Appendix 6: Replacement survey reminder (letter sent with replacement survey and information sheet)

Appendix 7: Pen incentive