

Additional file 1. Outline of the study questionnaire.

Items specification		Scoring*
Satisfaction	Overall mark	5-point rating scale
	Recommend to others	5-point agreement scale
Initiation of health-behaviour change	Initiated overall health-behaviour-change after receiving tailored health advices	yes-no-not applicable
	More physical activity	yes-no-not applicable
	Quit smoking	yes-no-not applicable
	Reduced alcohol intake	yes-no-not applicable
	Improved diet	yes-no-not applicable