**Health Information Delivery Preferences Suggested by Participants**

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| Avatar (ideally an HCP or other reliable source) providing health information  |
| Preference to receiving health information through a video rather than an avatar |
| Preference to receive health information on YouTube or google rather than in IVR |
| Usually uses the internet to access health information |
| Would be less distracted by written health information compared to a video |
| Preference to have live a consultation with HCP in IVR rather than pre-recorded session |
| Health information better to be delivered by friends – more supportive deliverer |
| Retirement groups could be a good source to provide health information |
| Would like to have group discussions with HCPs |