Supplementary material BMJ Open

Additional information on participants' health care experiences

	Number of participants sharing experience with the respective health care provider
General practitioner	25
Specialist physician	24
Hospital	24
Ambulatory nursing	2
Rehabilitation	12
Nursing home	4
Psychotherapy	6
Other therapists (speech therapy, occupational therapy, physiotherapy etc.)	11

Acute health issues participants reported

- Severe cuts
- Falls & accidents
- Common cold
- (inflamed) Cysts
- Vaccinations
- Tuberculosis
- Pregnancy
- Endometriosis
- Hysterectomy and / or Oophorectomy
- Tinnitus
- Vertigo
- Food intolerance
- Respiratory obstruction
- Tonsillitis
- Appendectomy
- Cholecystectomy
- Back pain
- Eczema & rash
- Pain
- Allergies / acute allergic reactions
- Burns
- Disc prolapse
- Haematochezia
- Ruptured appendix
- Fractures (arm, jaw)
- Pneumonia
- ruptured appendix
- shoulder & gall bladder surgery