

Primary Care-2

Please respond to the statements below with the appropriate response to the right.

Name _____

Date _____

Strongly Agree Agree Not Sure Disagree Strongly Disagree

1. I see myself as a generally healthy person SA A NS D SD

2. I am usually able to take care of myself when it comes to a lot of ordinary aches and pains SA A NS D SD

3. I am usually able to tell when I have a virus that will heal on its own and when I have a condition that may require a clinical visit SA A NS D SD

4. I use on-line resources to help me deal with some of my medical conditions SA A NS D SD

5. I use the call-in phone number my health plan provides to help me identify when I need to visit a clinic versus when I can take care of myself or my dependents on my own SA A NS D SD

6. I would like to have my health plan's call-in number programmed into my smart phone and would like someone at this clinic to help me do that SA A NS D SD

7. Sometimes I feel like I depend too much on medications to make me healthier SA A NS D SD

8. Sometimes I receive treatment in hospital emergency rooms or urgent care clinics SA A NS D SD

9. I have visited these types of clinics more than once and I would like to have other options so I don't need to do this SA A NS D SD

10. Sometimes I wait too long to receive medical care and my condition gets worse and more difficult to treat SA A NS D SD

10a. An example of this would be _____

11. I would be healthier if I exercised just a little bit more SA A NS D SD

12. I would be healthier if I was better at getting enough sleep and rest, either through better quality sleep, taking naps, pushing myself less when I feel run down or just relaxing more SA A NS D SD

13. I would be healthier if my diet was just a little bit better; through either more balance in what I eat, more fruits and vegetable or better hydration SA A NS D SD

14. I understand my natural immune defenses work better when I am rested, eating better and doing a little bit of exercise SA A NS D SD