

## “Why should you take this Health Confidence Survey?”

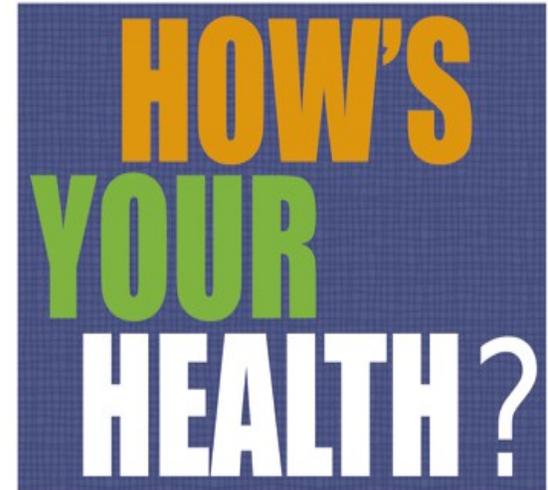
1. For the first time, we have a mechanism to identify specific patients who have low health confidence and why it's low.
2. This is new! It changes the way we look at you as a whole person. It may also change the way we discuss your health issues. Health Confidence is a new way for us to help you manage and control your medical issues. It is free and it works.
3. This snapshot helps us understand what you think and understand about your condition, so we may better focus our efforts where you need help, in your own self management.
4. This is a new way to effortlessly get a meaningful risk assessment from the patient's perspective.

## Website Security

www.HowsYourHealth.org is safe, secure, virus free. Your personal information is private and will only be shared with your doctor (if you choose). Your information will not be sold to a third party. You will not be contacted for any commercial purposes related to this-EVER.

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**What you can do to make your health and health care better.**

**For a great health survey go to [www.howsyourhealth.org](http://www.howsyourhealth.org) and enter**

**The online survey takes about 10 minutes to complete and when you're done, you'll have:**

- Specific and actionable information about your state of health.
- A report that summarizes the important issues that you have identified. This report also refers you to other reading materials based on your responses to the survey.
- An action form that you can email directly to your doctor or nurse to discuss at your next office visit.
- A better understanding of your priorities and issues to help you become a better self-manager of your health.
- A useful problem-solving tool that you can access again and again.

**[WWW.HOWSYOURHEALTH.ORG](http://WWW.HOWSYOURHEALTH.ORG)**

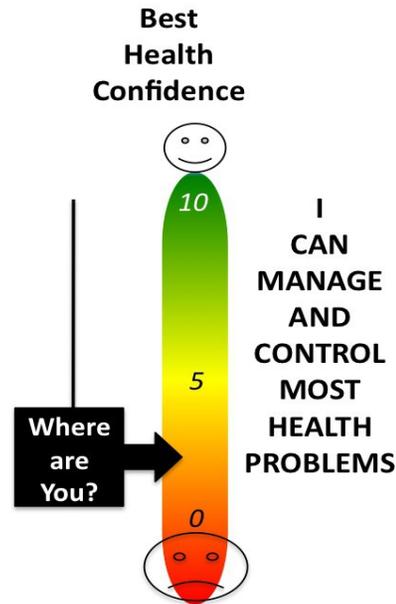
## How to begin the Survey

1. To get started go to [www.howsyourhealth.org](http://www.howsyourhealth.org) enter your health confidence level. (0-10)
2. Enter your zip code in the space provided and click continue
3. Click on START HERE
4. Enter code YRF654
5. Be sure to complete the survey
6. Save the information at the end of the survey to your computer so that you may read the helpful links whenever you want.
7. Follow the directions to put your name on the Personal Health Plan. It will be secure. Send it to your physician and print a copy of your Action Form to bring to your appointment if you want.

### Hollister Healthcare Team

**CODE: YRF654**

**Health Confidence** is a very important part of health care. People who are very confident need less medical care and do much better than those who are not as confident. So we all want to be as confident as we can be.



“ENGAGED PATIENTS HAVE BETTER HEALTH OUTCOMES AND BETTER HEALTH CARE EXPERIENCES, AND LIKELY USE FEWER HEALTH CARE SERVICES AND COST LESS.”



**We can and we should take control of our Health and our Health Care.**

**Your personalized guide to better health.**

Information alone will not improve your health and health care. Good self-care and problem-solving skills are also needed.

HowsYourHealth offers helpful tools to improve self-care and problem-solving.

HowsYourHealth wants patients to communicate better with doctors and nurses so they can confidently say:

*All of the time my doctor and nurse are aware of what really bothers me...what really matters to me.*

*I have received as much help and support as I need from my doctor and nurse to help me manage and control most of my health problems.*

#### ABOUT HYH:

Since 1997, HowsYourHealth has helped tens of thousands of people lead healthier lives by empowering people with tools to better understand what contributes to healthy living.

#### PRIVACY:

The information provided in the online survey is for your eyes only. Nothing about you or your computer is stored or shared with anyone else. Only you decide what to do with the knowledge you gain from using the site.

[WWW.HOWSYOURHEALTH.ORG](http://WWW.HOWSYOURHEALTH.ORG)