

# Tailored Care For You!



Your feedback is pertinent to helping your care team provide you the best care possible.

Your responses to the **Patient, Activation, Measurement (PAM)** questionnaire gives us insight and guidance to establish individual goals and activities that are realistic and achievable for you. **Please take a few moments to complete the PAM questionnaire.**

## PAM Key Points:

- The questionnaire should take less than 5 minutes to complete
- Responses remain confidential
- It's important to be truthful
- Your answers should not be influenced by what others think or say
- There are no right or wrong answers
- It's OK to disagree with some of the statements

Thank you for taking the time to complete the questionnaire. Your response is appreciated and will help us identify areas of support for you and deliver information more effectively and efficiently.

## Questions?

Call us at 1-833-820-0842, 9:00 AM–5 :00 PM MST, Monday–Friday.



Name: \_\_\_\_\_  
 Date of birth: \_\_\_\_\_  
 Medicare #/ID: \_\_\_\_\_  
 Today's date: \_\_\_\_\_  
 Practice name: \_\_\_\_\_

Below are statements people sometimes make when they talk about their health. Please indicate how much you agree or disagree with each statement as it applies to you personally.

Circle the answer that is most true for you today. If the statement does not apply, select N/A.

1.	When all is said and done, I am the person who is responsible for taking care of my health.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
2.	Taking an active role in my own health care is the most important thing that affects my health.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
3.	I am confident I can help prevent or reduce problems associated with my health.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
4.	I know what each of my prescribed medications do.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
5.	I am confident that I can tell whether I need to go to the doctor or whether I can take care of a health problem myself.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
6.	I am confident that I can tell a doctor concerns I have even when he or she does not ask.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
7.	I am confident that I can follow through on medical treatments I may need to do at home.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
8.	I understand my health problems and what causes them.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
9.	I know what treatments are available for my health problems.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
10.	I have been able to maintain (keep up with) lifestyle changes, like eating right or exercising.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
11.	I know how to prevent problems with my health.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
12.	I am confident I can figure out solutions when new problems arise with my health.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
13.	I am confident that I can maintain lifestyle changes, like eating right and exercising, even during times of stress.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A