

The Healthcare Proficiency Challenge

Take this self-assessment to find out if you have the essential healthcare knowledge to thrive in today's medical landscape.

Name: _____ DOB: _____ Date: _____

1. If your provider asked you today, could you easily retrieve an old medical record?

Yes No I rely on my provider to keep my medical records

2. If your provider asked you today, would you be able to check your vitals and easily share the information with them?

Yes No I rely on my provider to check my vitals

3. Are you prepared to answer routine questions from your physician, even if the information is already in the computer?

Yes No I rely on my provider's system to store my answer

4. Do you prepare your chief complaint before appointments?

Yes No I don't know what a chief complaint is

5. Do you access your medical portal(s) regularly?

Yes No I rely on my provider to update me

6. Have you always brought the proper documents or records to the appointment?

Yes No I rely on my provider to have the necessary records

7. Do you consider yourself a *prepared* participant in every appointment?

Yes No I assume my provider has everything if nothing's changed

8. Do you bring a notepad with you to every appointment?

Yes No I rely on my provider to keep notes

9. Do you understand common medical terminology, codes, and insurance policies?

Yes No I rely on my provider to explain them

10. Do you have your own medical record management or organizational system?

Yes No I rely on my provider to manage my record

Scores:

7+ Yeses – Well done, you are officially considered “a professional patient health advocate.”

5-6 Yeses – You’re doing great! However, you could use a little more exposure to healthcare proficiency education to brush up or continue your “A” game.

3-4 Yeses – With a little more healthcare knowledge, you’ll be able to soar through life as an expert health advocate.

0-2 Yes – Yikes! Don’t leave the office without a Patient Better prescription!

Why am I receiving this assessment?

Navigating the healthcare system has become more challenging than ever. In today’s post-pandemic, digitally-driven medical landscape, strong health proficiency skills are now essential for efficient, informed appointments and achieving the best possible outcomes. This self-assessment helps you gauge your current skills and awareness. Patient Better is dedicated to teaching people vital medical record management and care coordination skills, empowering them to thrive in today's healthcare environment.

Reap the benefits of learning how to be an expert health advocate:

- Access medical records from any portal with confidence.
- Reduce unexpected medical costs.
- Reduce emergency room visits and longer hospital stays.
- Decrease unnecessary phone calls and appointments.
- Experience fewer complications.
- Safeguard against oversights, errors, and data losses.
- Benefit from higher-quality information-driven medical appointments.
- And so much more...

Did you know?

Research shows that over 80 million Americans unwittingly struggle with low health proficiency, leading to widespread healthcare illiteracy. This silent epidemic adds significant strain to an already overwhelmed healthcare system, creating a ripple effect that impacts patients, families, and healthcare providers alike. The consequences include medication misuse, unnecessary medical appointments, duplicate tests and scans, revisions, and preventable trips to the emergency room, all of which contribute to rising healthcare costs and inefficiencies.