

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 Yeses – Yikes! Don’t leave the office without a Patient Better prescription!

Why am I receiving this assessment?

In today’s evolving healthcare system, being a passive patient is no longer enough. To receive the best care possible, it’s essential to actively engage in your health journey. This assessment is designed to help you evaluate where you stand in terms of managing your healthcare, and it highlights areas where you can improve.

Healthcare providers increasingly rely on patients to participate in their own care to ensure that nothing is missed, and outcomes are optimized. By completing this assessment, you’ll understand how well-prepared you are to navigate modern healthcare and how the *Patient Better* program can equip you with the tools you need to take control of your healthcare journey.

- **Avoid unnecessary medical expenses** by minimizing the risk of duplicate tests, missed information, or overlooked health issues.
- **Reduce stress and confusion** by keeping track of your medical history, medications, and physician’s instructions in one place.
- **Have smoother, quicker appointments** where your physician can focus on your health instead of administrative tasks.
- **Prevent delays in care** by being prepared with everything you need, like paperwork, medication lists, and follow-up questions.
- **Access your medical records anytime, anywhere** through patient portals and stay up to date on your health.
- **Ensure your care is always accurate** by providing the right information at the right time to your physician.

Did you know?

Research shows that over 80 million Americans struggle with low health proficiency, leading to widespread healthcare illiteracy. This strain impacts patients, families, and providers, resulting in medication misuse, unnecessary appointments, duplicate tests, and preventable ER visits. For individuals with one or more chronic conditions leading to over \$9,000 in additional out-of-pocket expenses annually, further driving up healthcare costs and inefficiencies.