

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. Would you be able to retrieve an old medical record if requested?
☐ Yes ☐ No
2. In the past, have you documented your vitals as requested?
☐ Yes ☐ No
3. Do you prepare to answer routine questions physicians ask on every appointment?
☐ Yes ☐ No
4. Before appointments, do you document or record your chief complaint(s)?
☐ Yes ☐ No
5. Do you access your medical portal(s) regularly?
☐ Yes ☐ No
6. Have you always brought the proper documents or records to the appointment?
☐ Yes ☐ No
7. Do you consider yourself a ***prepared*** participant in every appointment?
☐ Yes ☐ No
8. Do you bring a note pad with you to every appointment?
☐ Yes ☐ No
9. Do you understand common medical terminology, codes, and insurance policies?
☐ Yes ☐ No
10. Do you have your own medical record management or organizational system?
☐ Yes ☐ No

Scores:

0 Nos – Well done, you are officially considered “a professional patient health advocate.”

1-2 Nos – 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 Nos – With a little more healthcare knowledge, you’ll be able to soar through life as an expert health advocate.

5 + Nos – Yikes! Don’t leave the office without a Patient Better prescription!

Why am I receiving this assessment?

Navigating through the healthcare system is more challenging than ever. And today, it is vital to develop essential health proficiency skills to succeed in our post-pandemic digitally-based healthcare era. This self-assessment was brought to you today to test your proficiency skills and to bring your measurements to your attention. Patient Better is an organization dedicated to teaching people essential and relevant life skills in medical record management, enabling them to thrive in today’s medical landscape.

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
- ✓ Decrease unnecessary phone calls and office visits
- ✓ Experience fewer complications
- ✓ Safeguard against oversights and data losses
- ✓ Benefit from higher-quality information-driven medical appointments
- ✓ And so much more...

Did you know?

Research shows that at least 80 million Americans are unaware of their weak proficiency skills and suffer unwittingly from healthcare illiteracy. Nevertheless, this silent epidemic wreaks havoc on our already strained healthcare system and its ripple effect has an even more profound impact on fellow patients, families, and essentially every provider and recipient involved in care.