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: _____ Today's 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, even when you know 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*, engaged, 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

Your Results:

You Got 7+ Yeses – Excellent Work! You are engaged in your healthcare, but some refinement is still needed. You have a system in place, but it may not align with how healthcare professionals manage records. Without proper structure, critical details can still be overlooked. To ensure your records are accurate, complete, and seamlessly integrated across all providers, you must follow a standardized method. Becoming a certified self-health advocate teaches you how to properly manage, present, and apply your health information to improve communication and care.

You Got 5-6 Yeses – Great job! You are involved, but some critical gaps still remain. You are taking an active role in your healthcare, but inconsistencies in record-keeping, terminology, or communication may still create barriers. Without a structured approach, important details can be misinterpreted or lost. To take full control of your care, you need a standardized system that ensures accuracy, continuity, and effective provider collaboration. Becoming a certified self-health advocate gives you the tools to manage your health information correctly and make more informed decisions.

You Got 3-4 Yeses – You're making progress, but key areas need improvement. You recognize the importance of managing your healthcare, but without the right system in place, critical details can be missed. Gaps in record-keeping, understanding medical terminology, and preparing for appointments can lead to miscommunication and delays in care. To navigate the healthcare system effectively, you need a structured approach that ensures accuracy and confidence in managing your medical information. Becoming a certified self-health advocate provides the essential skills to take control of your healthcare journey.

You Got 0-2 Yeses – You could benefit from immediate support. Right now, you are relying on the healthcare system and your providers to manage your care, which can put you at risk for miscommunication, missed information, and preventable errors. Without a structured approach, it's easy to feel lost or overwhelmed. Learning how to properly organize your medical records, understand key health information, and communicate effectively with providers is essential. Becoming a certified self-health advocate gives you the foundation to take control and ensure you receive the care you need.

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.
- **Ensure your care is always accurate** by providing the right information at the right time to your physician.