Medicare Health Outcomes Survey Instructions

This survey asks about you and your health. Answer each question thinking about <u>yourself</u>. Please take the time to complete this survey. Your answers are very important to us. If you are unable to complete this survey, a family member or "proxy" can fill out the survey about you.

Please return the survey with your answers in the enclosed postage-paid envelope.

Answer the questions by putting an 'X' in the box next to the appropriate answer category like this:

43. Are you male or female?

 \boxtimes Male \Box Female

- > Be sure to read <u>all</u> the answer choices given before marking a box with an 'X'.
- You are sometimes told to answer some questions in this survey only when you have answered a previous question. When this happens, you will see an *italicized* instruction like the one below:

If you answered "Yes" to question 29 or 30 above (you have arthritis), answer the next question.

All information that would permit identification of any person who completes this survey will be kept strictly confidential. This information will be used only for the purposes of this study and will not be disclosed or released for any other purposes without your permission.

If you have any questions or want to know more about the study, please call [vendor name] at [toll-free number].

OMB 0938-0701 Version 02-1

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Medicare Health Outcomes Survey

1. In general, would you say your health is:

| Excellent | Very good | Good | Fair | Poor |
|-----------|-----------|------|------|------|
| 1 | 2 | 3 | 4 | 5 |

2. **Compared to one year ago,** how would you rate your health in general **now**?

| Much better | Somewhat | About the | Somewhat | Much worse |
|--------------|-----------------|-------------|----------------|--------------|
| now than one | better now than | same as one | worse now than | now than one |
| year ago | one year ago | year ago | one year ago | year ago |
| 1 | 2 | 3 | 4 | 5 |

3. The following items are about activities you might do during a typical day. Does **your health now limit you** in these activities? If so, how much?

| Yes, limited a lot | Yes, limited a little | No, not limited at all |
|--------------------------|-----------------------------|------------------------------|
| 1 | 2 | 3 |
| 1 | 2 | 3 |
| 1 | 2 | 3 |
| 1 | 2 | 3 |
| 1 | 2 | 3 |
| 1 | 2 | 3 |
| 1 | 2 | |
| 1 | 2 | 3 |
| 1 | 2 | 3 |
| 1 | 2 | 3 |
| | limited | limited limited |

4. During the **past 4 weeks**, have you had any of the following problems with your work or other regular daily activities **as a result of your physical health**?

| | | Yes | No |
|----|--|-----|----|
| a. | Cut down on the amount of time you spent on work or other activities | 1 | 2 |
| b. | Accomplished less than you would like | 1 | 2 |
| C. | Were limited in the kind of work or other activities | 1 | 2 |
| d. | Had difficulty performing the work or other activities (<i>for example</i> , it took extra effort) | 1 | 2 |

5. During the **past 4 weeks**, have you had any of the following problems with your work or other regular daily activities **as a result of any emotional problems** (such as feeling depressed or anxious)?

| 2 | Cut down on the amount of time you spont on | Yes | No |
|----|---|-----|----|
| a. | Cut down on the amount of time you spent on work or other activities | 1 | 2 |
| b. | Accomplished less than you would like | 1 | 2 |
| C. | Didn't do work or other activities as carefully as usual | 1 | 2 |

6. During the **past 4 weeks**, to what extent has your physical health or emotional problems interfered with your normal social activities with family, friends, neighbors, or groups?

| Not at all | Slightly | Moderately | Quite a bit | Extremely |
|------------|----------|------------|-------------|-----------|
| 1 | 2 | 3 | 4 | 5 |

7. How much **bodily** pain have you had during the **past 4 weeks**?

| None | Very mild | Mild | Moderate | Severe | Very severe |
|------|-----------|------|----------|--------|-------------|
| 1 | 2 | 3 | 4 | 5 | 6 |

8. During the **past 4 weeks**, how much did **pain** interfere with your normal work (including both work outside the home and housework)?

| Not at all | A little bit | Moderately | Quite a bit | Extremely |
|------------|--------------|------------|-------------|-----------|
| 1 | 2 | 3 | 4 | 5 |

9. These questions are about how you feel and how things have been with you during the **past 4 weeks**. For each question, please give the one answer that comes closest to the way you have been feeling.

| How much of the time during the past 4 weeks | | All of the time | Most of the time | A good bit of the time | Some of the time | A little of the time | None of the time |
|---|---|-----------------------|------------------------|------------------------------|------------------------|----------------------------|------------------------|
| a. | did you feel full of pep? | 1 | 2 | 3 | 4 | 5 | 6 |
| b. | have you been a very nervous person? | 1 | 2 | 3 | 4 | 5 | 6 |
| C. | have you felt so down in the dumps that nothing could cheer you up? | 1 | 2 | 3 | 4 | 5 | 6 |
| d. | have you felt calm and peaceful? | 1 | 2 | 3 | 4 | 5 | 6 |
| e. | did you have a lot of energy? | 1 | 2 | 3 | 4 | 5 | 6 |
| f. | have you felt downhearted and blue? | 1 | 2 | 3 | 4 | 5 | 6 |
| g. | did you feel worn out? | 1 | 2 | 3 | 4 | 5 | 6 |
| h. | have you been a happy person? | 1 | 2 | 3 | 4 | 5 | 6 |
| i. | did you feel tired? | 1 | 2 | 3 | 4 | 5 | 6 |

10. During the **past 4 weeks**, how much of the time has your **physical health or emotional problems** interfered with your social activities (like visiting with friends, relatives, etc.)?

| All of the time | Most of the time | Some of the time | A little of the time | None of the time |
|--------------------|------------------|------------------|-------------------------|------------------|
| 1 | 2 | 3 | 4 | 5 |

11. How TRUE or FALSE is **each** of the following statements for you?

| | | Definitely true | Mostly true | Don't know | Mostly false | Definitely false |
|----|--|--------------------|----------------|---------------|-----------------|---------------------|
| a. | I seem to get sick a little easier than other people | 1 | 2 | 3 | 4 | 5 |
| b. | I am as healthy as anybody I know | 1 | 2 | 3 | 4 | 5 |
| C. | I expect my health to get worse | 1 | 2 | 3 | 4 | 5 |
| d. | My health is excellent | 1 | 2 | 3 | 4 | 5 |

Earlier in the survey you were asked to indicate whether you have any limitations in your activities. We are now going to ask a few additional questions in this area.

12. Because of a health or physical problem, do you have any difficulty doing the following activities? (Please mark one response for each activity.)

| | | I am unable to do this activity | Yes, I have difficulty | No, I do not have difficulty |
|----|-----------------------------|------------------------------------|---------------------------|---------------------------------|
| a. | Bathing | 1 | 2 | 3 |
| b. | Dressing | 1 | 2 | 3 |
| C. | Eating | 1 | 2 | 3 |
| d. | Getting in or out of chairs | 1 | 2 | 3 |
| e. | Walking | 1 | 2 | 3 |
| f. | Using the toilet | 1 | 2 | 3 |

Now we are going to ask some questions about specific medical conditions.

13. During the **past 4 weeks**, how often have you had any of the following problems?

| | | All of the time | Most of the time | Some of the time | A little of the time | None of the time |
|----|--|-----------------|------------------|------------------|----------------------|------------------|
| a. | Chest pain or pressure when you exercise | 1 | 2 | 3 | 4 | 5 |
| b. | Chest pain or pressure when resting | 1 | 2 | 3 | 4 | 5 |

14. During the **past 4 weeks**, how often have you felt short of breath under the following conditions?

| | | All of the time | Most of the time | Some of the time | A little of the time | None of the time |
|----|------------------------------------|-----------------|------------------|------------------|----------------------|------------------|
| a. | When lying down flat | 1 | 2 | 3 | 4 | 5 |
| b. | When sitting or resting | 1 | 2 | 3 | 4 | 5 |
| C. | When walking less than one block | 1 | 2 | 3 | 4 | 5 |
| d. | When climbing one flight of stairs | 1 | 2 | 3 | 4 | 5 |

15. During the **past 4 weeks**, how much of the time have you had any of the following problems with your legs and feet? (Mark one response for each item.)

| | | All of the time | Most of the time | Some of the time | A little of the time | None of the time |
|----|--|-----------------|------------------|------------------|----------------------|------------------|
| a. | Numbness or loss of feeling in your feet | 1 | 2 | 3 | 4 | 5 |
| b. | Ankles or legs that swell as the day goes on | 1 | 2 | 3 | 4 | 5 |
| C. | Tingling or burning sensation in your feet especially at night | 1 | 2 | 3 | 4 | 5 |
| d. | Decreased ability to feel hot or cold with your feet | 1 | 2 | 3 | 4 | 5 |
| e. | Sores or wounds on your feet that did not heal | 1 | 2 | 3 | 4 | 5 |

16a. Have you ever had paralysis or weakness on one side of the body?

| Yes, I have it | Yes, but it went away | No |
|----------------|--------------------------|----|
| 1 | 2 | 3 |

16b. Have you **ever** lost the ability to talk?

| Yes, I have lost it | Yes, but it returned | No |
|------------------------|----------------------|----|
| 1 | 2 | 3 |

| | | Yes | No |
|-----|---|-----|----|
| 17. | Can you see well enough to read newspaper print (with your glasses or contacts if that's how you see best)? | 1 | 2 |
| 18. | Can you hear most of the things people say (with a hearing aid if that's how you hear best)? | 1 | 2 |
| 19. | Do you now have acid indigestion or heartburn? | 1 | 2 |
| 20. | Do you have difficulty controlling urination? | 1 | 2 |

| Has a | doctor ever told you that you had: | Yes | No |
|-------|--|-----|----|
| 21. | Hypertension or high blood pressure | 1 | 2 |
| 22. | Angina pectoris or coronary artery disease | 1 | 2 |
| 23. | Congestive heart failure | 1 | 2 |
| 24. | A myocardial infarction or heart attack | 1 | 2 |
| 25. | Other heart conditions, such as problems with heart valves or the rhythm of your heartbeat | 1 | 2 |
| 26. | A stroke | 1 | 2 |
| 27. | Emphysema, or asthma, or COPD (Chronic Obstructive Pulmonary Disease) | 1 | 2 |
| 28. | Crohn's disease, ulcerative colitis, or inflammatory bowel disease | 1 | 2 |
| Has a | doctor ever told you that you had: | Yes | No |
| 29. | Arthritis of the hip or knee | 1 | 2 |
| 30. | Arthritis of the hand or wrist | 1 | 2 |
| 31. | Sciatica (pain or numbness that travels down your leg to below your knee) | 1 | 2 |
| 32. | Diabetes, high blood sugar, or sugar in the urine | 1 | 2 |
| 33. | Any cancer (other than skin cancer) | 1 | 2 |

If you answered "yes" to questions 29 or 30 above (that you have arthritis),

34. During the **past 4 weeks**, how would you describe the arthritis pain you usually had? (Mark one answer.)

| None | Very Mild | Mild | Moderate | Severe |
|------|-----------|------|----------|--------|
| 1 | 2 | 3 | 4 | 5 |

If you answered "yes" to question 33 above (that you have had cancer),

- 35.
 Are you currently under treatment for:
 Yes
 No

 a.
 Colon or rectal cancer
 $_1$ $_2$

 b.
 Lung cancer
 $_1$ $_2$

 c.
 Breast cancer
 $_1$ $_2$

 d.
 Prostate cancer
 $_1$ $_2$
- 36. In the **past 4 weeks**, how often has low back pain interfered with your usual daily activities (work, school or housework)?

| All of the time | Most of the time | Some of the time | A little of the time | None of the time |
|-----------------|------------------|------------------|----------------------|------------------|
| 1 | 2 | 3 | 4 | 5 |

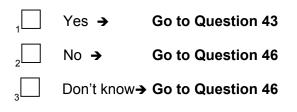
37. In the **past 4 weeks**, how often did you have pain, numbness or tingling that travels down your leg and below your knee?

| | All of the time | Most of the time | Some of the time | A little of the time | None of the time |
|-----|--|--|------------------|----------------------|------------------|
| | 1 | 2 | 3 | 4 | 5 |
| 38. | | ave you had 2 wee felt sad, blue or dep | | Yes | No |
| | when you lost inte you usually cared | 1 | 2 | | |
| 39. | In the past year , have you felt depressed or sad much of the time? | | | 1 | 2 |
| 40. | when you felt dep | d 2 years or more ressed or sad most netimes? | | 1 | 2 |

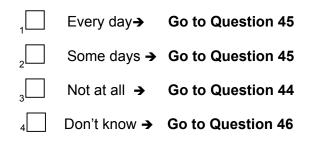
41. In general, compared to other people your age, would you say that your health is:



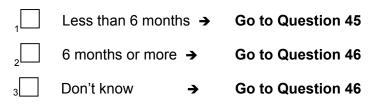
42. Have you ever <u>smoked</u> at least 100 cigarettes in your entire life?



43. Do you now smoke every day, some days, or not at all?



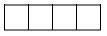
44. How long has it been since you <u>quit smoking</u> cigarettes?



45. In the last 6 months, on how many visits were you <u>advised to quit</u> smoking by a doctor or other health provider in your plan?



46. In what **year** were you born? Please provide your **year of birth** only. For example, if your date of birth is January 1, 1935, please answer "1935."



47. Are you male or female?



- 48. Are you of Hispanic or Spanish family background?
 - ___ Yes
- 49. How would you describe your race?
 - American Indian or Alaskan Native
 - Asian or Pacific Islander
 - Black or African American
 - White
 - ____ Another race or multiracial

- 50. What is your current marital status?
 - Married Married Divorced Separated Widowed Never married
- 51. What is the highest grade or level of school that you have completed?
 - 18th grade or less2Some high school, but did not graduate3High school graduate or GED4Some college or 2 year degree54 year college graduate

More than a 4 year college degree

- 52. Is the house or apartment you currently live in:
 - 1

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- Owned or being bought by you
- Owned or being bought by someone in your family other than you
- Rented for money
 - Not owned and one in which you live without payment of rent
- None of the above
- 53. Is this house or apartment in a retirement community, building or complex?
 - Yes

If you answered "yes" to question 53 above,

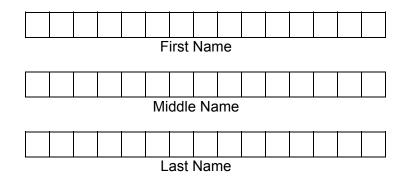
54. Does this retirement community/building/ facility provide medical services?



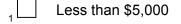
55. Who completed this survey form?



- Person to whom survey was addressed -> Go to Question 57
- Family member or relative of person to whom the survey was addressed
- Friend of person to whom the survey was addressed
- Professional caregiver of person to whom the survey was addressed
- 56. What is the name of the person who completed this survey form? Please **print** clearly.



57. Which of the following categories best represents the **combined income for all family members in your household** for the past 12 months?



- ² \$5,000 \$9,999
- ³ \$10,000 \$19,999
- \$20,000 \$29,999
- \$30,000 \$39,999
- ⁶ \$40,000 \$49,999
- ⁷ \$50,000 \$79,999
- \$80,000 \$99,999
- 。 \$100,000 or more
- 10 Don't know

YOU HAVE COMPLETED THE SURVEY. THANK YOU.

"According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0938-0701. The time required to complete this information collection is estimated to average 20 minutes including the time to review instructions, search existing data resources, gather the data needed, and complete and review the information collection. If you have comments concerning the accuracy of the time estimate(s) or suggestions for improving this form, please write to: CMS, 7500 Security Boulevard, N2-14-26, Baltimore, Maryland 21244-1850."

Vendor Contact Info Here