## Medicare Health Outcomes Survey Instructions

This survey asks about you and your health. Answer each question thinking about yourself. 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?

区 Male $\quad \square \quad$ Female
$>$ Be sure to read all 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].

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## Medicare Health Outcomes Survey

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

| Excellent | Very good | Good | Fair | Poor |
| :---: | :---: | :---: | :---: | :---: |
| ${ }_{1} \square$ | ${ }_{2} \square$ | ${ }_{3} \square$ | ${ }_{4} \square$ | ${ }_{5} \square$ |

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

| Much better <br> now than one <br> year ago | Somewhat <br> better now than <br> one year ago | About the <br> same as one <br> year ago | Somewhat <br> worse now than <br> one year ago | Much worse <br> now than one <br> year ago |
| :---: | :---: | :---: | :---: | :---: |
| $\square$ | $\square$ | $\square$ | $\square$ |  |

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?

## ACTIVITIES

a. Vigorous activities, such as running, lifting heavy objects, participating in strenuous sports. $\qquad$

| Yes, | Yes, <br> limited <br> a lot | No, not <br> limited |
| :---: | :---: | :---: |
| a little | at all |  |

b. Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf. $\qquad$

c. Lifting or carrying groceries $\qquad$

d. Climbing several flights of stairs $\qquad$

e. Climbing one flight of stairs $\qquad$

f. Bending, kneeling, or stooping $\qquad$

g. Walking more than a mile $\qquad$

h. Walking several blocks $\qquad$

i. Walking one block. $\qquad$

j. Bathing or dressing yourself. $\qquad$


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?
a. Cut down on the amount of time you spent on work or other activities


No
b. Accomplished less than you would like $\qquad$

c. Were limited in the kind of work or other activities $\qquad$

d. Had difficulty performing the work or other activities (for example, it took extra effort) $\qquad$

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)?
a. Cut down on the amount of time you spent on work or other activities $\qquad$

b. Accomplished less than you would like $\qquad$

c. Didn't do work or other activities as carefully as usual $\qquad$

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?

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

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

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 |

c. have you felt so down in the dumps that nothing could cheer you up? $\qquad$

d. have you felt calm and peaceful?.....

e. did you have a lot of energy? ...........

f. have you felt downhearted and blue? $\qquad$

g. did you feel worn out? $\qquad$

h. have you been a happy person?......

i. did you feel tired? $\qquad$

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 <br> the time | Most of <br> the time | Some of <br> the time | A little of <br> the time |
| :---: | :---: | :---: | :---: | | None of |
| :---: |
| the time |

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 $\qquad$ |  | ${ }_{2} \text { L }$ |  |  |  |
| b. I am as healthy as anybody I know..... | ${ }_{1} \square$ | ${ }_{2} \square$ | ${ }_{3} \square$ | ${ }_{4}$ |  |
| c. I expect my health to get worse .......... | ${ }_{1} \square$ | $\square$ | 3 |  |  |
| d. My health is excellent....................... | ${ }_{1} \square$ | ${ }_{2}$ | ${ }_{3} \square$ | ${ }_{4} \square$ |  |

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........................................ | ${ }_{1} \square$ | $\square$ | ${ }_{3} \square$ |
| b. Dressing..................................... | $\square$ | ${ }_{2} \square$ | ${ }_{3} \square$ |
| c. Eating......................................... | ${ }_{1} \square$ | ${ }_{2} \square$ | ${ }_{3} \square$ |
| d. Getting in or out of chairs ................ | $\square$ | 2 | ${ }_{3} \square$ |
| e. Walking ........................................ | $1 \square$ | ${ }_{2} \square$ | ${ }_{3} \square$ |
| f. Using the toilet ............................. | ${ }_{1} \square$ | ${ }_{2} \square$ | ${ }_{3} \square$ |

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
a. Chest pain or pressure when you exercise $\qquad$
$\square$


Most of the time

## Some of the time

A little of
the time


None of the time

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

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 <br> the time | Most of <br> the time | Some of <br> the time | A little of <br> the time | None of <br> the time |
| :---: | :---: | :---: | :---: | :---: |

a. Numbness or loss of feeling in your feet. $\qquad$
$\square$

b. Ankles or legs that swell as the day goes on. $\qquad$
$\square$

c. Tingling or burning sensation in your feet especially at night. $\qquad$

d. Decreased ability to feel hot or cold with your feet. $\qquad$


e. Sores or wounds on your feet that did not heal $\qquad$


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


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

17. Can you see well enough to read newspaper
print (with your glasses or contacts if that's how
17. Can you see well enough to read newspaper
print (with your glasses or contacts if that's how you see best)? $\qquad$
Yes
No
18. Can you hear most of the things people say (with a hearing aid if that's how you hear best)? $\qquad$
$\square$

19. Do you now have acid indigestion or heartburn? $\qquad$

20. Do you have difficulty controlling urination? $\qquad$

## Has a doctor ever told you that you had:

## Yes

21. Hypertension or high blood pressure $\qquad$

22. Angina pectoris or coronary artery disease. $\qquad$

23. Congestive heart failure $\qquad$

24. A myocardial infarction or heart attack. $\qquad$

25. Other heart conditions, such as problems with heart valves or the rhythm of your heartbeat $\qquad$

26. A stroke $\qquad$


27. Emphysema, or asthma, or COPD (Chronic Obstructive Pulmonary Disease) $\qquad$


28. Crohn's disease, ulcerative colitis, or inflammatory bowel disease. $\qquad$


Has a doctor ever told you that you had:
Yes
No

29. Arthritis of the hip or knee $\qquad$

30. Arthritis of the hand or wrist $\qquad$


31. Sciatica (pain or numbness that travels down your leg to below your knee)

32. Diabetes, high blood sugar, or sugar in the urine $\qquad$


33. Any cancer (other than skin cancer) $\qquad$


## 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.)


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

35. Are you currently under treatment for:
a. Colon or rectal cancer ....................................................

b. Lung cancer $\qquad$

c. Breast cancer $\qquad$

d. Prostate cancer $\qquad$

36. In the past 4 weeks, how often has low back pain interfered with your usual daily activities (work, school or housework)?

| All of <br> the time | Most of <br> the time | Some of <br> the time | A little of <br> the time | None of <br> the time |
| :---: | :---: | :---: | :---: | :---: |
| $\square$ | $\square$ | $\square$ | $\square$ |  |

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 <br> the time | Most of <br> the time | Some of <br> the time | A little of <br> the time | None of <br> the time |
| :---: | :---: | :---: | :---: | :---: |
| $\square$ | $\square$ | $\square$ | $\square$ |  |

38. In the past year, have you had 2 weeks or more during which you felt sad, blue or depressed; or when you lost interest or pleasure in things that you usually cared about or enjoyed? $\qquad$

39. In the past year, have you felt depressed or sad much of the time? $\qquad$

40. Have you ever had 2 years or more in your life when you felt depressed or sad most days, even if you felt okay sometimes? $\qquad$

41. In general, compared to other people your age, would you say that your health is:
$\square$ Excellent
${ }_{2} \square$ Very good
${ }_{3} \square$ Good

Fair
$\square$ Poor
42. Have you ever smoked at least 100 cigarettes in your entire life?

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

Every day $\rightarrow$ Go to Question 45

Some days $\rightarrow$ Go to Question 45

Not at all $\rightarrow$ Go to Question 44
$\square$ Don't know $\rightarrow$ Go to Question 46
44. How long has it been since you quit smoking cigarettes?


6 months or more $\rightarrow \quad$ Go to Question 46
$\square$ Don't know
$\rightarrow \quad$ Go to Question 46
45. In the last 6 months, on how many visits were you advised to quit 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?


Female
48. Are you of Hispanic or Spanish family background?

Yes

No
49. How would you describe your race?


American Indian or Alaskan Native


Asian or Pacific Islander


Black or African American


WhiteAnother race or multiracial
50. What is your current marital status?
${ }_{1} \square$ Married


Divorced


Separated


Widowed
${ }_{5} \square \quad$ Never married
51. What is the highest grade or level of school that you have completed?


8th grade or less


Some high school, but did not graduate


High school graduate or GED


Some college or 2 year degree4 year college graduateMore than a 4 year college degree
52. Is the house or apartment you currently live in:


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
$5 \square$
None of the above
53. Is this house or apartment in a retirement community, building or complex?


## If you answered "yes" to question 53 above,

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

55. Who completed this survey form?
${ }_{1} \square$ Person to whom survey was addressed $\rightarrow$ Go to Question 57
${ }_{2} \square$ Family member or relative of person to whom the survey was addressed
${ }_{3} \square$ Friend of person to whom the survey was addressed
${ }_{4} \square$
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.


First Name

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

$$
\begin{aligned}
& { }_{1} \square \text { Less than } \$ 5,000 \\
& { }_{2} \square \text { \$5,000-\$9,999 } \\
& { }_{3} \square \\
& \text { \$10,000 - \$19,999 } \\
& { }_{4} \square \\
& \text { \$20,000 - \$29,999 } \\
& { }_{5} \square \\
& \text { \$30,000 - \$39,999 } \\
& { }_{6} \square \\
& \text { \$40,000 - \$49,999 } \\
& { }_{7} \square \\
& \text { \$50,000 - \$79,999 } \\
& { }_{8} \square \text { \$80,000-\$99,999 } \\
& { }_{9} \square \\
& \$ 100,000 \text { or more }
\end{aligned}
$$

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

