

FIVE STEPS TO USE HOWSYOURHEALTH.ORG WELL

1.

By registering you received a code for your patients to use. For example, “IP0007”. When a patient enters that code a summary of their responses will be available in real time for practice “IP0007” to review. **Find that code and the password (part of your name and a number).**


2.

Go to howyourhealth.org and complete a survey using this code. Have your office staff do it too. You can act really sick to see how the survey and responses change. Notice how the forms change depending on a patient’s responses. They are given the chance to review the output forms at the end. The following is the “end screen.”



You Have Completed the HowsYourHealth Check-up.

This is a CheckList Review of Your Choices
A Check ✓ Means That You Have Seen the Form

<p>For information about thousands of HowsYourHealth users like you, browse the book.</p> <div style="text-align: center;">  <p>Learn More</p> </div> <p><u>Other trusted web-links</u></p> <p style="text-align: center;"><u>Webmaster</u></p>	<p style="text-align: center;"><i>Choose from the checklist to visit any</i></p> <ul style="list-style-type: none"> ✓ <u>Your Summary</u> -- a summary of your responses to the survey and recommended readings. ✓ <u>Your Action Form</u> -- a summary of your responses for your doctor or nurse. ✓ <u>Your Management Form and Diary</u> -- a summary of helpful suggestions for high blood pressure, diabetes, heart disease, and lung disease. ✓ <u>Your Readings</u> -- information for what matters to you that can be reviewed by you anytime by reentering HowsYourHealth. <p><u>Problem Solving</u> -- a great way to begin working on any problem--large or small</p> <p><u>Your Personal Health Record</u> -- for you to take anywhere.</p> <p style="text-align: center;"><i>Special for You.</i></p> <ul style="list-style-type: none"> ✓ You can <u>email</u> your action form to your doctor ✓ You can <u>sign up</u> for a special health program <p style="text-align: right; font-weight: bold; font-size: 1.2em;">EXIT</p>

Below on the left is a form clinicians rely on, the “Action Form.” Patient assets are listed at the top of the form and their needs are below the assets. On the left of the Action Form each individual need is listed. On the lower right are risk categories that are often based on a summary of needs. Above the risk categories are the readings that were offered to the patient. It is often easy to review with the patient, circle a need or reading or risk and write some instructions or comments in the middle column.

The “chronic management form lets a patient compare his or her disease management with reasonable standards. Clinicians who feel that the standard are too lenient or strict can adjust them with the patient.

HowsYourHealth.org

SAMPLE ACTION FORM

NEEDS	What Matters What is the Matter	Information Given
FUNCTION Difficulty with feelings Difficulty with pain	↓	<ul style="list-style-type: none"> • Exercise and Physical Activity • Health Habits and Health Decisions • Feeling and Emotional Care • Pain • Sexual Questions • Skin Problem • Tiredness and Sleep Problems
SYMPTOMS/BOTHERS Abdominal pain Dizziness/Tiredness Skin problems Joint pain Back pain Trouble sleeping	↓	<ul style="list-style-type: none"> • Needs extra self-management support • 3 or more meds, more than 3 conditions, or smoker, or alcohol > 10/week • Major functional limit or more than three bothersome problems • Good health habits and no other risk
CONCERNS OR FAMILY HISTORY Preventing cancer/heart disease		
HABITS Smoker		
PREVENTION Lacks essential money More than 3 medications No education about birth control/sexual diseases	↓	
OTHER Asthma • Diabetes • Hypertension		

Condition Management Form

Persons who have conditions or diseases like yours can GREATLY improve their health and their medical care by three simple steps:

1. Learning about how the care you have been getting might be made better.
2. Learning if there are things you should be aware of.
3. Keeping track of your condition by writing down what you know.

You have the following disease(s) or condition(s):

- High Blood Pressure
- Asthma

Your care of these conditions may have been made difficult because of:

- Not as good information about condition(s)
- Not much assistance helping you with the condition(s)

High blood pressure areas: <ul style="list-style-type: none"> • You have not received good education about: <ul style="list-style-type: none"> - The effect of weight and salt on our blood pressure - The problems blood medications might cause you • You seldom check your blood pressure • In the past four weeks, your systolic blood pressure was higher than 150 or lower than 100 	Things you should be aware of: <ul style="list-style-type: none"> • your blood pressure should be no higher than 130/90, even for those 70 years of age or older • avoid high salt • peak time breathing tests sometimes help with medicine adjustment • inhaled "steroids" often help if you are short of breath most of the time
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Long disease or breathing areas:

- You may not be using an inhaled steroid

These are general hints for management. Some are in medical language. You may want to talk about what is written on this sheet with a doctor or nurse when you show them your "Action Plan".

3.

Now go to the section on howyourhealth for “physicians and businesses” and at least peruse all of it. This section briefly describes howyourhealth and the way you can customize it and see your data in real time.



4.

Now go into footnote #10, “your customizable items.” now re-enter your passcode “IP0007” and your password and request summary data. You will be able to see the responses you and your staff completed.

Now return to the customization screen and choose “add an open-ended question.” write in “we are always trying to make our health care better. Please write here any suggestion you might have to make our care better.” Now choose “enter”. (You can change/eliminate wording at any time..)

Finally, return to the customization screen and enter an email address for your patients to send their action form. Again choose enter. Then complete a survey and test the email. If it does not, check your spam filter or contact your ISP to be sure howsyouhealth is not blocked.

Welcome to the howsyouhealth.com customization screen

Your patients will be able to respond to your custom options after entering the passcode when requested. You may also automatically enter the passcode for them if they enter from a howsyouhealth link from your personal website.

Use the address: http://www.howsyouhealth.com/cgi-bin/start.py?Q0x=YOUR_PASSCODE

[Click here to return to the Administrative menu](#)

[Click here to return to the HowsYourHealth.com homepage](#)

Or please choose which option you would like to modify :

- Add Up to 10 Subgroups for sorting information
- Modify or add 5 questions for those 9-18
- Modify or add 5 questions for those 19-69
- Modify or add 5 questions for those older than 70
- Add an open-ended question
- Add/modify instructions in letter
- Add message to clinician on action form
- Offer special health/disease management and registry
- Offer email transmission of action form and registry
- Offer preprinted copies of educational materials
- Request Summary Data
- Add request for personal identifier

Sample of summary data in most commonly requested categories (columns). The rows correspond to the survey items. The last five rows are your custom questions. You can download a PDF version of the survey at “physicians and businesses” for the scoring conventions.

	All Records	Women	Men	Younger Women (19-49)	Older Women (50-69)	Younger Men (19-49)	Older Men (50-69)	Hypertension	Hardening of Arteries	Diabetes	Arthritis	Respiratory Disease	Obesity >15%	Income Problems
Respondent Characteristics	177	149	28	104	45	11	17	37	7	14	20	21	35	21
Younger Women	58.76	69.80	0.00	100.00	0.00	0.00	0.00	43.24	28.57	50.00	35.00	66.67	65.71	80.95
Older Women	25.42	30.20	0.00	0.00	100.00	0.00	0.00	40.54	42.86	28.57	55.00	14.29	22.86	4.76
Younger Men	6.21	0.00	39.29	0.00	0.00	100.00	0.00	5.41	0.00	0.00	0.00	4.76	2.86	0.00
Older Men	9.60	0.00	60.71	0.00	0.00	0.00	100.00	10.81	28.57	21.43	10.00	14.29	8.57	14.29
	All Records	Women	Men	Younger Women (19-49)	Older Women (50-69)	Younger Men (19-49)	Older Men (50-69)	Hypertension	Hardening of Arteries	Diabetes	Arthritis	Respiratory Disease	Obesity >15%	Income Problems
Respondent Diagnoses	177	149	28	104	45	11	17	37	7	14	20	21	35	21
% with Hypertension	20.90	20.81	21.43	15.38	33.33	18.18	23.53	100.00	42.86	57.14	50.00	19.05	40.00	14.29
% with Hardening of Arteries	3.95	3.36	7.14	1.92	6.67	0.00	11.76	8.11	100.00	7.14	10.00	0.00	2.86	4.76
% with Diabetes	7.91	7.38	10.71	6.73	8.89	0.00	17.65	21.62	14.29	100.00	10.00	9.52	25.71	4.76
% with Arthritis	11.30	12.08	7.14	6.73	24.44	0.00	11.76	27.03	28.57	14.29	100.00	23.81	17.14	14.29
% with Respiratory	11.86	11.41	14.29	13.46	6.67	9.09	17.65	10.81	0.00	14.29	25.00	100.00	22.86	28.57

5.

Now you must ask patients aged 50-69 (if you are an adult practice) to use howsyourhealth. Do Not ask patients with an acute illness...focus on those having routine follow-up for a condition or a “check-up.”

Best to request and give a reminder card or give a letter prior to an appointment. A sample letter, a poster, and patient handouts are available at “for physicians and businesses.”



HOW'S YOUR HEALTH?

What you can do to make your health and health care better.

For a great health survey go to www.howsyourhealth.org and enter **PASS CODE # 434HAS**

The online survey takes about 10 minutes to complete and when you're done, you'll have:

- Specific and actionable information about your state of health.
- A report that summarizes the important issues that you have identified. This report also refers you to other reading materials based on your responses to the survey.
- An action item that you can email directly to your doctor or nurse to discuss at your next office visit.
- A better understanding of your priorities and issues to help you become a better self-manager of your health.
- A useful problem-solving tool that you can access again and again.

www.howsyourhealth.org



HOW'S YOUR HEALTH?

We can and we should take control of our Health and our Health Care.

Your personalized guide to better health.

Information alone will not improve your health and health care. Good self-care and problem-solving skills are also needed.

HowsYourHealth offers helpful tools to improve self-care and problem-solving.

HowsYourHealth wants patients to communicate better with doctors and nurses so they can confidently say:

All of the time my doctor and nurse are aware of what really bothers me... what really matters to me.

I have received as much help and support as I need from my doctor and nurse to help me manage and control most of my health problems.

www.howsyourhealth.org