

# Patient Activation

(also known as Patient Activation Measure)

East Bay  
Nephrology  
Medical Group

This confidential, 5-minute survey, called the **Patient Activation Measure**, helps your kidney doctor and VillageHealth team better understand your needs and how to help you. Once we receive your completed survey, we will review it with your kidney doctor and you. Together, we will make health goals and an action plan to reach them.

Once your survey is complete, please return it to your kidney doctor or mail it with the prepaid envelope.

## When taking the survey:

- Be truthful
- Do not let what others think or say affect your answers
- Know that there are no right or wrong answers, and it is OK to disagree with a statement

## Questions?

Call your kidney doctor or VillageHealth: 800-767-0063 or TTY #711 (7 a.m. to 7 p.m., Monday through Friday). These times are EST, or Eastern Standard Time.



Name: \_\_\_\_\_  
 Date of birth: \_\_\_\_\_  
 Medicare #/ID: \_\_\_\_\_  
 Today's date: \_\_\_\_\_  
 Practice name: \_\_\_\_\_

Below are statements people sometimes make when they talk about their health. Please indicate how much you agree or disagree with each statement as it applies to you personally.

Circle the answer that is most true for you today. If the statement does not apply, select N/A.

1.	When all is said and done, I am the person who is responsible for taking care of my health.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
2.	Taking an active role in my own health care is the most important thing that affects my health.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
3.	I am confident I can help prevent or reduce problems associated with my health.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
4.	I know what each of my prescribed medications do.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
5.	I am confident that I can tell whether I need to go to the doctor or whether I can take care of a health problem myself.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
6.	I am confident that I can tell a doctor concerns I have even when he or she does not ask.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
7.	I am confident that I can follow through on medical treatments I may need to do at home.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
8.	I understand my health problems and what causes them.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
9.	I know what treatments are available for my health problems.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
10.	I have been able to maintain (keep up with) lifestyle changes, like eating right or exercising.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
11.	I know how to prevent problems with my health.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
12.	I am confident I can figure out solutions when new problems arise with my health.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
13.	I am confident that I can maintain lifestyle changes, like eating right and exercising, even during times of stress.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A