MY HEALTH CONFIDENCE

What number best describes your:

**Health confidence**
How confident are you that you can control and manage most of your health problems?

![Health confidence scale](image)

If your rating is less than “7,” what would it take to increase your score?

**Health information**
How understandable and useful is the information your doctors or nurses have given you about your health problems or concerns?

![Health information scale](image)

If your rating is less than “7,” what would it take to increase your score?