

How Good a Health Consumer Are You?

Directions:

Select the response that best describes your typical health behavior. After completing this survey, total your points and assess your competence regarding health-care products and services.

- 1 = I never act this way (N)
- 2 = I sometimes act this way (S)
- 3 = I act this way most of the time (M)
- 4 = I always act this way(A)

	N	S	M	A
1. When moving to a new location, I seek recommendations from friends and ask for referrals from physicians who have treated me in the past whom I respect before I get ill.	1	2	3	4
2. I schedule an interview with health professionals prior to treatment to determine if I am comfortable with them.	1	2	3	4
3. I ask about costs of health-care procedures even if I have health insurance.	1	2	3	4
4. I carefully assess my symptoms and go to the doctor only when necessary.	1	2	3	4
5. I get second opinions when I am unsure of what my physician tells me.	1	2	3	4
6. I ask my physician why a test is being given and what my options are before I allow that test to be performed.	1	2	3	4
7. I follow recommended guidelines for health exams, inoculations, and self-care.	1	2	3	4
8. Whenever I receive a prescription drug, I follow the directions on the bottle exactly, using all medications in the prescribed time period.	1	2	3	4
9. I am aware of differences in prices at various pharmacies and comparison-shop whenever possible.	1	2	3	4
10. When my peers make statements that are obviously incorrect about "health alternatives," I tactfully point out their errors.	1	2	3	4
11. I am aware of my own body and seek medical care quickly when unusual changes occur.	1	2	3	4
12. I attempt to obtain my health information from reputable sources rather than from tabloids.	1	2	3	4
13. I carefully scrutinize health-related advertisements and news items.	1	2	3	4
14. I read the labels of health products and follow instructions carefully.	1	2	3	4

