

Quality of Health Care Coverage

In this assessment, answer questions based on the health care coverage you had in your family of origin or in your current family (pick only the most relevant one). Answer each question as accurately as possible. Do not look at the key until after the assessment is completed.

- 1 T/F. I have had adequate health care coverage most of my life
- 2 T/F. I am rarely sick
- 3 T/F. I am comfortable talking to my doctor
- 4 T/F. I sometime ask my doctor questions if I disagree with him/her
- 5 T/F. Financially, we can take our children to the doctor at any time
- 6 T/F. Our co-pays are too high
- 7 T/F. Our insurance does not cover the major medical problems adequately
- 8 T/F. I have had to use welfare medical coverage in my life
- 9 T/F. It could break us financially if one of us gets seriously ill
- 10 T/F. I haven't seen the dentists in years because it cost too much
- 11 T/F. If people want health coverage, they'd better be willing to pay for it
- 12 T/F. I've gone for weeks without seeking medical help for something that was bothering me
- 13 T/F. I sometimes don't have enough money to pay for my medicines
- 14 T/F. At least one person in the family is on a lifelong medication program
- 15 T/F. If I had an accident requiring some medical help, I don't know who I'd go to
- 16 T/F. It's alright for other family members to get sick but I can't
- 17 T/F. Medical coverage ought to be available to everyone in this country
- 18 T/F. If I had been covered better, then I would be healthier today
- 19 T/F. We put off going to the doctor as long as possible
- 20 T/F. I have few rights as a patient
- 21 T/F. I get a physical exam every year
- 22 T/F. My insurance company won't pay for care that I deserve
- 23 T/F. Doctors simply get overpaid for what they do
- 24 T/F. I often use natural medical interventions
- 25 T/F. I use massage therapy
- 26 T/F. I use chiropractic therapy
- 27 T/F. I use pharmaceutical interventions (medications)
- 28 T/F. Doctors don't have all of the answers
- 29 T/F. No one has all of the medical answers
- 30 T/F. Medical expenses eat up our budget
- 31 T/F. Overall our medical coverage exceeds our needs
- 32 T/F. Sometimes I use a healer rather than a trained medical type
- 33 T/F. My doctor and nurse sometimes treat me disrespectfully
- 34 T/F. Law suits against medical providers bring balance to the medical system
- 35 T/F. Overall I'm a well person

Key: 1=T, 2=T, 3=T, 4=T, 5=T, 6=F, 7=F, 8=F, 9=F, 10=F, 11=F, 12=F, 13=F, 14=F, 15=F, 16=F, 17=T, 18=F, 19=F, 20=F, 21=T, 22=F, 23=T, 24=T, 25=T, 26=T, 27=T, 28=T, 29=T, 30=F, 31=T, 32=T, 33=F, 34=F, 35=T. **Your Score** ____.

This assessment is biased toward adequate, healthy, and balanced health care coverage. A score of **35** indicates very balanced health care coverage. A score of **0** indicates very unhealthy coverage. Most people would score somewhere in between. Do you have any concerns about issues associated with the questions above? Discuss them with a family member, close friend, or health care provider. Are there choices you can make to improve upon the situation?