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=F,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?