

What Matters To Me Questionnaire

This instrument is designed to help you communicate with your physicians and other care providers about what really matters to you in your relationships with the health care system.

Although one may not always get everything one wishes for, this is a chance to share your preferences and values with regards to the healthcare you receive.

When answering the questions it may be helpful to think of times you felt that your medical care needs were not met.

Please rank the choices in order of importance to you.

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1. When interacting with your physicians and other providers which qualities do you value the most? Please rank in order of importance.

A	Knowledge	
B	Kindness	
C	Being on time	
D	Efforts to connect with me as human being and not just as a patient	
E	Listening Skills	
F	Involving me in decision-making	
G	Explaining things fully and in the way I understand them	

List other expectations: _____

2. My personal responsibility for my health is: Please rank in order of importance.

A	Learn as much as I can about my condition and be actively involved in decision making	
B	Exercise, diet and lead a healthy lifestyle	
C	Follow medical recommendations given	

List other responsibilities: _____

3. Regarding lab or diagnostic tests that my providers may recommend:
Please rank in order of importance.

A	I only want the absolute critical tests to be performed	
B	I want all the tests that could be helpful to understand my condition better	
C	I want to understand how important they are before I get them done	

List other concerns: _____

4. Regarding medications that my doctor may prescribe: Please rank in order of importance.

A	I want to know exactly what I am taking and why	
B	I want the absolute minimum that I need to take for my condition	
C	I want to take anything that can possibly help my condition	
D	I want to understand the side effects of each medication thoroughly before accepting the prescription	
E	I want the freedom to try alternative medicine and herbal supplements	

List other preferences: _____

5. Regarding overall healthcare expenses including medications and tests:
Please rank in order of importance.

A	I want to know exactly what I am being charged for	
B	I want to know what my health insurance covers	
C	I want to minimize my healthcare expenditure	
D	I am willing to spend whatever I need to take care of my health	

List other concerns: _____

6. Additional comments. What else matters to me? (you may use this space to describe things that you wish were better in the way healthcare is delivered):

Thank you