



PROMIS Global Health Check

Self-check monthly, quarterly, annually or as often as you wish

DATE CHECKED:

FEEL and FUNCTION WELL

In general, would you say your health is....



In general, would you say your quality of life is....



In general, how is your physical health?



In general, how would you rate your mental health, including your mood and your ability to think?



In general, how would you rate your satisfaction with your social activities and relationships?



In general, how well do you carry out your usual social activities and roles like home, work, community activities, parent, child, spouse, employee, friend responsibilities?



To what extent are you able to carry out everyday physical activities like walking, climbing, stairs, carrying groceries, moving a chair?



In the past 7 days - How often have you been bothered by emotional problems such as feeling anxious, depressed or irritable?



In the past 7 days, how was for fatigue on average?



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