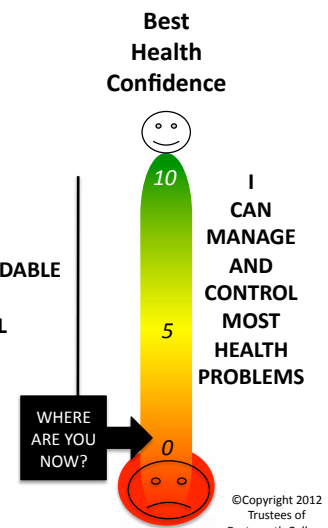
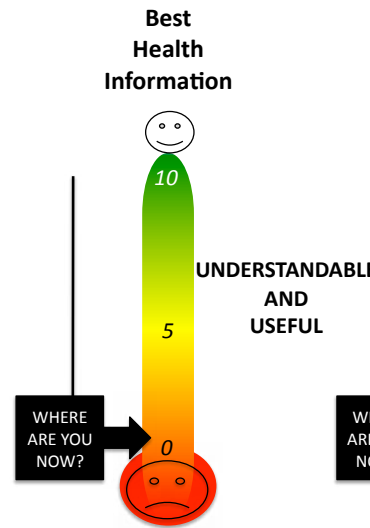
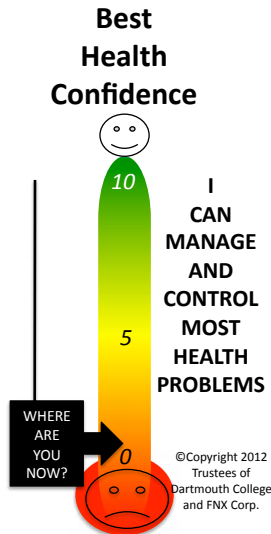


A "HealthConfidometer"

Whenever You Think About or Talk About Your Health and Health Care

Mark a "10" if you are very confident you can control and manage most of your health problems.

Mark a "0" if you are not very confident.



Best Information: Mark a "10" if the information your doctor or nurse gave you about your health problems or concerns has been excellent. Mark a "0" if the information has been poor.

Best Confidence: Mark a "10" if you are very confident you can control and manage most of your health problems. Mark a "0" if you are not very confident.

Go to www.HealthConfidence.org to improve your health confidence, health information, and health care.

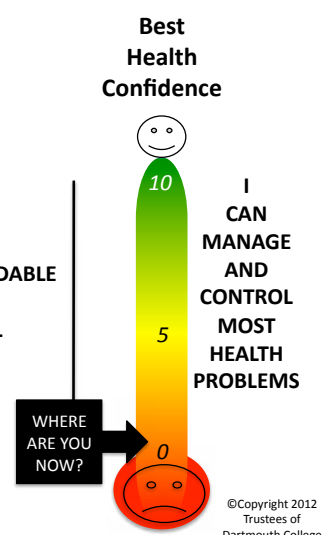
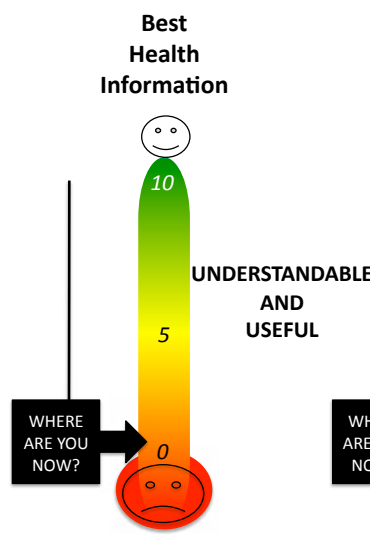
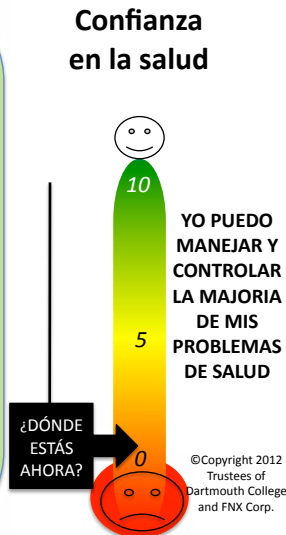
A "HealthConfidometer"

(El medidor de Confianza en la Salud)

Cuando usted piensa o habla de su salud o su cuidado de salud

Marque un "10" si usted está muy seguro de que usted puede controlar y manejar la mayor parte de sus problemas de salud.

Marque un "0" si no está muy seguro.



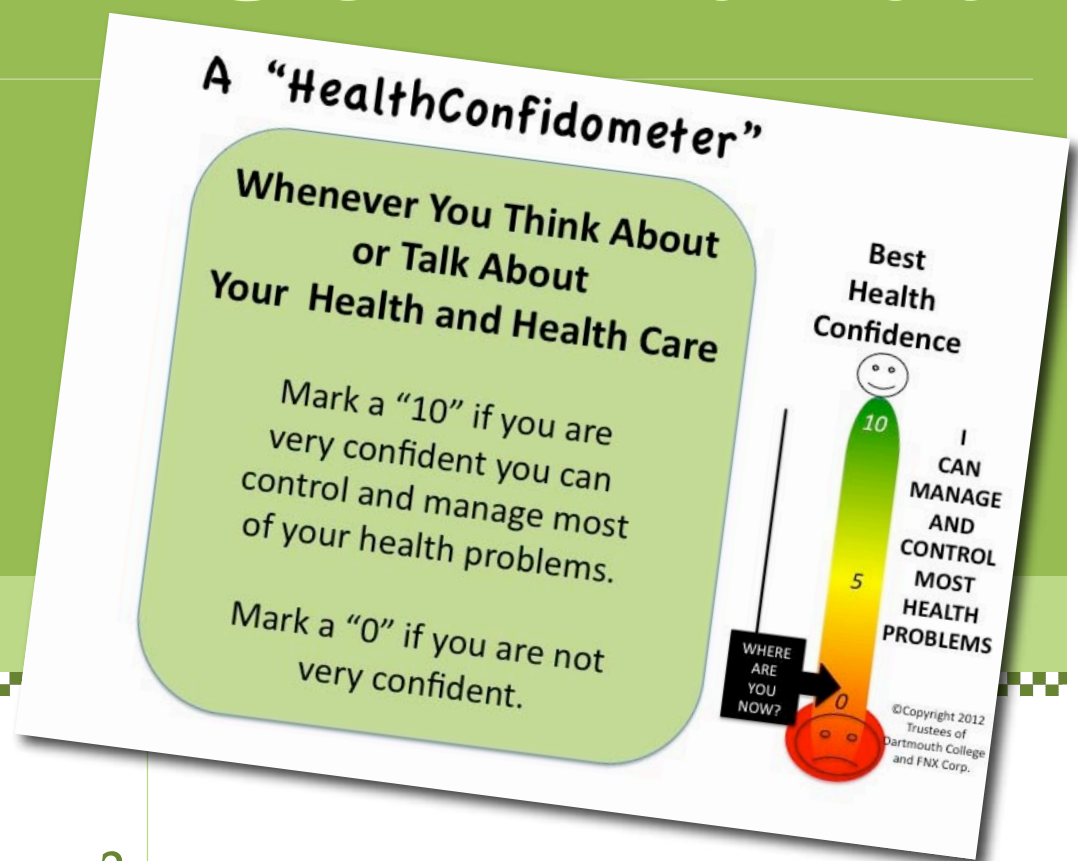
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Go to www.HealthConfidence.org to improve your health confidence, health information, and health care.

Health Confidence

Many Are
Choosing to
Be
Health
Confident
How About
You?



What is Health Confidence?

You are very
Health Confident when
you can mark an "8", "9"
or "10" in the green
section of the
"Health Confidometer."

Only 4 of every 10 adults
are now very confident
they can control and
manage their health
problems and concerns.

Your Health Confidence Makes a Major Difference

When you have high health confidence
scientific studies show that you can expect
to live better, be at less risk, and have fewer
unnecessary hospitalizations or uses of the
emergency room.

Research also shows that everyone can
become more health confident and active in
managing or controlling health problems or
health concerns.

Health Confidence And You

How To Use Your
Health Confidence
to Live Better,
Reduce Risk and
Save Money



You will be on your way to better Health Confidence if you use the “**HealthConfidometer**” and go to the non-profit **HealthConfidence.org** for a health checkup, information just for you, your personal health plan, and a chance to learn from people like you.

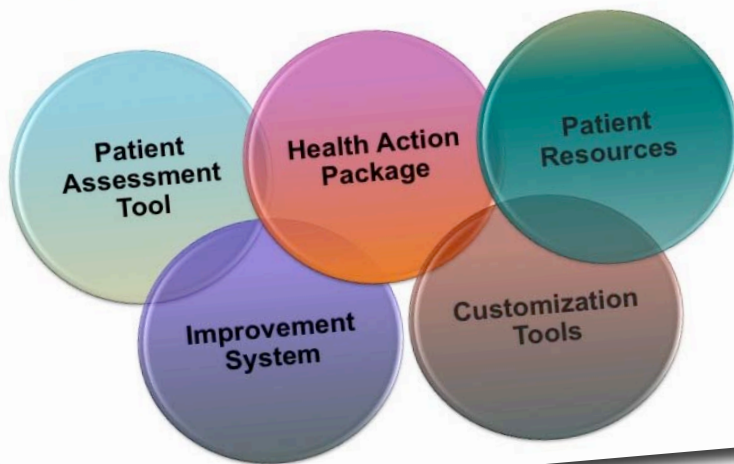
The bottom line?



Everyone can work together to make high levels of health confidence one of the most important measures for better health and health care.

As an example, if the average for Health Confidence increased on the HealthConfidometer from a “4” to a “7” many more people would live better lives and, in Massachusetts alone, hundreds of millions that would be spent on unnecessary health care could be better directed to social programs, lower insurance costs and tax reductions.

What is How's Your Health?



The www.Healthconfidence.org website provide people information tailored to their needs and an adaptable personal health plan that they can choose to make known to health professionals. It also allows users to share experiences with others and improve their skills for making decisions and solving problems. Moreover, it offers tools to increase users' confidence that they can successfully address personal risks such as obesity, smoking, excessive drinking and not exercising.

HowsYourHealth.org adds to these capabilities multiple functions tested by hundreds of thousands of patients, numerous hospitals and many office practices over many years. Examples of additional functions include customization, a registry based on patient report, automatic summary information, and much more.



Example of a version adapted for British Columbia

A Proved Complement for Health Care Professionals

HealthConfidence.org provides a family of tools to increase a population's health confidence. **HowsYourHealth.org** offers complementary functions specifically for patients of health care professionals in office or hospital settings.



Because of its many years of use in the United States and Canada you can be sure that **HowsYourHealth.org** will work for you and your patients. Also offered by the American College of Physicians and the Academy of Family Practice as a component of the Medicare Wellness Visit.

Businesses of All Sizes, Communities and Foundations



*Personal technologies combined with citizens who care are making a difference in the quality and efficiency of health care. **Healthconfidence.org** is both a non-political and ideology free initiative that fosters citizen activation to bring about personal health improvement and lasting changes in the delivery of health care... easily customized for your communities, employees and resources.*

The Table says it all!

While serving the users needs the **www.HealthConfidence.org** website also anonymously summarizes for health professionals, policymakers and citizens a spectrum the population's health care experiences. These findings can be displayed in association with where users live and the health systems or practices serving them.

Association of Patient-Reported Health Confidence With Adverse and High Cost Experiences

Financial Status of Respondent	Low		Not Low	
	Not Confident	Confident	Not Confident	Confident
Personal Health Confidence				
PATIENT-REPORTED MEASURES THAT HAVE SUBSTANTIAL COST CONSEQUENCES				
Hospital or Emergency Use for Chronic Disease	26%	15%	12%	8%
More than One Hospital or Emergency Use	59%	47%	41%	27%
Hospital or ED Use Perhaps Unnecessary	54%	23%	26%	11%
Any Time Lost from Work in Past Month (< age 70)	54%	24%	35%	15%
Medication Perhaps Causing Illness	38%	14%	23%	8%
Experienced Harm in Past Year	4%	2%	3%	1%
Estimate of ED, Hospital and Medication Costs*	\$4300	\$1900	\$2300	\$1400

A United States sample of 16867 low and 64069 not low financial status adults aged 19 or older who have chronic diseases or limits in function. Confident and Not Confident differences are statistically significant after adjustment for age, gender, financial status and burden of illness.

* \$10,000 per hospitalization; \$1500 per ED Use; and \$75 per medication (Kaiser Family foundation and AHRQ). Only 25% of the differences shown above are estimated to be saved based on: Hibbard, J. H., Greene, J., & Overton, V. (2013). Patients with lower activation associated with higher costs. Health Affairs, 32(2), 216-222.

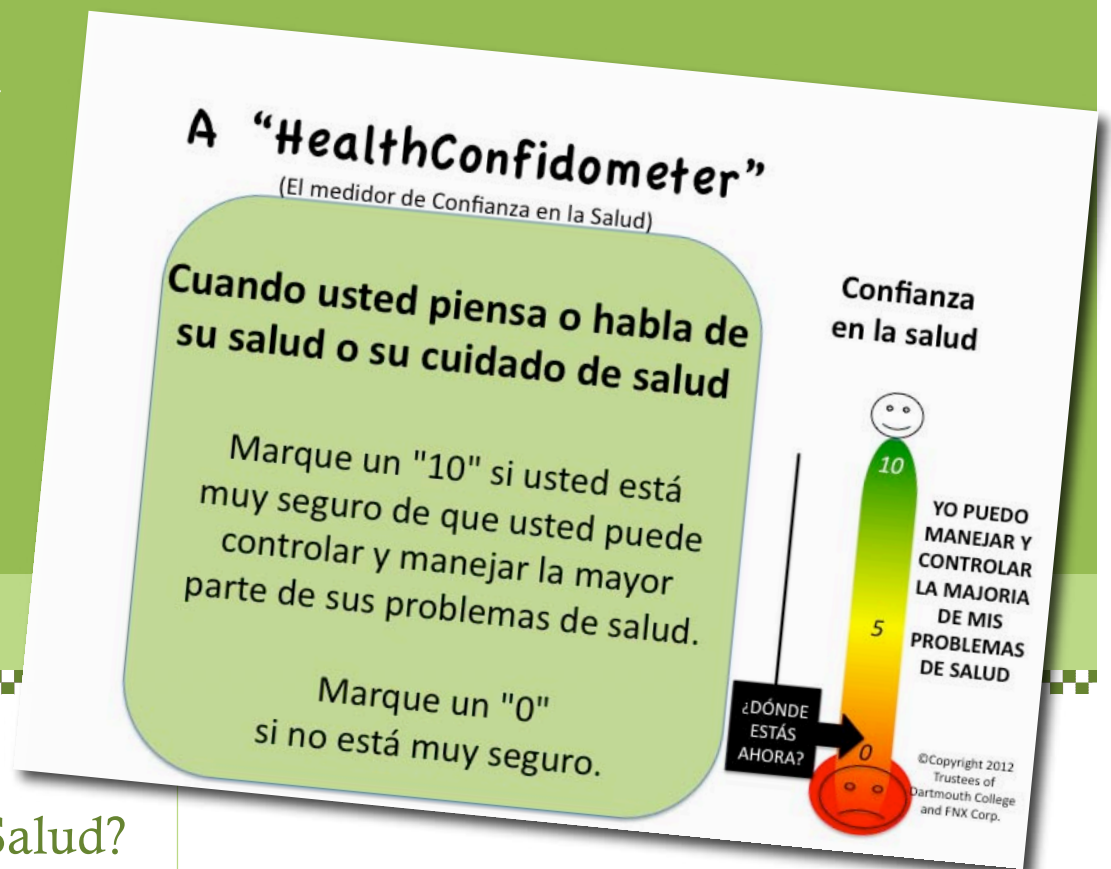
Modified from: Wasson JH. A Patient-Reported Spectrum of Adverse Health Care Experiences: Harms, Unnecessary Care, Medication Illness, and Low Health Confidence. 2013. J Ambulatory Care Manage: Vol. 36, No. 3, pp. 245-250

- ❑ This information is a powerful stimulus for reducing adverse events in health care.
- ❑ It fosters a behaviorally sophisticated, peer support system to increase health confidence.
- ❑ It simply saves money.

Confianza en la Salud

Muchos están eligiendo tener confianza de su salud

¿Y usted, lo esta?



¿Qué es Confiar en la Salud?

Tu confias en la salud cuando puede marcar un "8", "9" o "10" en la sección verde del "Health Confidometer."

Sólo 4 de cada 10 adultos están muy seguros de que pueden controlar y manejar sus problemas de salud y sus preocupaciones sobre su salud.

Su Confianza de la Salud hace una gran diferencia

Cuando usted tiene alta confianza en su salud, los estudios científicos de alta salud demuestran que se puede vivir mejor, estar en menos riesgo y tener menos hospitalizaciones o usos de la sala de emergencias innecesarias.

La investigación también muestra que todo el mundo puede llegar a ser más seguro de su salud y estar activo en el manejo o el control de problemas de salud.

Usted y la Confianza en su Salud

Cómo utilizar su Confianza en la Salud para vivir mejor, reducir el riesgo, y ahorrar dinero



Usted está en camino de mejorar la Confianza en su Salud si usted utiliza el "HealthConfidometer" y va a la página web www.HealthConfidence.org. Chequear su salud es gratis, la información es individual, así como su seguro de salud y también tendrá la oportunidad de aprender de gente. Como usted.

Lo Fundamental?



Todos podemos trabajar juntos para que los altos niveles de Confianza en la Salud ser una de las medidas utilizadas para mejorar la salud y las atenciones de la salud.

A modo de ejemplo, si el promedio de confianza en el Confidometer aumentara de "4" a "7" más personas podrían tener una vida mejor y sólo en Massachusetts, los cientos de millones que se gastan en atención médica innecesaria podrían ser dirigidos a programas sociales, logrando la reducción en los costos de los seguros y los impuestos.