



## Functional Health Assessment



### Overview

As part of your care plan, we may ask you to fill out a "functional health assessment." It's a list of questions about your health. It gives us a lot of info about your body and mind. It helps us understand what types of care you may need.

### What topics does it cover?

What topics does it cover? We ask about your medical history. We want to know about your past health problems and surgeries. We also want to know about any issues you're having now. We'll cover topics like what you eat, what activities you do and how you're sleeping. We'll ask about your emotional health. Are you happy? Do you have friendships and relationships with others?

### Personal questions

Some of the questions we ask are very personal. For example, we ask details about your peeing and pooping. We ask about your sexual feelings and activities. We ask about things like depression, anger and abuse. These questions can be embarrassing. You may not want to answer them. But it's important to be honest with your doctor so you get the care you need.

### Conclusion

A functional health assessment is an important part of your care. It helps us find and treat problems early, before they become serious. It helps us see opportunities for improving your life. To learn more, talk to your care provider.

