HEALTHIER LIVING
Participant Information Survey – Session 1

Please tell us about yourself:

1. Your Initials: ____ ____ ____ What is your zip code? | | | | | |

2. How did you find out about the Healthier Living program? (check all that apply)

   ❒ Health care professional (physician, nurse practitioner, etc.)
   ❒ Newsletter
   ❒ Voicemail message
   ❒ Health Education class, catalog, or flier
   ❒ Letter of invitation
   ❒ Flyer
   ❒ Other: _____

3. What is your gender? ❒ Female ❒ Male

4. What is your date of birth? ___ ___ / ___ ___ / ___ ___ ___ ___
   M M D D Y Y Y Y

5. Are you of Hispanic, Latino, or Spanish origin?
   ❒ Yes
   ❒ No
   ❒ Unknown

6. What is your race? (Mark all that apply.)
   ❒ American Indian or Alaska Native
   ❒ Asian or Asian-American
   ❒ Black or African-American
   ❒ Hawaiian Native or Pacific Islander
   ❒ White or Caucasian
   ❒ Other_____

7. How many people live in your household (including yourself)? _____

Please turn over to continue survey ➡

8. Are you:
- ❒ Married/living with partner
- ❒ Widowed
- ❒ Divorced/Separated
- ❒ Single/Never Married

9. Has a health care provider ever told you that you have any of the following chronic conditions? (Please mark all that apply.)
- ❒ Arthritis/ Rheumatic Disease
- ❒ Breathing/Lung Disease (e.g., Asthma, Emphysema, Bronchitis)
- ❒ Cancer
- ❒ Depression or Anxiety Disorders
- ❒ Diabetes
- ❒ Heart Disease
- ❒ Hypertension (High Blood Pressure)
- ❒ Stroke
- ❒ Osteoporosis (Low Bone Density)
- ❒ Other Chronic Condition: _____
- ❒ None (No Chronic Condition)

10. Do you currently have Medicare? Yes❒ No❒ Medi-Cal? Yes❒ No❒

11. Do you have private insurance? Yes❒ No❒
If yes, please indicate carrier below:
- ❒ Aetna
- ❒ Blue Cross/Blue Shield
- ❒ Cigna
- ❒ Kaiser Permanente
- ❒ LA Care
- ❒ PacifiCare
- ❒ SCAN
- ❒ United Healthcare
- ❒ Other Insurance Name: _____

12. Are you or your spouse a Veteran? Yes❒ No❒

13. Have you ever taken this Stanford Chronic Disease Self-Management workshop before?
- ❒ Yes
- ❒ No
- ❒ Unsure

Thank you for completing this very important questionnaire.