## Your Health

-and-

## Well-Being

This survey asks for your views about your health. This information will help keep track of how you feel and how well you are able to do your usual activities.



Thank you for completing these questions!

Excellent $\tau$	Very good τ	Good τ	Fair	Poor	<
τ	τ	τ		1 001	Very poor
		1.70	τ	τ	τ
	2	3	4	5	6
During the					ealth probler
,	- F J			8,	
Not at a	ıll Very lit	tle Some	what Qui	do	ould not physical activities
τ	τ	χ ν τ		τ	τ
1			3	4	5
4	E. A.				
<b>During the</b>	past 4 wee	ks, how m	uch diffi	culty did y	ou have doir
your daily	work, both	inside and	d outside	the home,	because of
your physic	cal health?				
2				Co	uld not
None	at			do	daily
all	A little	bit Son	ne Quit	e a lot	work
τ	τ	τ		τ	τ
	1	2	] 3	4	5
TM Health Survey right © 1998,1999 QualityM	entre per	e e esso a			

No part of the Health Survey may be reproduced or transmitted in any form or by any means – electronic, mechanical; including photocopy, recording or any information storage or retrieval system – without permission of the copyright holder.

copyright holder
Requests for permission to reproduce the SF-8<sup>TM</sup> Health Survey should be sent to Optum, 24 Albion Rd., Lincoln, RI 02865 or <a href="https://www.optum.com/optum-outcomes.html">https://www.optum.com/optum-outcomes.html</a>.

Hov	w much <u>bo</u>	dily pain h	ave you had	during the	e past 4 weel	<u>ks</u> ?
	None V	ery mild	Mild Mod	erate Seve	Very severe	1
	τ	τ	τ	τ	τ	$\cup$
	1	2	3	4	5	
					(A)	
				R	7	
			4	12.	1 0	
Du	ring the <u>pa</u>	ist 4 weeks,	how much	energy did	you have?	
	Very much	Quite a bit	Some	A little	None	7
1	τ	τ	τ	T Ittle	τ	1
				,		
	1	☐ <sup>2</sup>	3	4	5	
		.0	<b>Y</b>			
		7				
		, >				
		1				
	1	/				
Du	ring the <u>pa</u>	ist 4 weeks,	how much	did your pl	hysical healt	h or
	_	blems limi	t your usua	social acti	vities with fa	amily
or f	friends?					
5					C11	
~					Could not do social	
	Not at all	Very little	Somewhat	Quite a lot	activities	
	τ	τ	τ	τ	τ	
	Пі		3		5	
R™ Health Su	, L					3

SF-8 Standard - UK (English Version 1.0)

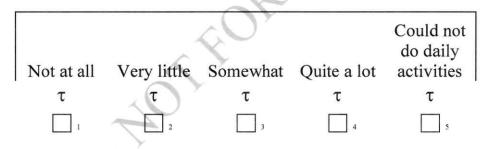
No part of the Health Survey may be reproduced or transmitted in any form or by any means - electronic, mechanical; including photocopy, recording or any information storage or retrieval system - without permission of the copyright holder

Requests for permission to reproduce the SF-8™ Health Survey should be sent to Optum, 24 Albion Rd., Lincoln, RI 02865 or https://www.optum.com/optum-outcomes.html.

7.	During the past 4 weeks, how much have you been bothered	by
	emotional problems (such as feeling anxious, depressed or	
	irritable)?	- 14

Not at all	Slightly	Moderately	Quite a lot	Extremely
τ	τ	τ	τ	Ţ
1	2	3	4	5

8. During the <u>past 4 weeks</u>, how much did personal or emotional problems keep you from doing your usual work, studies, or other daily activities?



Thank you for completing these questions!

SF-8™ Health Survey Copyright © 1998,1999 QualityMetric Incorporated. All rights reserved.

SF-8 Standard - UK (English Version 1.0)

No part of the Health Survey may be reproduced or transmitted in any form or by any means – electronic, mechanical; including photocopy, recording or any information storage or retrieval system – without permission of the copyright holder