

# A SIMPLE TOTAL HEALTH TOOL

## BETTER HEALTH THROUGH BETTER QUESTIONS

### ANSWER. ANALYZE. ACT.

#### FREE – QUICK – EASY

This **free** health tool includes a short **five question** survey and a some guidelines on how to work with the results, providing you with a simple Total Health and Wellness Assessment.

This assessment targets five specific areas of daily routines; physical, psychological/emotional, social, work/play, and outlook on life, providing a useful overview that helps pinpoint problem areas resulting in better health.

This process involves three simple steps:

- **Answer:** Get the data (listen).
- **Analyze:** Review the data (prioritize).
- **Act:** Find solutions (follow-up).

#### Step 1: Answer

To begin answer the five questions with just a **YES or NO** with no elaboration. Please answer honestly.

1. Do you have any physical challenges or problems? **YES/NO**
2. Do you have and psychological or emotional challenges or problems? **YES/NO**
3. Do you have any challenges or problems socially or making/keeping friends? **YES/NO**
4. Do you have any challenges or problems with work, school or play? **YES/NO**
5. Do you have a hard time having a good outlook on life? Feel unlucky? **YES/NO**

#### Step 2: Analyze

Now that you have answered Yes or No revisit and explore each question and rate on a scale of **1-10** (1 Poor – 10 Perfect). Total your score.

In a perfect world you would score a 50, but as we know the world is imperfect and each of us has challenges or problems, scoring a 45 or less will be normal. Lower scores may uncover some underlying issues in your daily life that could possibly be causing health issues. This tool will be useful to help diagnose and treat health issues, and help prioritize problems areas ultimately leading to better overall healthcare.

#### Step 3: Act

Once you have answered and analyzed your answers you are ready to find some solutions. List problems or challenges you are experiencing in correspondence with the survey questions to see if any of these could be a catalyst to the problem. For example:

1. Have a backache.
2. Anxious before flying.
3. Uncomfortable with new people.
4. Worried that can't learn new details at work.
5. Feel unlucky in selecting partner.

Next, try and figure out your starting solution to these challenges with the ultimate objective finding problem areas. This can help you make adjustments in your life that could benefit your overall health and help treat current problems.

It is always a great idea to go over the questions and solutions with a friend or family member for support, suggestions, and getting a more complete look on healthcare for you and your loved ones. Frequently the challenging problem is caused by another area of life that you may not have thought of. For example your backache may be due to frustration with a long commute or a boss, talking with someone else may help you discover that.

#### More Information

See [http://www.dtphope.com/case\\_studies.html](http://www.dtphope.com/case_studies.html) to view follow up suggestions with cases on how to use results.

For more ways to use this tool go to the [http://www.dtphope.com/more\\_information.html](http://www.dtphope.com/more_information.html).