

Well-Being Signs Pocket Guide

"I'd like to ask you some questions about how you are doing in your overall life. These questions may seem different than the typical questions you are asked at the VA. It is important for us to ask these questions because they will help your healthcare team provide better care to you."

For these questions, please consider the most important things that you do, or wish to do, in your daily life. This might include having a job, managing your health and finances, spending time with family and friends, or participating in leisure-time activities.

If you are not sure which response to choose, please make your best guess.

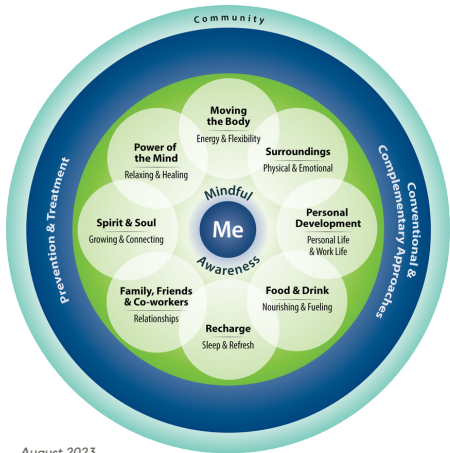
Over the past month, on average how often have you been:

- **Fully satisfied** with how things are going?
- **Regularly involved** in things that are important to you?
- **Functioning your best** in the most important things you do?



More info (VA devices only):
bit.ly/wellbeingsigns





Whole Health is VA's approach to care that supports your health and well-being. Whole Health centers around what matters to you, not what is the matter with you. Get started on your Whole Health journey today!

www.va.gov/wholehealth

