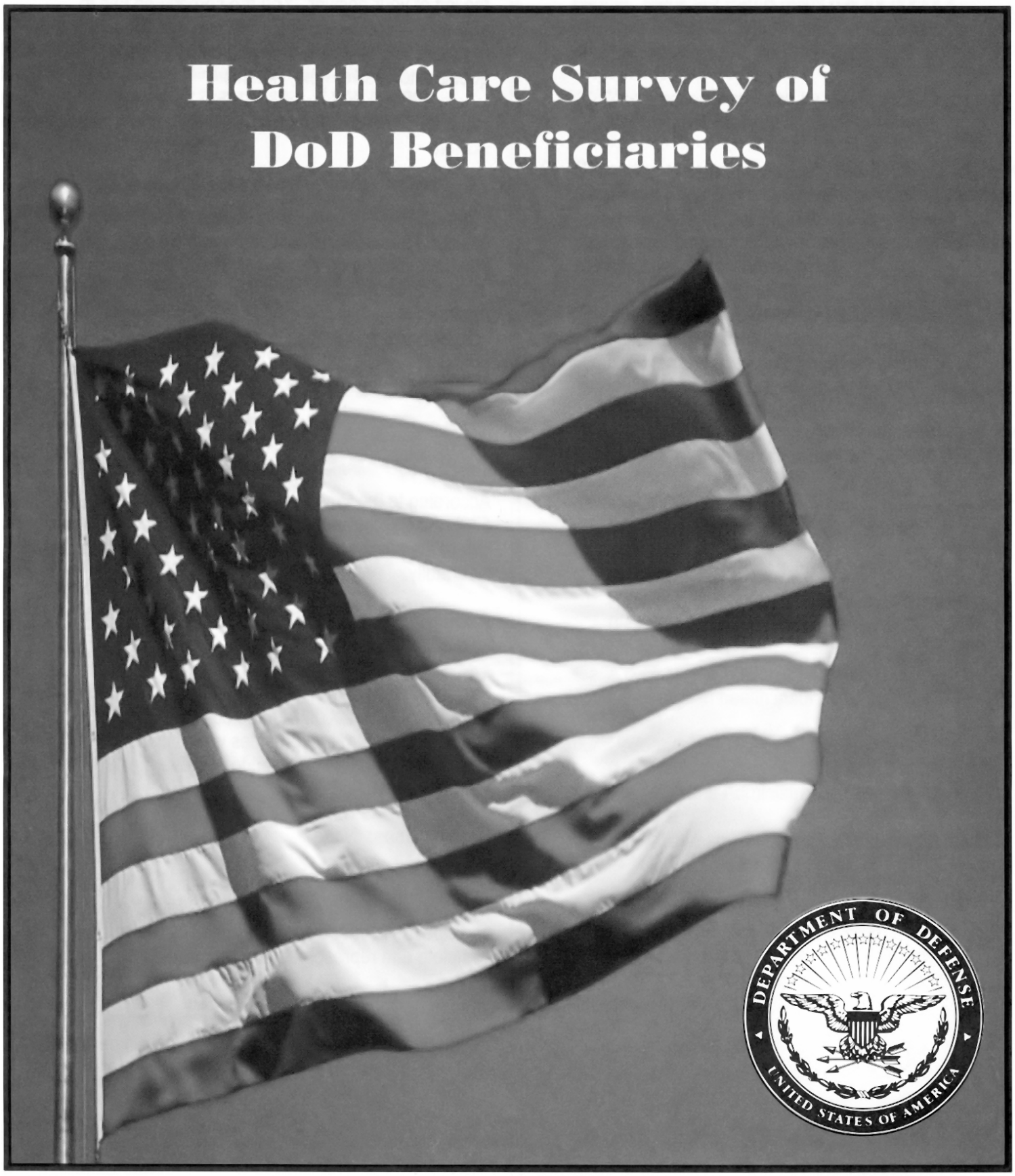
RCS: DD-HA(A) 1942
Expires: 25 July 2006

Health Care Survey of DoD Beneficiaries



8B33-01

JANUARY 2006

YOUR PRIVACY

All information that would let someone identify you or your family will be kept private. Providing information in this questionnaire is voluntary. There is no penalty if you choose not to respond. You may notice a number on the last page of this survey. This number is ONLY used to let us know if you returned your survey so we don't have to send you reminders.

According to the Privacy Act of 1974 (Public Law 93-579), the Department of Defense is required to inform you of the purposes and use of this survey. Please read it carefully.

Authority: 10 U.S.C., Chapter 55; Section 706, Public Law 102-484; E.O. 9397.

Purpose: This survey helps health policy makers gauge beneficiary satisfaction with the current military health care system and provides valuable input from beneficiaries that will be used to improve the Military Health System.

Routine Uses: None

Disclosure: Voluntary. Failure to respond will not result in any penalty to the respondent. However, maximum participation is encouraged so that data will be as complete and representative as possible.

SURVEY INSTRUCTIONS

Answer all the questions by checking the box to the left of your answer. You are sometimes told to skip over some questions in this survey. When this happens you will see an arrow with a note that tells you what question to answer next, like this:

☑ Yes ➔ ***Go to Question 42***

☐ No

Please return the completed questionnaire in the enclosed postage-paid envelope within ***seven days***. If you have misplaced the envelope, our address is:

Office of the Assistant Secretary of Defense
(Health Affairs)
c/o Synovate Survey Processing Center
PO Box 5030
Chicago, IL 60680-4138

SURVEY STARTS HERE

As an eligible TRICARE beneficiary, please complete this survey even if you did not receive your health care from a military facility.

Please recognize that some specific questions about TRICARE benefits may not apply to you, depending on your entitlement and particular TRICARE program.

This survey is about the health care of the person addressed in the cover letter. The questionnaire should be completed by that person. If you are not the addressee, please give this survey to the person named in the cover letter.

1. Are you the person whose name appears on the mailing label of this envelope? H06001

1 ☐ Yes ➔ **Go to Question 2**

2 ☐ No ➔ Please give this questionnaire to the person addressed on the envelope.

2. By which of the following health plans are you currently covered? MARK ALL THAT APPLY. H06002A-H06002P

Military Health Plans

A ☐ TRICARE Prime

C ☐ TRICARE Extra or Standard (CHAMPUS)

N ☐ TRICARE Plus

O ☐ TRICARE for Life

P ☐ TRICARE Supplemental Insurance

Other Health Plans

F ☐ Medicare

G ☐ Federal Employees Health Benefit Program (FEHBP)

H ☐ Medicaid

I ☐ A civilian HMO (such as Kaiser)

J ☐ Other civilian health insurance (such as Blue Cross)

K ☐ Uniformed Services Family Health Plan (USFHP)

M ☐ The Veterans Administration (VA)

L ☐ Not sure

3. Currently, are you covered by Medicare Part A? Medicare is the federal health insurance program for people aged 65 or older and for certain persons with disabilities. Medicare Part A helps pay for inpatient hospital care. H06003

1 ☐ Yes, I am now covered by Medicare Part A

2 ☐ No, I am not covered by Medicare Part A

4. Currently, are you covered by Medicare Part B? Medicare is the federal health insurance program for people aged 65 or older and for certain persons with disabilities. Medicare Part B helps pay for doctor's services, outpatient hospital services, and certain other services. H06004

1 ☐ Yes, I am now covered by Medicare Part B

2 ☐ No, I am not covered by Medicare Part B

5. Currently, are you covered by Medicare supplemental insurance? Medicare supplemental insurance, also called Medigap or MediSup, is usually obtained from private insurance companies and covers some of the costs not paid for by Medicare. H06005

1 ☐ Yes, I am now covered by Medicare supplemental insurance

2 ☐ No, I am not covered by Medicare supplemental insurance

6. Which health plan did you use for all or most of your health care in the last 12 months? MARK ONLY ONE. H06006 See Note 1

1 ☐ TRICARE Prime

3 ☐ TRICARE Extra or Standard (CHAMPUS)

11 ☐ TRICARE Plus

4 ☐ Medicare (may include TRICARE for Life)

5 ☐ Federal Employees Health Benefit Program (FEHBP)

6 ☐ Medicaid

7 ☐ A civilian HMO (such as Kaiser)

8 ☐ Other civilian health insurance (such as Blue Cross)

9 ☐ Uniformed Services Family Health Plan (USFHP)

10 ☐ The Veterans Administration (VA)

-5 ☐ Not sure

-6 ☐ Did not use any health plan in the last 12 months ➔ **Go to Question 8**

For the remainder of this questionnaire, the term health plan refers to the plan you indicated in Question 6.

7. How many months or years in a row have you been in this health plan?

H06007 | See Note 1

1 ☐ Less than 6 months
2 ☐ 6 up to 12 months
3 ☐ 12 up to 24 months
4 ☐ 2 up to 5 years
5 ☐ 5 up to 10 years
6 ☐ 10 or more years

YOUR PERSONAL DOCTOR OR NURSE

The next questions ask about your own health care. Do not include care you got when you stayed overnight in a hospital. Do not include the times you went for dental care visits.

8. A personal doctor or nurse is the health provider who knows you best. This can be a general doctor, a specialist doctor, a nurse practitioner, or a physician assistant. Do you have one person you think of as your personal doctor or nurse?

H06008 | See Note 2

1 ☐ Yes
2 ☐ No ➔ **Go to Question 11**

9. Using any number from 0 to 10, where 0 is the worst personal doctor or nurse possible and 10 is the best personal doctor or nurse possible, what number would you use to rate your personal doctor or nurse?

H06009 | See Note 2

0 ☐ 0 Worst personal doctor or nurse possible
1 ☐ 1
2 ☐ 2
3 ☐ 3
4 ☐ 4
5 ☐ 5
6 ☐ 6
7 ☐ 7
8 ☐ 8
9 ☐ 9
10 ☐ 10 Best personal doctor or nurse possible
-6 ☐ I don't have a personal doctor or nurse.

10. Did you have the same personal doctor or nurse before you joined this health plan?

1 ☐ Yes ➔ **Go to Question 12**
2 ☐ No

H06010 | See Note 2

11. Since you joined your health plan, how much of a problem, if any, was it to get a personal doctor or nurse you are happy with?

H06011 | See Note 2

1 ☐ A big problem
2 ☐ A small problem
3 ☐ Not a problem

GETTING HEALTH CARE FROM A SPECIALIST

When you answer the next questions, do not include dental visits.

12. Specialists are doctors like surgeons, heart doctors, allergy doctors, skin doctors, and others who specialize in one area of health care.

In the last 12 months, did you or a doctor think you needed to see a specialist?

H06012 | See Note 3

1 ☐ Yes
2 ☐ No ➔ **Go to Question 14**

13. In the last 12 months, how much of a problem, if any, was it to see a specialist that you needed to see?

H06013 | See Note 3

1 ☐ A big problem
2 ☐ A small problem
3 ☐ Not a problem
-6 ☐ I didn't need a specialist in the last 12 months.

14. In the last 12 months, did you see a specialist?

H06014 | See Note 4

1 ☐ Yes
2 ☐ No ➔ **Go to Question 16**

15. We want to know your rating of the specialist you saw most often in the last 12 months. Using any number from 0 to 10, where 0 is the worst specialist possible and 10 is the best specialist possible, what number would you use to rate the specialist?

H06015 | See Note 4

- 0 ☐ 0 Worst specialist possible
- 1 ☐ 1
- 2 ☐ 2
- 3 ☐ 3
- 4 ☐ 4
- 5 ☐ 5
- 6 ☐ 6
- 7 ☐ 7
- 8 ☐ 8
- 9 ☐ 9
- 10 ☐ 10 Best specialist possible
- -6 ☐ I didn't see a specialist in the last 12 months

CALLING DOCTORS' OFFICES

16. In the last 12 months, did you call a doctor's office or clinic during regular office hours to get help or advice for yourself?

H06016 | See Note 5

- 1 ☐ Yes
- 2 ☐ No ➔ **Go to Question 18**

17. In the last 12 months, when you called during regular office hours, how often did you get the help or advice you needed?

H06017 | See Note 5

- 1 ☐ Never
- 2 ☐ Sometimes
- 3 ☐ Usually
- 4 ☐ Always
- -6 ☐ I didn't call for help or advice during regular office hours in the last 12 months.

YOUR HEALTH CARE IN THE LAST 12 MONTHS

18. In the last 12 months, did you have an illness, injury, or condition that needed care right away in a clinic, emergency room, or doctor's office?

H06018 | See Note 6

- 1 ☐ Yes
- 2 ☐ No ➔ **Go to Question 21**

19. In the last 12 months, when you needed care right away for an illness, injury, or condition, how often did you get care as soon as you wanted?

H06019 | See Note 6

- 1 ☐ Never
- 2 ☐ Sometimes
- 3 ☐ Usually
- 4 ☐ Always
- -6 ☐ I didn't need care right away for an illness, injury or condition in the last 12 months.

20. In the last 12 months, when you needed care right away for an illness, injury, or condition, how long did you usually have to wait between trying to get care and actually seeing a provider?

H06020 | See Note 6

- 1 ☐ Same day
- 2 ☐ 1 day
- 3 ☐ 2 days
- 4 ☐ 3 days
- 5 ☐ 4-7 days
- 6 ☐ 8-14 days
- 7 ☐ 15 days or longer
- -6 ☐ I didn't need care right away for an illness, injury or condition in the last 12 months.

21. A health provider could be a general doctor, a specialist doctor, a nurse practitioner, a physician assistant, a nurse, or anyone else you would see for health care.

In the last 12 months, not counting the times you needed health care right away, did you make any appointments with a doctor or other health provider for health care?

H06021 | See Note 7

- 1 ☐ Yes
- 2 ☐ No ➔ **Go to Question 24**

22. In the last 12 months, not counting times you needed health care right away, how often did you get an appointment for health care as soon as you wanted?

H06022
See Note 7

1 ☐ Never
2 ☐ Sometimes
3 ☐ Usually
4 ☐ Always
-6 ☐ I had no appointments in the last 12 months.

23. In the last 12 months, not counting the times you needed health care right away, how many days did you usually have to wait between making an appointment and actually seeing a provider?

H06023
See Note 7

1 ☐ Same day
2 ☐ 1 day
3 ☐ 2-3 days
4 ☐ 4-7 days
5 ☐ 8-14 days
6 ☐ 15-30 days
7 ☐ 31 days or longer
-6 ☐ I had no appointments in the last 12 months.

24. In the last 12 months, how many times did you go to an emergency room to get care for yourself?

H06024

1 ☐ None
2 ☐ 1
3 ☐ 2
4 ☐ 3
5 ☐ 4
6 ☐ 5 to 9
7 ☐ 10 or more

25. In the last 12 months (not counting times you went to an emergency room), how many times did you go to a doctor's office or clinic to get care for yourself?

1 ☐ None ➔ **Go to Question 38**
2 ☐ 1
3 ☐ 2
4 ☐ 3
5 ☐ 4
6 ☐ 5 to 9
7 ☐ 10 or more

H06025 | See Note 8

26. In the last 12 months, did you or a doctor believe you needed any care, tests, or treatment?

1 ☐ Yes
2 ☐ No ➔ **Go to Question 28**

H06026 | See Notes 8 and 9

27. In the last 12 months, how much of a problem, if any, was it to get the care, tests or treatment you or a doctor believed necessary?

1 ☐ A big problem
2 ☐ A small problem
3 ☐ Not a problem
-6 ☐ I had no visits in the last 12 months.

H06027 | See Notes 8 and 9

28. In the last 12 months, did you need approval from your health plan for any care, tests, or treatment?

1 ☐ Yes
2 ☐ No ➔ **Go to Question 30**

H06028 | See Notes 8 and 10

29. In the last 12 months, how much of a problem, if any, were delays in health care while you waited for approval from your health plan?

H06029

See Notes 8 and 10

1 ☐ A big problem
2 ☐ A small problem
3 ☐ Not a problem
-6 ☐ I had no visits in the last 12 months.

30. In the last 12 months, how often were you taken to the exam room within 15 minutes of your appointment?

H06030

See Note 8

1 ☐ Never
2 ☐ Sometimes
3 ☐ Usually
4 ☐ Always
-6 ☐ I had no visits in the last 12 months.

31. In the last 12 months, how often did office staff at a doctor's office or clinic treat you with courtesy and respect?

H06031

See Note 8

1 ☐ Never
2 ☐ Sometimes
3 ☐ Usually
4 ☐ Always
-6 ☐ I had no visits in the last 12 months.

32. In the last 12 months, how often were office staff at a doctor's office or clinic as helpful as you thought they should be?

H06032

See Note 8

1 ☐ Never
2 ☐ Sometimes
3 ☐ Usually
4 ☐ Always
-6 ☐ I had no visits in the last 12 months.

33. In the last 12 months, how often did doctors or other health providers listen carefully to you?

H06033

See Note 8

1 ☐ Never
2 ☐ Sometimes
3 ☐ Usually
4 ☐ Always
-6 ☐ I had no visits in the last 12 months.

34. In the last 12 months, how often did doctors or other health providers explain things in a way you could understand?

H06034

See Note 8

1 ☐ Never
2 ☐ Sometimes
3 ☐ Usually
4 ☐ Always
-6 ☐ I had no visits in the last 12 months.

35. In the last 12 months, how often did doctors or other health providers show respect for what you had to say?

H06035

See Note 8

1 ☐ Never
2 ☐ Sometimes
3 ☐ Usually
4 ☐ Always
-6 ☐ I had no visits in the last 12 months.

36. In the last 12 months, how often did doctors or other health providers spend enough time with you?

H06036

See Note 8

1 ☐ Never
2 ☐ Sometimes
3 ☐ Usually
4 ☐ Always
-6 ☐ I had no visits in the last 12 months.

37. Using any number from 0 to 10, where 0 is the worst health care possible and 10 is the best health care possible, what number would you use to rate all your health care in the last 12 months?

H06037

See Note 8

- 0 ☐ 0 Worst health care possible
- 1 ☐ 1
- 2 ☐ 2
- 3 ☐ 3
- 4 ☐ 4
- 5 ☐ 5
- 6 ☐ 6
- 7 ☐ 7
- 8 ☐ 8
- 9 ☐ 9
- 10 ☐ 10 Best health care possible
- -6 ☐ I had no visits in the last 12 months.

38. In the last 12 months, where did you go most often for your health care? MARK ONLY ONE ANSWER.

H06038

- 1 ☐ A military facility – This includes:
  Military clinic
  Military hospital
  PRIMUS clinic
  NAVCARE clinic
- 2 ☐ A civilian facility – This includes:
  Doctor's office
  Clinic
  Hospital
  Civilian TRICARE contractor
- 3 ☐ Uniformed Services Family Health Plan facility (USFHP)
- 4 ☐ Veterans Affairs (VA) clinic or hospital
- 5 ☐ I went to none of the listed types of facilities in the last 12 months.

CIVILIAN PROVIDERS

The following questions ask about your experiences with the TRICARE civilian provider network. TRICARE, including TRICARE Prime and Extra, is the health care system of the Department of Defense that provides care for active duty and retired military personnel and their dependents. TRICARE includes the hospitals, clinics and pharmacies of the three services, supplemented by a civilian network. The TRICARE civilian provider network is made up of the doctors, clinics, hospitals and other health care providers who are part of DoD's preferred provider pool. The next seven questions refer to health services you received from the civilian network.

39. In the last 12 months, how much of your health care did you receive from the TRICARE civilian provider network?

S06V01

See Note 11

- 1 ☐ All of my health care
- 2 ☐ Most of my health care
- 3 ☐ Some of my health care
- 4 ☐ None of my health care
- -6 ☐ I did not need health care in the last 12 months ➔ **Go to Question 55**

40. In the last 12 months, how much of a problem was it to get the health care you wanted from the TRICARE civilian provider network?

S06V02

See Note 11

- 1 ☐ A big problem
- 2 ☐ A small problem
- 3 ☐ Not a problem
- -6 ☐ I did not try to get health care from the civilian network.

41. A personal doctor or nurse is the health provider who knows you best. This can be a general doctor, a specialist doctor, a nurse practitioner, or a physician assistant.

In the last 12 months, how much of a problem was it to find a conveniently located personal doctor or nurse from the TRICARE civilian provider network?

S06V06

See Notes 11 and 12

1 ☐ A big problem
2 ☐ A small problem
3 ☐ Not a problem ➔ **Go to Question 43**
-6 ☐ I did not try to find a personal doctor from the civilian network ➔ **Go to Question 43**

42. What problems did you encounter in finding a personal doctor from the civilian network? MARK ALL THAT APPLY.

S06V11A-S06V11H | See Notes 11 and 12

A ☐ Travel distance too long
B ☐ Communicating with doctor(s)
C ☐ Doctor(s) not taking new patients
D ☐ Could not find the specialty I wanted
E ☐ Did not like doctor(s)
F ☐ Wait for an appointment was too long
G ☐ Could not find information about doctors
H ☐ Other _____

43. Specialists are doctors like surgeons, heart doctors, allergy doctors, skin doctors, and others who specialize in one area of health care.

In the last 12 months, how much of a problem was it to find a conveniently located specialist from the TRICARE civilian provider network?

S06V07

See Notes 11 and 13

1 ☐ A big problem
2 ☐ A small problem
3 ☐ Not a problem ➔ **Go to Question 45**
-6 ☐ I did not try to find a specialist in the civilian network ➔ **Go to Question 45**

44. What problems did you encounter in finding a network specialist? MARK ALL THAT APPLY.

A ☐ Travel distance too long
B ☐ Communicating with doctor(s)
C ☐ Doctor(s) not taking new patients
D ☐ Did not like doctor(s)
E ☐ Wait for an appointment was too long
F ☐ Could not find information about doctors
G ☐ Other _____

S06V12A-S06V12G | See Notes 11 and 13

45. In the last 12 months, did you learn that a doctor whom you wanted to see had left the TRICARE civilian provider network?

S06V05

See Note 11

1 ☐ Yes
2 ☐ No
-6 ☐ I did not want to see any network doctors

The following questions ask about your experiences with civilian providers that are not part of TRICARE's network. Under TRICARE Standard, TRICARE pays part of the cost when you see civilian doctors that are not preferred providers.

46. In the last 12 months, have you tried to make an appointment with a civilian doctor who is not part of TRICARE's civilian network?

S06V08

See Notes 11 and 14

1 ☐ Yes
2 ☐ No ➔ **Go to Question 55**
-5 ☐ Don't know

47. In the last 12 months, have you been told that a doctor you wanted to see was not seeing TRICARE patients or not seeing new TRICARE patients?

1 ☐ Yes, not seeing TRICARE patients
2 ☐ Yes, not seeing new TRICARE patients
3 ☐ No

S06V09 | See Notes 11 and 14

48. In the last 12 months, how much of a problem has it been to find doctors who will accept TRICARE?

S06V10

See Notes 11 and 14

1 ☐ A big problem
2 ☐ A small problem
3 ☐ Not a problem

49. A <u>personal doctor or nurse</u> is the health provider who knows you best. This can be a general doctor, a specialist doctor, a nurse practitioner, or a physician assistant.

In the last 12 months, how much of a problem was it to find a civilian personal doctor or nurse who would accept TRICARE?

S06V13

See Notes 11, 14, and 15

1 ☐ A big problem
2 ☐ A small problem
3 ☐ Not a problem ➔ **Go to Question 51**
-6 ☐ I did not try to find a civilian personal doctor ➔ **Go to Question 51**

50. What problems did you encounter in finding a personal doctor who would accept TRICARE? MARK ALL THAT APPLY.

A ☐ Travel distance too long
B ☐ Communicating with doctor(s)
C ☐ Doctor(s) would not accept TRICARE fee schedule
D ☐ Could not find the specialty I wanted
E ☐ Did not like doctor(s)
F ☐ Wait for an appointment was too long
G ☐ Could not find information about doctors
H ☐ Other _____

S06V14A-S06V14H | See Notes 11, 14, and 15

51. <u>Specialists</u> are doctors like surgeons, heart doctors, allergy doctors, skin doctors, and others who specialize in one area of health care.

In the last 12 months, have you tried to make an appointment with a civilian specialist who is not part of TRICARE's network?

S06V15

See Notes 11, 14, and 16

1 ☐ Yes
2 ☐ No ➔ **Go to Question 55**
-5 ☐ Don't know ➔ **Go to Question 55**

52. What was the specialty of the <u>last</u> non-network civilian specialist you tried to see?

S06V16

See Notes 11, 14, and 16

1 ☐ Surgeon
2 ☐ Dermatologist
3 ☐ Psychiatrist or psychologist
4 ☐ Urologist
5 ☐ Orthopedist
6 ☐ Ear, nose and throat
7 ☐ Cardiologist
8 ☐ Allergist
9 ☐ Obstetrician
10 ☐ Other _____

53. In the last 12 months, how much of a problem was it to get an appointment with the specialist in Question 52?

1 ☐ A big problem
2 ☐ A small problem
3 ☐ Not a problem ➔ **Go to Question 55**

S06V17 | See Notes 11, 14, 16, and 17

54. What problems did you encounter in finding this specialist? MARK ALL THAT APPLY.

- A ☐ Travel distance too long
- B ☐ Communicating with doctor(s)
- C ☐ Doctor(s) would not accept TRICARE fee schedule
- D ☐ Did not like doctor(s)
- E ☐ Wait for an appointment was too long
- F ☐ Could not find information about doctors
- G ☐ Other _____

S06V18A-S06V18G	See Notes 11, 14, 16, and 17

YOUR HEALTH PLAN

The next questions ask about your experience with your health plan. By your health plan, we mean the health plan you marked in Question 6.

55. Claims are sent to a health plan for payment. You may send in the claims yourself, or doctors, hospitals, or others may do this for you. In the last 12 months, did you or anyone else send in any claims to your health plan?

H06039
See Note 18

- 1 ☐ Yes
- 2 ☐ No ➔ **Go to Question 58**
- -5 ☐ Don't know ➔ **Go to Question 58**

56. In the last 12 months, how often did your health plan handle your claims in a reasonable time?

H06040
See Note 18

- 1 ☐ Never
- 2 ☐ Sometimes
- 3 ☐ Usually
- 4 ☐ Always
- -5 ☐ Don't know
- -6 ☐ No claims were sent for me in the last 12 months.

57. In the last 12 months, how often did your health plan handle your claims correctly?

H06041
See Note 18

- 1 ☐ Never
- 2 ☐ Sometimes
- 3 ☐ Usually
- 4 ☐ Always
- -5 ☐ Don't know
- -6 ☐ No claims were sent for me in the last 12 months.

58. In the last 12 months, did you look for any information about how your health plan works in written material or on the Internet?

H06042
See Note 19

- 1 ☐ Yes
- 2 ☐ No ➔ **Go to Question 60**

59. In the last 12 months, how much of a problem, if any, was it to find or understand this information?

H06043
See Note 19

- 1 ☐ A big problem
- 2 ☐ A small problem
- 3 ☐ Not a problem
- -6 ☐ I didn't look for information from my health plan in the last 12 months.

60. In the last 12 months, did you call your health plan's customer service to get information or help?

H06044	See Note 20

- 1 ☐ Yes
- 2 ☐ No ➔ **Go to Question 62**

61. In the last 12 months, how much of a problem, if any, was it to get the help you needed when you called your health plan's customer service?

H06045

See Note 20

1 ☐ A big problem
2 ☐ A small problem
3 ☐ Not a problem
-6 ☐ I didn't call my health plan's customer service in the last 12 months.

62. In the last 12 months, did you have to fill out any paperwork for your health plan?

H06046

See Note 21

1 ☐ Yes
2 ☐ No ➔ **Go to Question 64**

63. In the last 12 months, how much of a problem, if any, did you have with paperwork for your health plan?

H06047

See Note 21

1 ☐ A big problem
2 ☐ A small problem
3 ☐ Not a problem
-6 ☐ I didn't have any experiences with paperwork for my health plan in the last 12 months.

64. Using <u>any number from 0 to 10</u>, where 0 is the worst health plan possible and 10 is the best health plan possible, what number would you use to rate your health plan?

H06048

0 ☐ 0 Worst health plan possible
1 ☐ 1
2 ☐ 2
3 ☐ 3
4 ☐ 4
5 ☐ 5
6 ☐ 6
7 ☐ 7
8 ☐ 8
9 ☐ 9
10 ☐ 10 Best health plan possible

PREVENTIVE CARE

Preventive care is medical care you receive that is intended to maintain your good health or prevent a future medical problem. A physical or blood pressure screening are examples of preventive care.

65. When did you last have a blood pressure reading?

H06049

3 ☐ Less than 12 months ago
2 ☐ 1 to 2 years ago
1 ☐ More than 2 years ago

66. Do you know if your blood pressure is too high?

H06050

1 ☐ Yes, it is too high
2 ☐ No, it is not too high
3 ☐ Don't know

67. For a blood stool test, a person uses a home kit and puts some stool on a card. The card is sent to the doctor's office or lab. Have you ever had this test using a home kit?

S06Q01

See Note 22

1 ☐ Yes
2 ☐ No ➔ **Go to Question 69**
-5 ☐ Don't know ➔ **Go to Question 69**

68. How long has it been since you had your last blood stool test using a home kit?

S06Q02

See Note 22

1 ☐ Less than 12 months ago
2 ☐ At least one year but less than 2 years ago
3 ☐ At least 2 years but less than 5 years ago
4 ☐ 5 or more years ago
-6 ☐ Never had a blood stool test
-5 ☐ Don't know

69. Sigmoidoscopy and colonoscopy are exams in which a lighted tube is inserted in the rectum to view the colon for signs of cancer or other health problems. Have you ever had either of these exams?

S06Q03

See Note 23

1 ☐ Yes

2 ☐ No ➔ **Go to Question 72**

-5 ☐ Don't know ➔ **Go to Question 72**

70. A sigmoidosopy is limited to the lower part of the colon and is usually done without anesthesia. How long has it been since you had your last sigmoidoscopy?

S06Q04

See Note 23

1 ☐ Less than 12 months ago

2 ☐ At least one year but less than 2 years ago

3 ☐ At least 2 years but less than 5 years ago

4 ☐ 5 or more years ago

-6 ☐ Never had a sigmoidoscopy

-5 ☐ Don't know

71. For a colonoscopy the entire colon is examined and patients usually receive medication in their veins to relax them and make them feel sleepy. How long has it been since you had your last colonoscopy?

S06Q05

See Note 23

1 ☐ Less than 12 months ago

2 ☐ At least one year but less than 2 years ago

3 ☐ At least 2 years but less than 5 years ago

4 ☐ At least 5 but less than 10 years ago

5 ☐ 10 or more years ago

-6 ☐ Never had a colonoscopy

-5 ☐ Don't know

72. A <u>personal doctor or nurse</u> is the health provider who knows you best. This can be a general doctor, a specialist doctor, a nurse practitioner, or a physician assistant.

In the last 12 months, did your personal doctor or nurse talk to you about colon cancer, or colon cancer screening tests, which may include blood stool testing, sigmoidoscopy or colonoscopy?

S06Q06

1 ☐ Yes

2 ☐ No

-6 ☐ I do not have a personal doctor or nurse

73. When did you last have a flu shot?

H06051

4 ☐ Less than 12 months ago

3 ☐ 1-2 years ago

2 ☐ More than 2 years ago

1 ☐ Never had a flu shot

74. Have you ever <u>smoked</u> at least 100 cigarettes in your entire life?

H06052

See Note 24

1 ☐ Yes

2 ☐ No ➔ **Go to Question 80**

-5 ☐ Don't know ➔ **Go to Question 80**

75. Do you now smoke every day, some days or not at all?

H06053 See Note 24

4 ☐ Every day ➔ **Go to Question 77**

3 ☐ Some days ➔ **Go to Question 77**

2 ☐ Not at all ➔ **Go to Question 76**

-5 ☐ Don't know ➔ **Go to Question 80**

76. How long has it been since you quit smoking cigarettes?

H06054	See Note 24

3 ☐ Less than 12 months ➔ **Go to Question 77**
2 ☐ 12 months or more ➔ **Go to Question 80**
-5 ☐ Don't know ➔ **Go to Question 80**

77. In the last 12 months, on how many visits were you advised to quit smoking by a doctor or other health provider in your plan?

H06055
See Note 24

1 ☐ None
2 ☐ 1 visit
3 ☐ 2 to 4 visits
4 ☐ 5 to 9 visits
5 ☐ 10 or more visits
-6 ☐ I had no visits in the last 12 months.

78. On how many visits was medication recommended or discussed to assist you with quitting smoking (for example: nicotine gum, patch, nasal spray, inhaler, prescription medication)?

H06056
See Note 24

1 ☐ None
2 ☐ 1 visit
3 ☐ 2 to 4 visits
4 ☐ 5 to 9 visits
5 ☐ 10 or more visits
-6 ☐ I had no visits in the last 12 months

79. On how many visits did your doctor or health provider recommend or discuss methods and strategies (other than medication) to assist you with quitting smoking?

H06057
See Note 24

1 ☐ None
2 ☐ 1 visit
3 ☐ 2 to 4 visits
4 ☐ 5 to 9 visits
5 ☐ 10 or more visits
-6 ☐ I had no visits in the last 12 months

80. Are you male or female?

1 ☐ Male ➔ **Go to Question 87**
2 ☐ Female ➔ **Go to Question 81**

H06058	See Note 25A

81. When did you last have a Pap smear test?

5 ☐ Within the last 12 months
4 ☐ 1 to 3 years ago
3 ☐ More than 3 but less than 5 years ago
2 ☐ 5 or more years ago
1 ☐ Never had a Pap smear test

H06059	See Note 25A and 25B

82. Are you under age 40?

1 ☐ Yes ➔ **Go to Question 84**
2 ☐ No

H06060	See Notes 25A, 25B, and 26

83. When was the last time your breasts were checked by mammography?

5 ☐ Within the last 12 months
4 ☐ 1 to 2 years ago
3 ☐ More than 2 years ago but less than 5 years ago
2 ☐ 5 or more years ago
1 ☐ Never had a mammogram

H06061	See Notes 25A, 25B, and 26

84. Have you been pregnant in the last 12 months or are you pregnant now?

1 ☐ Yes, I am currently pregnant ➔ **Go to Question 85**
2 ☐ No, I am not currently pregnant, but have been pregnant in the past 12 months ➔ **Go to Question 86**
3 ☐ No, I am not currently pregnant, and have not been pregnant in the past 12 months ➔ **Go to Question 87**

H06063	See Notes 25A, 25B, and 27

85. In what trimester is your pregnancy?

1 ☐ First trimester (up to 12 weeks after 1st day of last period) ➔ **Go to Question 87**
2 ☐ Second trimester (13th through 27th week)
3 ☐ Third trimester (28th week until delivery)

H06064	See Notes 25A, 25B, and 27

86. In which trimester did you first receive prenatal care?

4 ☐ First trimester (up to 12 weeks after 1st day of last period)
3 ☐ Second trimester (13th through 27th week)
2 ☐ Third trimester (28th week until delivery)
1 ☐ Did not receive prenatal care

H06065	See Notes 25A, 25B, and 27

ABOUT YOU

87. In general, how would you rate your overall health now?

H06066

5 ☐ Excellent
4 ☐ Very good
3 ☐ Good
2 ☐ Fair
1 ☐ Poor

88. Are you limited in any way in any activities because of any impairment or health problem?

H06067

1 ☐ Yes
2 ☐ No

89. How tall are you without your shoes on? Please give your answer in feet and inches.

Example:

H06H68F	H06H68I

Height		Height	
Feet	Inches	Feet	Inches
5	6		
☐1	☐0	☐1	☐0
☐2	☐1	☐2	☐1
☐3	☐2	☐3	☐2
☐4	☐3	☐4	☐3
☑5	☐4	☐5	☐4
☐6	☐5	☐6	☐5
☐7	☑6	☐7	☐6
	☐7		☐7
	☐8		☐8
	☐9		☐9
	☐10		☐10
	☐11		☐11

90. How much do you weigh without your shoes on? Please give your answer in pounds.

H06H69

Example:

Weight			Weight		
Pounds			Pounds		
1	6	0			
☐0	☐0	☑0	☐0	☐0	☐0
☑1	☐1	☐1	☐1	☐1	☐1
☐2	☐2	☐2	☐2	☐2	☐2
☐3	☐3	☐3	☐3	☐3	☐3
	☐4	☐4		☐4	☐4
	☐5	☐5		☐5	☐5
	☑6	☐6		☐6	☐6
	☐7	☐7		☐7	☐7
	☐8	☐8		☐8	☐8
	☐9	☐9		☐9	☐9

91. What is the highest grade or level of school that you have completed?

SREDA

1 ☐ 8th grade or less
2 ☐ Some high school, but did not graduate
3 ☐ High school graduate or GED
4 ☐ Some college or 2-year degree
5 ☐ 4-year college graduate
6 ☐ More than 4-year college degree

92. Are you of Hispanic or Latino origin or descent? (Mark "NO" if not Spanish/Hispanic/Latino.)

H06070, H06070A-H06070E

1 ☐ No, not Spanish, Hispanic, or Latino
2 ☐ Yes, Mexican, Mexican American, Chicano
3 ☐ Yes, Puerto Rican
4 ☐ Yes, Cuban
5 ☐ Yes, other Spanish, Hispanic, or Latino

93. What is your race? (Mark ONE OR MORE races to indicate what you consider yourself to be.)

SRRACEA-SRRACEE

A ☐ White
B ☐ Black or African American
C ☐ American Indian or Alaska Native
D ☐ Asian (e.g., Asian Indian, Chinese, Filipino, Japanese, Korean, Vietnamese)
E ☐ Native Hawaiian or other Pacific Islander (e.g., Samoan, Guamanian, or Chamorro)

94. What is your age now?

SRAGE

1 ☐ 18 to 24
2 ☐ 25 to 34
3 ☐ 35 to 44
4 ☐ 45 to 54
5 ☐ 55 to 64
6 ☐ 65 to 74
7 ☐ 75 or older

THANK YOU FOR TAKING THE TIME TO COMPLETE THE SURVEY! Your generous contribution will greatly aid efforts to improve the health of our military community.

Return your survey in the postage-paid envelope. If the envelope is missing, please send to:

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Chicago, IL 60680-4138