

Optum[®] LifeScale20 Survey

INTRODUCTION

How is your health? Today health is recognized as more than just physical. It involves your emotions and feelings, your work, your relationships and daily life management issues. This survey is a quick and easy tool to help identify which areas of your life are most in need of some care and attention. Just follow these three steps: One, answer the 20 questions below; Two, add-up the scores for the questions to find your total scores for the Mind, Body, Work, and Life dimensions; and Three, compare your scores to the national norms listed on the back page. Interpretation of scores is provided on the back page.

1	In general, would you say your health is:	Excellent (1)	Very Good (2)	Good (3)	Fair (4)	Poor (5)
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DAILY LIVING CONCERNS Each day you may be faced with a variety of concerns, such as those listed below. Please select the rating that most closely matches your answer to the questions below.

	How likely are you to be <i>concerned</i> about this issue?	Not likely	Somewhat likely	Likely	Very likely	Extremely likely
2	Physical health concerns	(1)	(2)	(3)	(4)	(5)
3	Feelings of sadness	(1)	(2)	(3)	(4)	(5)
4	Work performance	(1)	(2)	(3)	(4)	(5)
5	Romantic relationships	(1)	(2)	(3)	(4)	(5)
6	Work relationships	(1)	(2)	(3)	(4)	(5)
7	Family relationships	(1)	(2)	(3)	(4)	(5)
8	Relationships with friends	(1)	(2)	(3)	(4)	(5)
9	Money and financial issues	(1)	(2)	(3)	(4)	(5)
10	Legal issues	(1)	(2)	(3)	(4)	(5)
11	Child care concerns	(1)	(2)	(3)	(4)	(5)
12	Stress or anxiety	(1)	(2)	(3)	(4)	(5)
13	Balancing work and personal life	(1)	(2)	(3)	(4)	(5)
14	Caring for aging relatives	(1)	(2)	(3)	(4)	(5)
15	Alcohol or drug abuse (self, family member or friend)	(1)	(2)	(3)	(4)	(5)

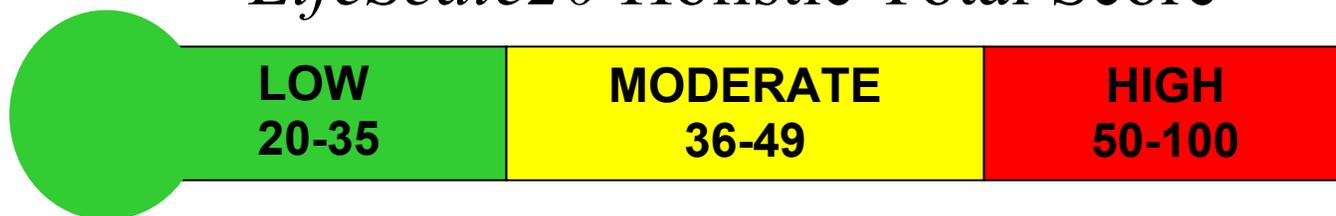
HEALTH CARE How many times in the past 12 months have you used the following health care providers:

		No Visits (1)	One Visit (2)	Two Visits (3)	Three Visits (4)	Four or more visits (5)
16	Doctor's office or clinic					
17	Urgent care facility					
18	Hospital					
19	Emergency room					
20	Psychiatrist or psychologist					

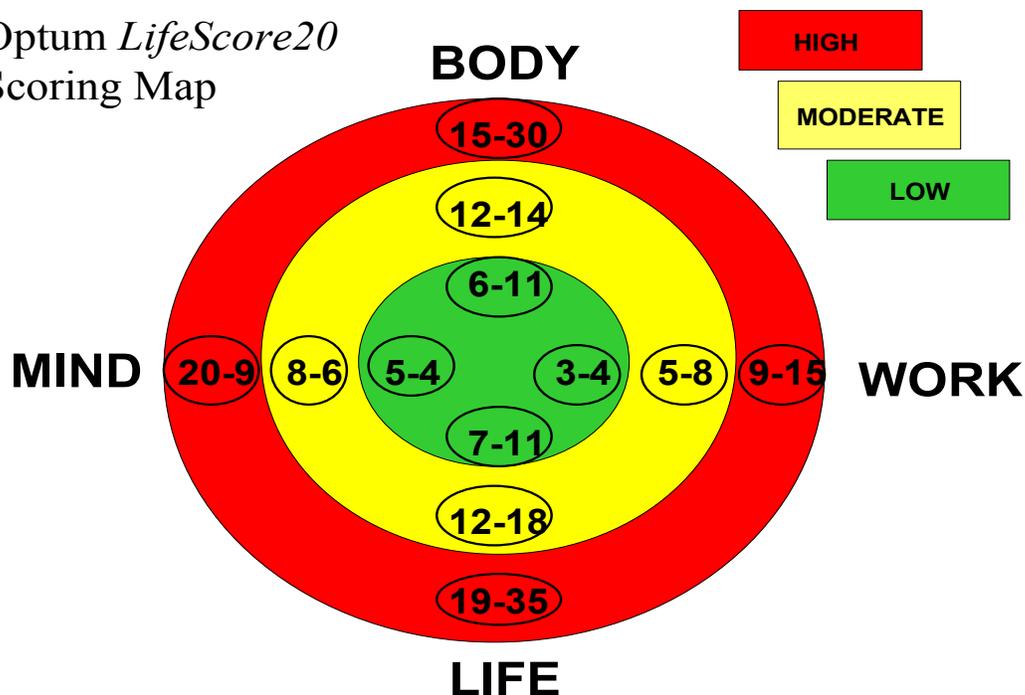
SCORING INSTRUCTIONS

Dimension	MIND	BODY	WORK	LIFE	HOLISTIC
Fill in the rating number (1,2,3,4,5) from the survey items above	Item 3 =	Item 1 =	Item 4 =	Item 5 =	Mind total =
	Item 12 =	Item 2 =	Item 6 =	Item 7 =	Body total =
	Item 15 =	Item 16 =	Item 13 =	Item 8 =	Work total =
	Item 20 =	Item 17 =		Item 9 =	Life total =
		Item 18 =		Item 10 =	
	Item 19 =		Item 11 =		
			Item 14 =		
Add ratings	Total =				

LifeScale20 Holistic Total Score



Optum *LifeScale20*
Scoring Map



Scoring Map Instructions Find your holistic total score in the low, moderate, or high ranges in the thermometer scale at the top of the page. Then circle your score in the low, moderate, or high ranges for the Mind, Body, Work, Life dimensions. A **high score** indicates being in the top one-third of the norm (red zone). A **moderate score** indicates being in the middle one-third of the norm (yellow zone). A **low score** indicates being in the bottom one-third of the norm (green zone). The scoring criteria are based on a nationwide random sample of 1,021 adults in 1998. The normative sample was 52% women and 48% men, 65% married, 43% had children living at home; and average age was 46 years (range 18 to 88).

Interpretation of Your Score Profile In what range does your holistic score fall? Which of the four dimensions has the highest score? The scores can be used to help to identify and prioritize the areas in which you have the most concerns. Think of the map as a target with the goal of having all four areas land in the green center zone. Areas with high scores can point you to information and resources for addressing issues in that area. High scores on the *LifeScale20* do not necessarily indicate that you have a clinical or health problem, rather they suggest that your level of concern about such issues and your use of health care facilities is higher than the typical adult. The average person should score in the yellow range on all scales.

LifeScale20 and Use of Optum Health Education and Well-being Services In the normative sample, 18 percent of the people had called an Optum nurse or counselor in the past year and 82 percent had not. Those who scored in the high range on at least one of the *LifeScale20* dimensions were twice as likely to be an Optum user. Those who scored in the high range on all four *LifeScale20* dimensions were three times as likely to be an Optum user. If you have a high score, contacting Optum may prove helpful to you.