

What is the Patient Profile?

How well does your medical provider know you and know what is important to you?

At WMC, we believe it is important to get to know you and learn who you are, your goals, health beliefs, and more. The purpose of the Patient Profile is to help your medical provider better get to know you so that you can work together to create a personalized health plan that is in line with your health goals and values. Ultimately, we hope it will improve your experience and working relationship with your medical provider.

How do I fill out my Patient Profile?

The Patient Profile includes 5 sections: Working Together, My Health Beliefs, My Personality and Learning Style, My Communication Style, and My Health Literacy. The Profile takes 15-30 minutes to complete. It is available in a digital format, on paper, and there is also an interview option for those who would like to complete it verbally.

How is the information used?

After you complete the profile, we enter the information into your chart so that your medical provider can access it during your appointment and tailor their approach to you. While the information is in your chart, it is only used by your medical provider or other staff who are working directly with you. If you have any questions about how the information is used, please let us know.



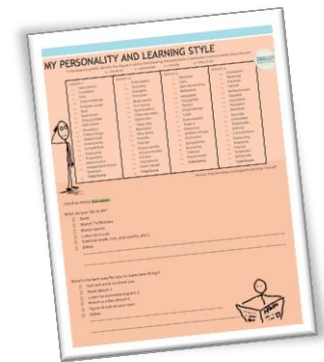
Questions for Your Medical Provider

- ✓ *How has the Patient Profile helped you better get to know your patients?*
- ✓ *How are you tailoring your approach to me based on my Patient Profile?*
- ✓ *What is your personality and communication style?*

- ✓ _____
- ✓ _____
- ✓ _____



UNDERSTANDING YOUR PATIENT PROFILE



Talk to your medical provider today to get more information on this topic.

* 303-428-7449 *
www.westminstermedicalclinic.com

Working Together

We want to get to know you.

What is important to you? What do you want to know about us? We want to build a relationship based on trust and credibility. We do this by learning about your previous experiences with doctors, medication, diagnoses, etc. We want to understand where you are coming from and the context for your beliefs and behaviors. We want you to feel heard, understood, and feel like your ideas/opinions and experiences matter and are valued.

Your Health Beliefs

Our medical providers recognize that their own personal beliefs system may not be the only belief system.

The questions in this section serve as a starting point for developing your health care plan together that is in line with your provider’s knowledge and recommendations as well as your personal health beliefs.

Your Personality Type

To learn about your personality, we use the Smalley test which based on your answers categorizes you into 4 different personality types associated with an animal: lion, otter, beaver, and golden retriever. The chart to the right outlines the characteristics of each personality type.

Your medical provider will incorporate different strategies and approaches based on your personality.

For example, if you don’t like to be told what to do, your provider might empower you to make your own choices and decisions. If you like lots of guidance and support, your provider might provide more hands on direction. We recognize that people do not always fall into only one category and may have characteristics across other categories. By identifying your primary personality type, we are able to understand general tendencies, but also know it does not apply in all cases and environments.



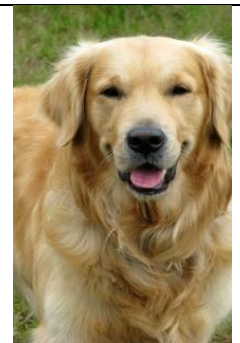
- Direct
- Decisive
- Problem solver
- Risk taker
- Self-starter
- Motivated by new challenges
- Thrives in changing environments
- Task-oriented
- Outgoing
- Fast-paced
- Direct and to the point
- Results oriented
- Likes control and choice



- Focused on detail and accuracy
- Analytical
- Conscientious
- Careful
- Fact-finder
- Precise
- High standards
- Systematic
- Task-oriented
- Reserved
- Likes data and facts, logical
- Enjoys independence
- Careful



- Enthusiastic, optimistic, fun-loving
- Trusting
- Encourages/motivates others
- Talkative, enjoys networking
- Impulsive
- Emotional
- Motivated by flattery, acceptance
- Creative
- Outgoing
- Fast speaker/mover
- Makes decisions
- Likes to collaborate






- Good listener
- Team player
- Predictable
- Understanding
- Friendly
- Encouraging
- Nurturing
- Loyal, dependable
- People-oriented
- Reserved
- Enjoys helping others
- Likes to cooperate
- Calm

Your Learning Style

In Latin *to doctor* means *to teach*. It is important for your provider to know and understand how you learn best.

In this section, there are a handful of questions, which will be scored to place you in one or more of the learning style categories: visual, kinesthetic, and auditory. In the chart below, there is a list of teaching methods for each learning style. To help you better understand and learn about your health and how to manage it, your provider might use some of these teaching methods based on your learning style.

Learning Style	Preferences
 <p>Visual</p>	<ul style="list-style-type: none"> ✓ Written agendas ✓ Charts, graphs, illustrations, models ✓ Notetaking during visit ✓ Written instructions ✓ Educational handouts ✓ Chart on the monitor during the visit
 <p>Kinesthetic</p>	<ul style="list-style-type: none"> ✓ Demonstrations using models and props ✓ Hands-on learning – observation, practice, walk through steps ✓ Notetaking during visit ✓ Real life examples to explain concepts
 <p>Auditory</p>	<ul style="list-style-type: none"> ✓ Repetition – thorough explanations, repeat important directions ✓ Verbal summary of the visit ✓ Conversation format ✓ Time for questions, answers, clarification, discussion ✓ Analogies ✓ Storytelling

Your Communication Style

Good communication is foundational to a healthy relationship between you and your medical provider.

Both you and your provider have roles in communicating information to one another. In this section, we ask what your preferences are so that your provider can communicate with you in a way that you need.

Health Literacy

Health literacy is one's ability to read, write, communicate, and use electronic technology in a health care system.

The food label is a short assessment that was developed to determine your health literacy level. The chart below outlines the abilities and limitations at each level. It is possible for your health literacy level to change over time as you learn new information and gain practice managing your health. We have many services at the clinic including health coaching, which can help you improve your knowledge, gain tools and practice to improve your health literacy and ultimately, your confidence in your ability to manage your health.

Health Literacy Level	Ability	Limitation
Proficient	Can use a table to calculate an employee's share of health insurance costs for a year.	Medical language and terminology can still be confusing.
Intermediate	Can read instructions on a prescription label and determine what time a person can take the medication.	Medical language and terminology can still be confusing;
Basic	Can read a short pamphlet and give two reasons a person without symptoms should be tested for a disease.	Difficulty following intricate instructions on a prescription label.
Below Basic	Can read a set of basic, short instructions, and identify what is permissible to drink before a medical test.	Difficulty reading and following instructions on a prescription label.

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Your Patient Profile

Take a moment to learn more about yourself and fill out the chart below based on your Patient Profile results. Don't know your results? Ask a staff member today.

Your Health Beliefs: _____

Your Personality Type (circle one or two):



Your Learning Style (circle one or two):



Your Communication Preferences: _____

Your Health Literacy Level:

- Proficient
- Intermediate
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