



Lifestyle Factor Evaluation

Employment

- I'm employed outside the home.
- I work from home.
- I volunteer regularly outside the home.
- I am actively seeking employment.
- I am in school.
- I'm retired.

Exercise

- I exercise regularly.
- I exercise occasionally.
- I rarely exercise.
- I don't exercise.

Social Life

- I have lots of friends and we go to many social activities together (parties, dining, dances, etc.)
- I have a good number of friends and we occasionally participate in social activities together.
- I have some friends but we don't get together socially very often.
- I rarely participate in social events with others.

Technology

- I love it and always like to be on the "bleeding" edge.
- I like it and know how to use what I have but don't need the latest and greatest.
- I can take it or leave it and see no need to stay up to date when I have something that works.
- I hate technology and try to avoid it where I can.

Recreation

- I am active outdoors with such things as bicycling, hiking, golf, etc.
- I enjoy low-key outdoor activities such as walking, fishing, sunbathing, etc.
- My primary recreation is doing things like dining out, shopping, and going to the movies.
- I prefer quiet, indoor activities such as watching TV, reading, crafts, and having friends over.

Travel/Vacations

- I travel for vacation as much as possible (several times a year).
- I take 4-6 trips per year.
- I take 1-3 trips per year.
- I don't travel.

My Overall Health

- I'm in excellent health.
- I'm in reasonably good health.
- I am experiencing some health issues.
- I suffer from serious health issues.

Love Life

- I'm in a committed, long-term relationship.
- I'm single but actively dating.
- I'm single and content with that.

Parental Status

- I have my own child or children at home.
- I don't have children at home but have regular time with the grand kids in my home.
- I don't have children or grandchildren that I see regularly.

Complete this form and bring it with you to discuss your pathway to better hearing.