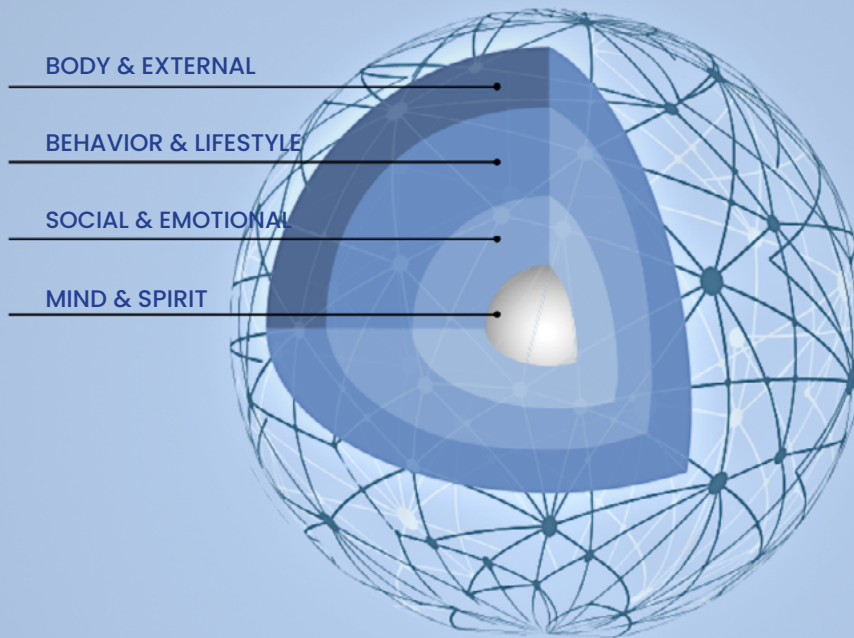


The Personal Health Inventory (PHI) is a resource that can help you understand your whole health. It allows you to think about where you are in your health journey. This personal health inventory is adapted from and aligned with the VA's Whole Health model.

Use this picture to help you think about your whole health.



All areas are important and connected to your ability to heal and be healthy.

- The outer ring addresses what your home and work are like and how you feel physically.
- The next ring addresses everyday choices on self-care and lifestyle.
- The social and emotional ring looks at your relationships and social support.
- The inner ring addresses what matters to you rather than what's the matter with you.

Rate where you feel you are on the scales below from poor to excellent.

	POOR				EXCELLENT
Physical wellbeing	1	2	3	4	5
Mental/emotional wellbeing	1	2	3	4	5
Life: How is it to live your day-to-day life?	1	2	3	4	5

Thinking about your mental and physical health, which includes stress, depression, problems with emotions, physical illness and injury, for how many days during the past 30 days was your mental or physical health good?

Write 0-30 in the space provided.

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What do you live for? What is most important for you in your life? What brings you joy?

Write a few words to capture your thoughts.

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What does your provider need to know about you as a person to give you the best care?

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**Where You are Now:** Choose a number between 1 (poor) and 5 (excellent) that best represents where you are now.

	POOR				EXCELLENT
<b>BODY &amp; EXTERNAL</b>					
<b>Feeling Safe:</b> Having comfortable, healthy spaces where you work and live. The quality of the lighting, color, air, and water. Decreasing unpleasant clutter, noises, and smells.	1	2	3	4	5
<b>Paying for Basics:</b> Quality and availability of food, housing, utilities, and transportation.	1	2	3	4	5

<b>BEHAVIOR &amp; LIFESTYLE</b>					
<b>Moving:</b> Moving and doing physical activities like walking, dancing, gardening, sports, lifting weights, yoga, cycling, swimming, and working out in a gym.	1	2	3	4	5

	POOR		EXCELLENT		
<b>Sleep:</b> Getting enough rest, relaxation, and sleep.	1	2	3	4	5
<b>Food:</b> Eating healthy, balanced meals with plenty of fruits and vegetables each day.	1	2	3	4	5
<b>Water:</b> Quality and availability of food, housing, utilities, and transportation.	1	2	3	4	5

### SOCIAL & EMOTIONAL

<b>Social Support:</b> Feeling heard by and connected to people you love and care about. The quality of your relationships with family, friends, and people you work with.	1	2	3	4	5
<b>Stress Management:</b> Tapping into the power of your mind to heal and cope. Using mind-body techniques like relaxation, breathing, or guided imagery.	1	2	3	4	5

### MIND & SPIRIT

<b>Purpose:</b> Having a sense of purpose and meaning in your life. Feeling connected to something larger than yourself. Finding strength in difficult times.	1	2	3	4	5
<b>Learning and Growing:</b> Developing abilities and talents. Balancing responsibilities where you live, volunteer, and work.	1	2	3	4	5

**Making Changes: Please mark up to three items you would like to work on.**

- **Feeling Safe:** Having comfortable, healthy spaces where you work and live. The quality of the lighting, color, air, and water. Decreasing unpleasant clutter, noises, and smells.
- **Paying for Basics:** Quality and availability of food, housing, utilities, and transportation.
- **Moving:** Moving and doing physical activities like walking, dancing, gardening, sports, lifting weights, yoga, cycling, swimming, and working out in a gym.
- **Sleep:** Getting enough rest, relaxation, and sleep.
- **Food:** Eating healthy, balanced meals with plenty of fruits and vegetables each day.
- **Water:** Drinking enough water and limiting sodas, sweetened drinks, and alcohol.
- **Social Support:** Feeling heard by and connected to people you love and care about. The quality of your relationships with family, friends and people you work with.
- **Stress Management:** Tapping into the power of your mind to heal and cope. Using mind-body techniques like relaxation, breathing, or guided imagery.
- **Purpose:** Having a sense of purpose and meaning in your life. Feeling connected to something larger than yourself. Finding strength in difficult times.
- **Learning and Growing:** Developing abilities and talents. Balancing responsibilities where you live, volunteer, and work.



Curious about other topics? PAF's **Education Resource Library** houses our resources and provides straightforward information in a variety of formats to help you make informed decisions throughout your healthcare journey. Learn about health insurance, disability, medical bill management, and more by visiting our Education Resource Library today. Call us at 800-532-5274 (Monday through Friday, 8:30-5 Eastern) or visit [www.patientadvocate.org](http://www.patientadvocate.org) for help!

*Materials derived from Healing Works Foundation. All healthcare decisions should be made in consultation with a healthcare provider.*