

Below is a list of treatments, practices, and services that people use for health reasons. Please tell us if you have used each one in the past year by marking "Yes" or "No." If you mark "Yes," please tell us why and how often you have used the treatment.

[illegible]

Below is a list of treatments, practices, and services that people use for health reasons. Please tell us if you have used each one in the past year by marking "Yes" or "No." If you mark "Yes," please tell us why and how often you have used the treatment.

In the past year, I have used...		If yes, why?			How often in the past month?			
		Improve well-being/ general health	Manage pain	Manage a condition other than pain	Not at all	Several days	More than half the days	Nearly every day
Relaxation Techniques: Use of breathing, guided imagery, or progressive muscle relaxation to cause a relaxation response.		Choose all that apply.						
	☐ Yes → ☐ No	☐	☐	☐	☐	☐	☐	☐
Meditation/Mindfulness Practice: Use of focused attention and non-judgmental awareness, including transcendental, mindfulness meditation, Mindfulness Based Stress Reduction.		☐	☐	☐	☐	☐	☐	☐
	☐ Yes → ☐ No							
Yoga: Practices that combine physical postures, breathing techniques, and meditation or relaxation.		☐	☐	☐	☐	☐	☐	☐
	☐ Yes → ☐ No							
Tai Chi/Qi Gong: Combined practice of slow movements, coordinated-breathing, and mental focus.		☐	☐	☐	☐	☐	☐	☐
	☐ Yes → ☐ No							
Stretching/Strengthening Exercise Therapy: Training or home exercise program using stretches or weights to improve flexibility, posture, or strength.		☐	☐	☐	☐	☐	☐	☐
	☐ Yes → ☐ No							
Aerobic Exercise Therapy: Training or home exercise program using activities such as walking, swimming or aerobics to increase fitness or edurance.		☐	☐	☐	☐	☐	☐	☐
	☐ Yes → ☐ No							
Diet-based Therapies: Use of specific diet for health purposes, such as anti-inflammatory.		☐	☐	☐	☐	☐	☐	☐
	☐ Yes → ☐ No							
Herbal Supplements: Use of plant-based, herb, or botanical product such as echinacea.		☐	☐	☐	☐	☐	☐	☐
	☐ Yes → ☐ No							
Homeopathy: Individualized treatment by a homeopathic practioner or use of homeopathic remedies.		☐	☐	☐	☐	☐	☐	☐
	☐ Yes → ☐ No							