EAST WIND
HEALTHCARE SC

					Name:						Date:			Score
Mindsets		1	2	3	4	5	6	7	8	9	10	11	12	Score
1	How to be healthy	You view the human body as a machine and are happy to have your doctor "tune you up" once a year and recommend whatever maintenance/repairs that might be needed.			You take issue with the idea of being treated with drugs and surgery only when you are sick, but you don't know where to look and how to find something better.			You feel like you know all you need to about be being healthy and are doing the things that you need to do.			You view the human body as a garden and recognize your responsibility to tend to it. The more you can learn and apply, the more your body will flourish and the healthier you will be.			
2	Responsibility for health	You believe that your doctors and insurance will watch out for your best interest and effectively manage your health.			You know that insurance and drug companies influence your doctors and it makes you worry, but you're not sure what to do about it.			You control the things that you can control and the rest I put in God's hands.			You believe your health is not only your responsibility, but you are obliged as a human to be as healthy as you can and contribute to society.			
3	View of science	You only believe in things proven by "double-blind" studies and depend on the pharmaceutical industry to provide safe, proven drugs.			You find all of the science of healthcare too confusing, so it is just easier to do whatever your doctor recommends.			You understand science and have already reviewed all of the research necessary for you to make decisions regarding your health.			You believe that science is extremely useful but understand that profits can corrupt the scientific method and misrepresent facts.			
4	The Body's Ability to heal itself	You are on medications and you doubt that you can ever get off of them.			You are frustrated that you haven't been told about other therapies that are safe, natural and effective			You study on your own and know exactly what you need to do to get healthy			You are confident that your body can heal with correct testing, treatments, lifestyle, coaching and guidance.			
5	Lifestyle and Stress Impact Health	You don't see any connection between your health symptoms and sleep, stress, diet or exercise.			You want to know what lifestyle and stress adjustments to make but don't know where to find help.			You have already made all the lifestyle changes and stress reductions necessary for health.			You see that your future health will be better than your past with continual lifestyle adjustments that are based on your new circumstances.			
6	Investing in Health Leads to Bigger, and Better Future	You feel defeated when you see your in-network doctor because your labs are normal and all you get is, "Sorry, we just don't know."			You are tired of paying so much for health insurance when you don't even receive the care you need, and you want more freedom to invest in natural alternatives.			You have great insurance benefits and are secure in what it offers and don't pay for any medical service "out of pocket."			Without your health, everything else in life loses its enjoyment so you are more than happy investing in health, even if insurance doesn't cover it.			
7	Correct testing	You feel that your doctor and insurance will order and cover whatever tests you need to guide you to health.			It bothers you that your doctor says all tests were "normal" and you wish the doctor took more time to explain and that you knew what questions to ask.			You know all you need to know about your tests.			You know that there are better tests and more information can be obtained from them than those your doctor orders and insurance covers.			
8	Diagnoses don't define me	You have a diagnosis that is genetic and nothing else can be done.			You feel pressured to take a medication or to have surgery but feel that there must be a better option.			You know more about your diagnosis than doctors do and are comfortable in knowing what to do.			Your diagnosis is a small part of what defines you and you will be the one who determines your future health			