# The New Vital Signs

There's more to health than just weight and blood pressure. By answering the following questions, patients are giving health care providers a deeper understanding of how their lives and their health connects. Patients should rate their relationship to the following on a scale of 0 to 5 (0 being poor and 5 being great) and hand this card back to a healthcare provider when they're done.

| | POOR | | | | | GREAT |
|---|---|---|---|---|---|---|
| Sleep | 0 | 1 | 2 | 3 | 4 | 5 |
| Money | 0 | 1 | 2 | 3 | 4 | 5 |
| Work | 0 | 1 | 2 | 3 | 4 | 5 |
| Spouse, partner or lack of partner | 0 | 1 | 2 | 3 | 4 | 5 |
| Neighborhood | 0 | 1 | 2 | 3 | 4 | 5 |

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