

Cognit Electronic Health Record

User Id: 10033

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Date Time: 11/6/2020@13:36:37

Quiz Title: 3.6.1 Wellness=Quiz

Quiz Total: 17

For each statement below, please indicate your agreement or disagreement.

User Answer (1=Strongly disagree, 2=Disagree, 3=Uncertain, 4=Agree, 5=Strongly agree)	
You are physically well.	Agree (4)
You are emotionally well.	Strongly disagree (1)
You are socially well.	Disagree (2)
You are spiritually well.	Agree (4)
You found the session useful.	Strongly agree (5)
Total Score	16

OPTIONAL: Please provide your comments about this session.

User Answer
I need to work on my wellness.
Total Score: 1

Wellness is an approach to healthcare that emphasizes preventing illness and prolonging life, as opposed to emphasizing treating diseases.

User Answer
True
Total Score: 0

Wellness tools are tools that maintain or improve health.

User Answer
True
Total Score: 0