

Appointment Keeping MMAS-8 (AK-MMAS-8™)

Preface

People sometimes miss appointments or forget to schedule them—even when they want to take good care of their health. The following questions are about your experience with scheduling and attending your healthcare visits. Your answers will help us understand what may get in the way and how we can better support your care.

Please answer honestly. There are no right or wrong answers.

1. Do you sometimes forget to schedule your follow-up appointments when your doctor or provider asks you to?

☐ Yes ☐ No

2. Over the past two weeks, were there any days you planned to schedule or attend an appointment but didn't?

☐ Yes ☐ No

3. Have you ever skipped or canceled an appointment without telling your provider because you were feeling better?

☐ Yes ☐ No

4. When you're away from home or busy with life, do you sometimes forget about scheduled appointments?

☐ Yes ☐ No

5. Did you attend your most recent scheduled healthcare appointment?

☐ Yes ☐ No

6. When your health feels under control, do you sometimes decide not to schedule check-ins or follow-ups?

☐ Yes ☐ No

7. Do you ever feel frustrated or overwhelmed by how often appointments are needed for your care?

☐ Yes ☐ No

8. How often do you have difficulty remembering the time or date of an appointment once it's been scheduled?

☐ Never ☐ Rarely ☐ Sometimes ☐ Usually ☐ All the time

Please speak with your healthcare provider if you have questions about your medications or if there are things making it difficult to take them as prescribed. Adherence is a journey, not a test—your answers help illuminate the path.