**Success stories questionnaire**

Whiteriver IHS Service Unit

HEALTHY HEART **SUCCESS STORIES** QUESTIONNAIRE

We are collecting Healthy Heart success stories. Other people in our community probably have some of the same struggles as you. They can learn from your experiences. When you’re done, give it to any of the Healthy Heart staff.

1. Your Name and chart number. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Do you want us to use your name when we share your success story? **YES NO MAYBE**

1. Think of something about your diabetes you really struggled with, but you were able to overcome. Some examples might be fear, foods, A1c, weight, feeling overwhelmed, exercise, etc. Tell us about it…..
2. How did you motivate yourself to achieve this?
3. What helped you keep this going strong?
4. Please share your thoughts about Healthy Heart by completing this sentence: “Healthy Heart \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.”

**A Healthy Heart Case Manager will look at your chart for BEFORE and AFTER numbers (like labs, weight, etc.). We may include numbers that support your success in managing diabetes.**

**We will not use your name unless you want us to. If you select yes, we will show it to you before sharing with others. Thank you!**