



# Health My Way Digital Skills Questionnaire

## For learners

Your Digital Health Mentor will use the answers to this questionnaire to get a better picture of your current level of digital skills to offer you the best support in managing your health and wellbeing. Please complete as many questions as you can.

**1.** Which of the following do you feel confident in using? (Tick any that apply)

- Computer/laptop       Tablet/iPad       Smartphone

**2.** Have you used the internet before?

- No       Yes, I've used it for \_\_\_\_\_

**3.** Do you have an email address? (that you have access to)

- Yes       No       Yes, but I'm not sure how to use

**4.** Have you ever completed a form online?

- Yes       No       Not sure

**5.** Have you ever used a search engine (such as Google) to find the information you need online?

- Yes       No

**6.** Do you have a MyGov account and feel confident using it?

- Yes       No       I've never heard of MyGov

**7.** Would you like to learn more about My Health Record and how it can benefit you?

- Yes       No

**8.** Are you interested in learning how to download and use health-related apps?

- Yes       No

**9.** Do you want to learn more about how to find reliable health information online?

- Yes       No



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## For Digital Mentors

The answers a learner gives to the questionnaire will affect the level of support you offer to them. As mentioned in the “Health My Way: Supporting digital health literacy programs in your community” handbook, learners will come to you for support at various points in their digital health literacy journey. The following recommendations have been given based on the session plans created for Health My Way.

### **Question 1:**

Learners should indicate which device they feel confident in using. If learners don't select an answer to this question, they may not yet be ready for the Health My Way program. Health My Way assumes that learners will be confident at using a device such as a computer/laptop, tablet or smartphone. An introductory digital skills program such as Be Connected may be better suited to them at this time.

### **Question 2:**

Again, if learners indicate they haven't used the internet before, Health My Way may be a little too advanced for them.

### **Question 3:**

If learners have an email address that they can access, it would be useful for them to attend an Introduction to MyGov session to familiarise themselves and learn how to register for a MyGov account.

### **Question 4:**

What a learner answers to this question will help you decide whether they're ready to attend a session on MyGov/My Health Record.

### **Question 5:**

If learners are familiar with searching, How to find reliable websites for health and wellbeing information would be a good session to run.

### **Question 6:**

Learners that are confident in using MyGov would benefit from attending the Introduction to My Health Record session. This will their awareness of the benefits they can gain from accessing their My Health Record through their MyGov account.



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**Question 7:**

If learners answer yes to this question, Introduction to My Health Record or Introduction to My Health Record - Privacy and access would be good for them. If learners answer no, How to find reliable websites for health and wellbeing information may be better.

**Question 8:**

Finding and downloading health-related apps would be a good session for learners that have answered yes to this question.

**Question 9:**

Learners would find How to find reliable websites for health and wellbeing information interesting if they answered yes to this question.

The above are only suggestions, it is always recommended that you have a chat with your learners and find out how they would like to be supported. If you have any questions or would like any further support, contact Good Things Foundation on the contact details below.