

Health Awareness



Nervous? On Edge? TM

(NAPSA)—...a 30-second quiz that could bring relief...

For the quiz, score your response:

- 0 Not at all
- 1 Several days
- 2 More than half of the days
- 3 Every day

Quiz*

In the past two weeks:

___ How often have you felt nervous or on edge?

___ How often have you worried?

___ How often have you had a hard time relaxing or felt easily irritated?

___ Have you felt as if something horrible is going to happen?

Now score 0 to 4 with 0-Not at all and 4-Extremely difficult.

___ Have any of these problems made it difficult to perform your job or interact with family members or friends?

Assessment: If you answered 2 or 3 to most of the questions, you may want to see your doctor about possible treatments for anxiety.

Help With Cost Of Medications: With a physician's diagnosis for anxiety, you may qualify to receive certain anti-anxiety medicines for **\$5 for a 30-day supply** through a program from the UCSF Center for Consumer Self Care and Longs Drugs.

For more on the program, call **(888) 356-2256 toll free.**

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* Kroenke, Ann. Internal Medicine 2007



Note to Editors: This article will be of special interest to California editors.