



## HOW ARE YOU FEELING?

The Wellness Thermometer is designed to help you discuss how you are feeling with your medical team. This will help you and the medical team to plan your long-term care and support your quality of life.

*It is your choice whether or not to complete the Wellness Thermometer*

**1 THINK ABOUT YOUR FEELINGS, MOOD, WORRIES, HEALTH...**

Circle the number from 1 to 10 on the thermometer below that best describes how well you have felt since your last appointment (or if it's easier to remember, in the past week)

1

2

3

4

5

6

7

8

9

10

Feeling  
Poor

Feeling  
Average

Feeling  
Good

**2 ARE THERE ANY PHYSICAL THINGS THAT AFFECT YOUR WELLBEING?**

Tick the relevant points below:

- ☐ Problems with eating
- ☐ Weakness
- ☐ Feeling bloated
- ☐ Forgetfulness
- ☐ Nausea
- ☐ Pins and needles
- ☐ Vomiting
- ☐ Aches and pains
- ☐ Changes in weight
- ☐ Fever
- ☐ Difficulty going to toilet
- ☐ Problems with your eyes
- ☐ Sleeping
- ☐ Appearance
- ☐ Vivid dreams
- ☐ Sexual relations
- ☐ Feeling dizzy
- ☐ Skin problems
- ☐ Confusion
- ☐ Feeling out of breath
- ☐ Feeling tired

**ARE THERE ANY EMOTIONAL THINGS THAT AFFECT YOUR WELLBEING?**

Tick the relevant points below:

- ☐ Feeling sad
- ☐ Drinking too much alcohol
- ☐ Feeling depressed
- ☐ Smoking too many cigarettes
- ☐ Feeling worried
- ☐ Abuse of drugs
- ☐ Nervousness
- ☐ Worrying about your faith
- ☐ Relationships with other people
- ☐ Problems with money

Something else?

**3 WHAT WOULD YOU LIKE TO DISCUSS DURING YOUR APPOINTMENT TODAY?**

**Adverse events should be reported.**

For the United Kingdom, reporting forms and information can be found at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or via the Yellow Card app (download from the Apple App Store or Google Play Store).

For Ireland, reporting forms and information can be found at [www.hpra.ie](http://www.hpra.ie) and can be reported to HPRA on +353 1 6764971. Adverse events should also be reported to Gilead to [safety\\_FC@gilead.com](mailto:safety_FC@gilead.com) or +44 (0) 1223 897500 or +353 (0) 21 482 5999.