A screenshot of a computer

AI-generated content may be incorrect.

**GAD-7 Assessment**

Generalized Anxiety Disorder 7-item scale

The GAD-7 is a self-reported questionnaire for screening and measuring the severity of generalized anxiety disorder.

Change to:

**How Are You Feeling Lately?**

Your well-being coach is here to support you! These 7 simple questions are designed to help you check in with yourself and see how you’ve been feeling. It’s like a quick personal check-up to better understand what’s going on in your life and how things might be affecting you.

Your coach can use this to guide you and work with you to help you feel your best!

**Change: Patient Health Questionnaire-9 (PHQ-9)**

Over the last 2 weeks, how often have you been bothered by any of the following problems?

TO:

**How Are You Feeling?**

**Let’s Check In!**

Your well-being coach is here to support you! This quick set of questions is designed to help you reflect on how you’ve been feeling lately. It’s a simple way to understand your emotions, energy, and how life might be affecting you.

By answering honestly, you’ll give your coach the insight they need to better support you and help you feel your best!