

Taking an assessment in Asendar™

Your care team may ask you to fill out a short form in Asendar, like the PHQ-9, GAD-7 or PCL-5. It asks how you have been feeling. Your answers help your care team see how you are doing over time.

1. Look for the message

You will get an email that says a form is waiting for you. Tap the button in the email to open it. You may also see a notice in Asendar.

2. Or open Asendar

Sign in to Asendar. You'll see it on your home screen, or open the menu and tap **Assessments**. Forms your care team sent are at the top, under **Ready when you are**, with the name of the person who sent them.

3. Answer the questions

Tap the form to open it. Read each question and pick the answer that fits you best. There are no right or wrong answers. Most forms take a few minutes.

4. Tap Submit

When you have answered every question, tap **Submit**. Nothing is sent until you do. After that, your care team can see your answers.

5. See your results

Open the menu and tap **Assessments**. Each form you finished is listed with the date and your score. Tap one to see the answers you chose.

Want to take one on your own?

On **Assessments**, tap **Take one yourself** and pick a form.

Questions?

Ask your care team at your next visit, or call your clinic.

Asendar is not for emergencies. If you are in crisis or thinking about hurting yourself, call or text **988** (the 988 Suicide and Crisis Lifeline), or call **911**.