



Intermountain Health Care Ogden, UT

HealthyLife® Self-Care Guide – Spanish Edition Research Study

Migrant Worker Project
Evaluation Time Period – 12 months
N = 180 Families

- 63% said the guide enabled them to make appropriate health care decisions
- 48% said the guide enabled them to communicate better with a physician
- 59% said the guide enabled them to avoid one or more visits to the doctor
- 49% said the guide enabled them to avoid one or more E.R. visits
- 98% said they could understand the instructions in the guide

THE 5 MOST COMMON HEALTH ISSUES CONSULTED IN THE GUIDE WERE:

1. Colds
2. Fever
3. Child Issues
4. Flu
5. Asthma