

# Assessments

help.grandcare.com → help for caregivers → assessments

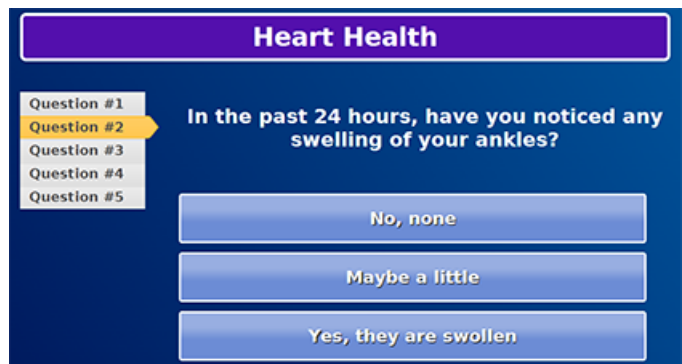
## Overview

Your loved one can take brief multiple-choice health assessments that can help you check in to see how things are going. The answers are emailed to caregivers at the end of the day.

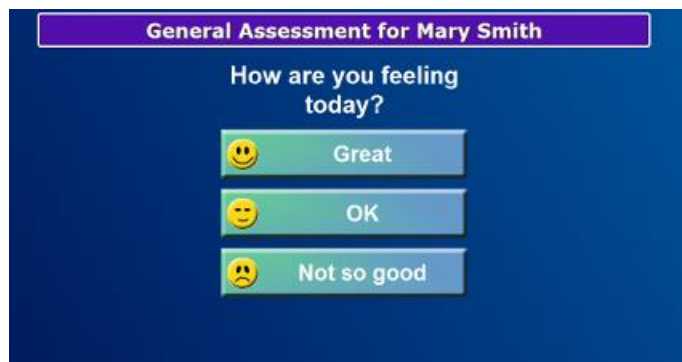
## Assessment Types

There are four available assessments:

- **Heart Health** - The Heart Health Assessment is useful for people at risk for heart-related illnesses.
- **Diabetes** - The Diabetes Assessment is useful for people with or at risk for diabetes.
- **General** - The General Assessment is useful for everyone and asks your loved one how they are feeling in general.
- **Lifestyle** - The Lifestyle Assessment is useful for everyone and asks questions about your loved one's day.



The screenshot shows a digital assessment interface titled "Heart Health" in a purple header. On the left, a vertical list of questions is shown, with "Question #2" highlighted in yellow. The main question reads: "In the past 24 hours, have you noticed any swelling of your ankles?". Below the question are three blue buttons with white text: "No, none", "Maybe a little", and "Yes, they are swollen".



The screenshot shows a digital assessment interface titled "General Assessment for Mary Smith" in a purple header. The question asks: "How are you feeling today?". Below the question are three blue buttons with white text and corresponding emoji icons: "Great" with a happy face emoji, "OK" with a neutral face emoji, and "Not so good" with a sad face emoji.

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