

## Bring Back Your Bedroom Confidence: A Simple Self-Check for Intimate Wellness

We understand that discussing topics like erectile dysfunction can be challenging, but please know that you're not alone. Erectile Dysfunction affects 1 in 5 men.

The **Quick Quiz** below is designed to help identify whether Erectile Dysfunction is affecting your sex life. After completing the quiz, we encourage you to share your concerns with us. Remember, we're here to help and support you every step of the way. Your provider can help to determine if you may have erectile dysfunction and what treatment options are best for you.

### OVER THE PAST 6 MONTHS:

1. How do you rate your confidence that you could get and keep an erection?		Very Low	Low	Moderate	High	Very High
		1	2	3	4	5
2. When you had erections with sexual stimulation, how often were your erections hard enough for penetration (entering your partner)?	No sexual activity	Almost never or never	A few times (much less than half the time)	Sometimes (about half the time)	Most times (much more than half the time)	Almost always or always
	0	1	2	3	4	5
3. During sexual intercourse, how often were you able to maintain your erection after you had penetrated (entered) your partner?	Did not attempt intercourse	Almost never or never	A few times (much less than half the time)	Sometimes (about half the time)	Most times (much more than half the time)	Almost always or always
	0	1	2	3	4	5
4. During sexual intercourse, how difficult was it to maintain your erection to completion of intercourse?	Did not attempt intercourse	Extremely difficult	Very difficult	Difficult	Slightly difficult	Not difficult
	0	1	2	3	4	5
5. When you attempted sexual intercourse, how often was it satisfactory for you?	Did not attempt intercourse	Almost never or never	A few times (much less than half the time)	Sometimes (about half the time)	Most times (much more than half the time)	Almost always or always
	0	1	2	3	4	5

Add the numbers corresponding to questions 1-5.

TOTAL: \_\_\_\_\_

The Sexual Health Inventory for Men further classifies E.D. severity with the following breakpoints: 1-7 Severe E.D. 8-11 Moderate E.D. 12-16 Mild to Moderate E.D. 17-21 Mild E.D.