

# Your "One Stop" Annual Assessment:

## What is an Annual Assessment?

An annual assessment is a review to see how you are doing with your cystic fibrosis (CF) care. It looks at any changes over the past year, helps improve your treatment, and sets your goals for the year ahead.

## What's New?

We listened to your feedback about the annual assessment. We've changed the process so that there is less repetition. On the same day as your assessment, we will talk to you about how things are going and agree on your goals for the year. This means you get your results faster.

## Things to do before you come to your annual assessment:

If you have a home spirometry kit, please check your results, and bring them to your annual assessment.

You should have a sputum pot from your last visit. Please bring a sputum sample in this pot to your assessment.

If you have a compressor, check when it was last serviced. If it needs servicing, please bring it with you.

## What Happens on the Day:

