

**PANEL 3:**  
**ASSESSMENT OF FEASIBILITY, ADHERENCE AND COMPLIANCE**

1. Did you receive the educational messages regularly?
2. Did you read the messages?
3. Did you act upon the messages?
4. Did you find the messages useful?
5. Did you feel that you are taken care of in a better way after reading these messages?
6. Do you feel that these messages improved your understanding of your diet, exercise and health?
7. Do you feel more satisfied with your health care now as compared to earlier?