

"SMART" METER HEALTH SURVEY

Questions neither National Grid nor the Government will be asking you
(This survey may also be filled out online.)

www.WorcesterOptsOut.org

4 Castle St. #2

Worcester, MA 01610-6405

HEALTH: (In addition to yourself, please ask any affected person you know – family, friends, neighbors, co-workers - to complete a separate survey. Adults should fill out survey for children.)

My age: _____

In the last 18 months have you been having any ongoing symptoms that began suddenly?

Y N Don't know

If Yes, approximately when did they begin? ____/____/____

Has there been a "smart" meter installed at your home? Y N Don't know

If Yes, the 'smart' meter is approximately

a) ___ feet from my bed

b) ___ feet from the family room or place I spend significant time in the home (out of bed)

My school or workplace has a smart electric meter. Y N Don't know

Please check all that apply:

- Insomnia / Sleep Quality Problems:** (insomnia, difficulty falling asleep, or can't stay asleep)
- Ear(s):** ringing (tinnitus), buzzing or tone; pain; hearing a constant sound
- Memory problems:** difficulty focusing, concentrating; poor short term memory; attention deficit; learning problems; momentary "blank" spaces
- Neurological symptoms:** feeling stressful, anxious, jittery, wired, irritable or agitated
- Headache:** migraine, non-migraine; feeling of pressure; etc.
- Fatigue or lack of energy, muscle or physical weakness** (not attributed to lifestyle)
- Pain in head or body;** pressure, pain, buzzing, clamping, shooting sensation through
- Balance problems:** dizziness, disorientation, vertigo
- Eyes:** pain or dryness, blurred vision, pressure in the eyes, other vision problems
- Heart related:** racing, arrhythmia, palpitations, chest pain or other heart problems
- Teeth and jaw:** TMJ problems; clenching teeth
- Muscles:** leg cramps, involuntary muscle contractions, tremors, or neuropathy
- Skin:** tingling/burning/itching and/or rashes, facial flushing
- Internal:** tingling, burning, itching
- Numbness:** hands, feet, extremities, etc.
- Body and joint pain:** arthritis, body pain, sharp, stabbing pains
- Digestive problems:** nausea, flu-like symptoms, indigestion, diarrhea, constipation
- Respiratory Problems:** difficulty breathing, shortness of breath, cough, asthma
- Nose bleeds; sinus problems**
- Medical device (implanted) problems**
- Sensitivity to Electrical Devices** (e.g., wireless, dimmer switches, fluorescent lights, computer, TV)
- Changes in Endocrine System disorders (e.g. diabetes, thyroid or other)**
- Chronic Pain** **Depression** **Seizures**
- Infertility problems** **Urinary problems**
- Disease onset, recurrence or exacerbation of:** (Please check any of these that apply)
 - Multiple Sclerosis** **Diabetes** **Amyotrophic Lateral Sclerosis (ALS)**
 - Parkinson's Disease** **Cancer** **High Blood Pressure**
 - Alzheimer's Disease** **Heart Ailment** **Immune System Disorders**
 - Other? Please specify:** _____
- CHILDREN:** hyperactivity or changes in behavior; behavioral problems
- ANIMALS/PETS:** changes in behavior; health problems – new or exacerbated

SAFETY: I know I have had a 'Smart' Meter installed. **AFTER INSTALLATION:** (Please check any that apply)

- There has been a fire at my home** **Lights have Flickered or Dimmed**
- Power strips / surge protectors failed or melted** **Electronics/Appliance(s) have failed**
- GFI circuits have 'tripped'** **The 'smart' meter failed**
- Unexplained smell (burning plastic, etc.)** **Clocks blinked as if power had gone out**
- Neighbor(s) have had similar outage or problems**

Feel free to expound on any safety issue: _____

GENERAL (Please check those items that apply to you, whether you have a SM or not.)

- National Grid billing seems to be accurate Y N
- I have called National Grid to complain about my 'smart' meter. OR
- I am happy with my 'smart' meter.

(Please Explain) _____

- I assumed National Grid and/or Commonwealth gave me all info pertinent to 'smart' meters
- I was aware, before SM installation that people across America are fighting 'smart' meters

Approximate date of installation: _____

'Smart' Meter FCC ID#1: _____ & #2 _____ (located on meter)

- Interference with Radios, Cell Phones or Cordless Phones.
- Interference with Security Systems

Overall RF/EMF exposure (please check any wireless devices you use) :

- Cellular phone (work and home use) average talk time _____ minutes/day
- Cordless phone (work and home use) average talk time _____ minutes/day
- Wireless computer Network (WiFi) average use _____ hours/day
- baby monitor - what brand? _____ average use _____ hours/day
- other wireless devices (speakers, etc.) average use _____ hours/day
- Some neighbors have smart meters. If so, how many neighbors or meters? ____

Bodily Vulnerability Factors for RF/EMF exposure: (please check all applicable)

- I have Metal Plates or Joints
- I have Metal Dental Work: fillings, bridges, implants or braces
- I use a coil-spring mattress

Occupational exposure: (Please check any applicable)

- Microwave Oven Medical Equipment Other electronics Computers Large Office environment

WORCESTER OPTS OUT (WOO)

How did you learn about Worcester Opts Out and/or this survey? (Please check all that apply)

- WCCA-TV, "The People's Channel" Worcester Magazine Telegram & Gazette
- InCity Times radio email posted flyer on the street other flyer

- I would like more information I would like to help WOO
- < If so, be sure to give us contact info below >

Confidentiality Statement & Statement of Purpose

This survey is being conducted by Worcester Opts Out for independent research purposes. Answers to these questions and all personal information are completely confidential. Your answers will become part of a secure database and used only by Worcester Opts Out for our research. They will be statistically analyzed and will not be individually reported. If you give us your email, you will receive exactly one email acknowledging your submission of this survey, unless you indicate that you would like additional information and/or would like to help WOO in any way.

Worcester Opts Out is dedicated to providing accurate information about smart meters and any health effects they may be triggering. Your participation will help us achieve that goal.

CONTACT INFO (entirely optional: If you want to remain anonymous you can provide initials or a "handle" name. This will let us plot general trends in symptoms or parts of the city most affected, etc. Thank you.)

Street _____

Name _____

Email _____

Phone number (____) ____ - ____

Thank you for participating in this important research.
