

Individual Health Assessment (IHA)

An IHA is a comprehensive assessment that is completed during a patient's initial encounter(s) with his/her PCP. HPSM is required by the California Department of Health Care Services (DHCS) to ensure that new members receive an Initial Health Assessment (IHA) within 120 days of becoming an HPSM member.

Assessment Components

The IHA consists of a comprehensive history, physical, mental status and where age appropriate, developmental exam, diagnosis and plan of care, preventive services and the Individual Health Education Behavioral Assessment.

Staying Healthy Assessment Tool (SHA)

The Staying Healthy Assessment Tool (SHA) assists PCPs in:

- identifying and tracking individual health risks and behaviors
- targeting health education counseling interventions
- providing referral and follow-up

The SHA should become a permanent part of the member's medical record and be referred to annually. When potentially high risk health behaviors are identified, PCPs are expected to ask appropriate follow-up assessment questions to identify patient's health education needs and facilitate focused educational counseling that addresses health behavior changes.

Facilitating health education intervention

Information provided on the Staying Healthy Assessment tool combined with the patient's medical history, conditions, problems, testing results, and other related factors, can help a provider recommend appropriate health education interventions. If a member is in need of a health education service that is not outlined in the HPSM provider manual, or quarterly list of Health Education Community Classes and Resources, the provider is encouraged to contact the Health Education Unit at (650) 616-2165 for information about other community resources.