

# Health Risk Assessment

The following questions are part of your health risk assessment, which is an evaluation of your overall health. This information will be used by Health Choice Generations to create your individualized care plan (your health goals for the year), which will be sent to you.



**IMPORTANT:** Be sure to complete your Name and Member ID. This information will help us identify you.

Full Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Medicaid ID Number: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Primary Care Physician: \_\_\_\_\_ Current Date: \_\_\_\_\_

Physical Activity	
In the past 7 days, how many days did you exercise?	_____ Days
On days when you exercised, for how long did you exercise (in minutes)?	_____ Minutes/Day <input type="checkbox"/> N/A
How intense was your typical exercise?	<input type="checkbox"/> Light (like stretching or slow walking) <input type="checkbox"/> Moderate (like brisk walking) <input type="checkbox"/> Heavy (like jogging or swimming) <input type="checkbox"/> Very heavy (like fast running or stair climbing) <input type="checkbox"/> I am currently not exercising

Tobacco Use	
In the last 30 days, have you used tobacco?	Smoked: <input type="checkbox"/> Yes <input type="checkbox"/> No Smokeless tobacco: <input type="checkbox"/> Yes <input type="checkbox"/> No
If yes to either, would you be interested in quitting tobacco use within the next month?	<input type="checkbox"/> Yes <input type="checkbox"/> No

Alcohol Use	
In the past 7 days, on how many days did you drink alcohol?	_____ Days
On days when you drank alcohol, how often did you have (5 or more for men, 4 or more for women and those men or women 65 years old and over) alcoholic drinks on one occasion?	<input type="checkbox"/> Never <input type="checkbox"/> Once during the week <input type="checkbox"/> 2-3 times during the week <input type="checkbox"/> More than 3 times during the week
Do you ever drive after drinking or ride with a driver who has been drinking?	<input type="checkbox"/> Yes <input type="checkbox"/> No

Nutrition	
In the past 7 days, how many servings of fruit and vegetables did you typically eat each day? (1 serving = 1 cup of fresh vegetables, 1/2 cup of cooked vegetables, or 1 medium piece of fruit. 1 cup = size of a baseball)	_____ Servings per day
In the past 7 days, how many servings of high fiber or whole grain foods did you typically eat each day? (1 serving= 1 slice of 100% whole wheat bread, 1 cup of whole grain or high-fiber ready-to-eat cereal, 1/2 cup of cooked cereal such as oatmeal, or 1/2 cup of cooked brown rice or whole wheat pasta)	_____ Servings per day

<b>Nutrition</b>	
In the past 7 days, how many servings of fried or high- fat foods did you typically eat each day? (examples include: fried chicken, fried fish, bacon, French fries, potato chips, corn chips, doughnuts, creamy salad dressings, and foods made with whole milk, cream, cheese, or mayonnaise)	_____ Servings per day
In the past 7 days, how many sugar-sweetened (not diet) beverages did you typically consume each day?	_____ Sugar-sweetened beverages consumed per day

<b>Seat Belt Use</b>	
Do you always fasten your seat belt when you are in the car?	<input type="checkbox"/> Yes <input type="checkbox"/> No

<b>Depression</b>	
In the past 2 weeks, how often have you felt down, depressed, or hopeless?	<input type="checkbox"/> Almost all the time <input type="checkbox"/> Most of the time <input type="checkbox"/> Some of the time <input type="checkbox"/> Almost never
In the past 2 weeks, how often have you felt little interest or pleasure in doing things?	<input type="checkbox"/> Almost all the time <input type="checkbox"/> Most of the time <input type="checkbox"/> Some of the time <input type="checkbox"/> Almost never
Have your feelings caused you distress or interfered with your ability to get along socially with family or friends?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Are you actively seeing a behavioral health provider?	<input type="checkbox"/> Yes <input type="checkbox"/> No

<b>Anxiety</b>	
In the past 2 weeks, how often have you felt nervous, anxious, or on edge?	<input type="checkbox"/> Almost all the time <input type="checkbox"/> Most of the time <input type="checkbox"/> Some of the time <input type="checkbox"/> Almost never
In the past 2 weeks, how often were you not able to stop worrying or control your worrying?	<input type="checkbox"/> Almost all the time <input type="checkbox"/> Most of the time <input type="checkbox"/> Some of the time <input type="checkbox"/> Almost never

<b>High Stress</b>	
How often is stress a problem for you in handling such things as:	
Your health?	<input type="checkbox"/> Never or rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
Your finances?	<input type="checkbox"/> Never or rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always

**High Stress**

Your family or social relationships?

- Never or rarely
- Sometimes
- Often
- Always

Your work?

- Never or rarely
- Sometimes
- Often
- Always

**Social/Emotional Support**

How often do you get the social and emotional support you need?

- Always
- Usually
- Sometimes
- Rarely
- Never

**Pain**

In the past 7 days, how much pain have you felt?

- None
- Some
- A lot

**General Health**

In general, would you say your health is

- Excellent
- Very good
- Good
- Fair
- Poor

How would you describe the condition of your mouth and teeth - including false teeth and dentures?

- Excellent
- Very good
- Good
- Fair
- Poor

Are you currently pregnant?

- Yes    No

What is your preferred language?

\_\_\_\_\_

How would you preferred to be contacted?

- Mail
- Phone
- Cell
- Text
- Email

**Activities of daily living**

In the past 7 days, did you need help from others to perform everyday activities such as

- Eating
- Grooming Bathing
- Using toilet
- Dressing
- Walking

Instrumental Activities of Daily Living	
In the past 7 days, did you need others to take care of things such as:	<input type="checkbox"/> Laundry <input type="checkbox"/> Banking <input type="checkbox"/> Using the telephone <input type="checkbox"/> Food preparation <input type="checkbox"/> Transportation <input type="checkbox"/> Taking your own medications <input type="checkbox"/> Housekeeping <input type="checkbox"/> Shopping

Sleep	
Each night, how many hours of sleep do you usually get?	_____ Hours
Do you snore or has anyone told you that you snore?	<input type="checkbox"/> Yes <input type="checkbox"/> No
In the past 7 days, how often have you felt sleepy during the daytime?	<input type="checkbox"/> Always

Blood Pressure	
If your blood pressure was checked within the past year, what was it when it was last checked?	<input type="checkbox"/> Low or normal (at or below 120/80) <input type="checkbox"/> Borderline high (120/80 to 139/89) <input type="checkbox"/> High (140/90 or higher) <input type="checkbox"/> Don't know/not sure

Cholesterol	
If your cholesterol was checked within the past year, what was your total cholesterol when it was last checked?	<input type="checkbox"/> Desirable (below 200) <input type="checkbox"/> Borderline high (200-239) <input type="checkbox"/> High (240 or higher) <input type="checkbox"/> Don't know/not sure

Blood Glucose	
If your glucose was checked, what was your fasting blood glucose (blood sugar) level the last time it was checked?	<input type="checkbox"/> Desirable (below 100) <input type="checkbox"/> Borderline high (100-125) <input type="checkbox"/> High (126 or higher) <input type="checkbox"/> Don't know/not sure
If diabetic, and you have had your hemoglobin A 1 c level checked in the past year, what was it the last time you had it checked?	<input type="checkbox"/> Desirable (6 or lower) <input type="checkbox"/> Borderline high (7) <input type="checkbox"/> High (8 or higher) <input type="checkbox"/> Don't know/not sure

Overweight/Obesity	
What is your height without shoes?	_____ Feet _____ Inches
What is your weight?	_____ lbs.

Source: Goetzel, Ron Z., PhD, and Et Al. "Framework for a Patient-Centered Health Risk Assessment." Framework for a Patient-Centered Health Risk Assessment. CDC, 12 Dec. 2011. Web. 2 Feb. 2014.

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