

An Initial Health Assessment/Appointment (IHA) is a comprehensive assessment completed during a member's visit with his or her Primary Care Physician (PCP).

IHA Components Include:

1. An age appropriate comprehensive history, physical and mental status, developmental exam and immunizations;
2. Evaluation for Health Education and appropriate referrals for care coordination to include community resources.

All Medi-Cal and Commercial members should receive timely access to an IHA within **120 days** of enrollment, regardless of age. For Medicare Advantage members, providers must make a "best-effort" attempt to conduct an initial assessment of each member's health care needs, including following up on unsuccessful attempts to contact the member, within **90 days** of the effective date of enrollment. A total of three (3) attempts must be made to reach the member, to include at least one (1) phone call and one (1) mail notification. Additionally, if a member refuses an IHA, the refusal must be documented in the medical record.

IHA Exclusions:

1. Members who have been a patient of yours in the past year or more and for which documentation exists showing an IHA completed within the past 12 months.
2. Members who refuse the IHA. Refusal must be noted within the medical record.
3. Members who missed an appointment, where the provider documented two additional attempts to reschedule.

In an effort to continuously improve outcomes, the RBO c/o Altura Medical Management team will perform oversight of the IHA process.

For a copy of the oversight tool please referral to the following exhibits:

- Medicare Exhibit A
- Medi-Cal and Commercial Exhibit B

EXHIBIT A – Initial Health Assessment/Appointment: Medicare Members

42 C.F.R. § 422.112(b)(4)(i); Manual Ch. 4 - Section 110.6; Title 22, CCR, § 53851(b)(1); DHCS	
An IHA consists of a history and physical examination and a health education behavioral assessment that enables a provider of primary care services to comprehensively assess the Member's current acute, chronic, and preventive health needs.	
Was IHA performed within 90 days of enrollment.	
PO shall make reasonable attempts to contact a member and schedule an IHA. All attempts shall be documented. Documented attempts that demonstrate PO's unsuccessful efforts to contact a member and schedule an IHA shall be considered evidence in meeting this requirement.	
The PO shall ensure that the Initial Health Assessment (IHA) includes a staying healthy/ health education behavioral assessment using an age appropriate DHCS approved assessment tool.	
The initial and annual complete history and physical exam includes, but is not limited to:	
Present and past illness(es) with hospitalizations, operations, medications	
Physical exam including review of all organ systems	
Height and Weight	
Blood Pressure	
BMI	
Cholesterol Screening	
Total serum cholesterol measurement	
Clinical breast examination	
Pap smear on all women determined to be sexually active, regular screening may be discontinued after age 65 on those participants who have had regular screening with consistent normal results	
All Members will receive TB testing upon enrollment and annual screening will be part of the annual history and physical	
Preventative services per the USPSTF A and B Guidelines for ages 65-year old and older, where clinically indicated:	
Abdominal Aortic Aneurysm Screening	Bone Mass Measurement (female 65 & older)
Breast Cancer Screening (Mammograms)	Mammogram for women age 50 and over concluding at age 75 unless pathology has been identified
Cardiovascular Disease Testing/Risk Reduction Visit (therapy for cardiovascular disease)	Cervical and Vaginal Cancer Screening
Colorectal Cancer Screening (age 50 to 75 if normal)	Depression Screening
Diabetes Screening	HIV Screening
Immunizations (per CDC guidelines)	Medical Nutrition Therapy
Medicare Diabetes Prevention Program (MDPP)	Obesity Screening and Counseling/Therapy to Promote Sustained Weight Loss
Prostate Cancer Screening Exams	Screening and Counseling to reduce alcohol misuse
Screening for lung cancer with low dose computed tomography (LDCT)	
Screening for Sexually Transmitted Infections (STIs) and Counseling to Prevent STIs	
Chlamydia screening: women	Chlamydia screen for all sexually active females who are determined to be at high-risk for chlamydia infection using the most current CDC guidelines.
Hepatitis B screening	Hepatitis C screening
Syphilis screening	Gonorrhea screening: women
Smoking and tobacco use cessation (counseling to stop smoking or tobacco use)	Vision Care – Glaucoma Screening
Blood pressure screening: adults	Falls prevention: older adults
BRCA risk assessment and genetic counseling/testing	Breast cancer preventive medications
Tuberculosis screening: adults	Mental health and status evaluation
Statin preventive medication: adults ages 40–75 years with no history of CVD, 1 or more CVD risk factors, and a calculated 10-year CVD event risk of 10% or greater	
Social history	
Current living situation	Marital status
Work history	Sexual history
Education level	Use of alcohol, tobacco, and drugs
Diagnoses and plan of care	

EXHIBIT B – Initial Health Assessment/Appointment: Medi-Cal and Commercial Members

ALL MEMBERS
The IHA was performed within 120 days of enrollment.
The medical record reflects diagnostic, treatment, and follow-up services for symptomatic findings or risk factors identified in the IHA within 60 days following discovery.
The medical record reflects TB assessments for all members.
ADULT MEMBERS
For Asymptomatic Adults the medical record reflects completion of an age appropriate IHA according to the most current edition of the Guide to Clinical Preventive Services published by the U.S. Preventive Services Task Force (USPSTF) as documented by a history & physical & review of organ systems.
The medical record includes colon and rectal cancer screening for adults 50 years to 70 years old
The medical record includes immunizations for adults as required
FEMALE MEMBERS
The medical record includes a documented breast examination over the age of 40 years of age.
The medical record includes a documented Mammogram at age 50 and over
The medical record includes documented Osteoporosis screening for females 65 years and older.
The medical record includes documented Chlamydia screen for all sexually active females through 26 (high risk-such as but not limited to, new or multiple sex partners, prior hx of STD, not using condoms consistently & correctly)
The medical record includes a documented cervical screening test for all sexually active women.
The medical record reflects that the HPV immunization was offered to age appropriate females (11-26).
PEDIATRIC MEMBERS
If the IHA has not been completed due to Missed appointments, the medical record reflects documented missed appointments and at least two (2) attempts for follow-up, as appropriate.
For Members under 21 Years of age the medical record reflects completion of an age appropriate IHA according to the most recent edition of the American Academy of Pediatrics (AAP) age specific guidelines and periodicity schedule. The IHA must also include an age specific assessment and services required by the Child Health and Disability Prevention Program (CHDP).
The medical record reflects a dental screening/oral assessment and dental referral starting at age 3 or earlier, if warranted
The medical record includes documented lab testing for anemia, diabetes and/or urinary tract infection.
The medical record includes identification, treatment, and follow-up on obese members.
The medical record includes documented age- appropriate immunization
The medical record includes a documented testing for lead poisoning in IHA (if appropriate). (Lead level checks at ages 12 mo, 24 mo, or 72 mo) Lead level range-above 15 should be referred to county Lead Program <ul style="list-style-type: none">▪ Follow-up lead re-check done on lead levels 10 to 14 in 3 months▪ Follow-up lead confirmatory (venous) re-check is performed on levels 15-19 within 1-2 months▪ Referred to County Lead Program for lead levels above 15
The medical record includes documented testing for Sickle Cell (SCA) trait in the IHA (if appropriate)