

EXHIBIT A

Initial Health Assessment 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.
Gonorrhea screening: women
Hepatitis B screening
Hepatitis C screening
Syphilis screening
Smoking and tobacco use cessation (counseling to stop smoking or tobacco use)
Vision Care – Glaucoma Screening
Blood pressure screening: adults
BRCA risk assessment and genetic counseling/testing
Breast cancer preventive medications
Falls prevention: older adults
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
Tuberculosis screening: adults
Mental health and status evaluation
Social history
Current living situation
Marital status
Work history
Education level
Sexual history
Use of alcohol, tobacco and drugs
Diagnoses and plan of care
Assessment tool is completely filled out, all elements addressed? (for Medicare; ensure that assessment includes all required IHA/AWV elements)