

INSTRUCTIONS

Upper Peninsula Health Plan (UPHP) is interested in helping you get healthy and stay healthy. We want to ask you a few questions about your current health. This information will be used to better meet your health needs. The information you provide in this form is personal health information protected by federal and state law and will be kept confidential. It CANNOT be used to deny health care coverage.

We also encourage you to see your doctor for a checkup as soon as possible after you enroll with UPHP, and at least once a year after that. An annual checkup appointment is a covered benefit. Contact UPHP if you need transportation assistance to get to and from this appointment.

If you need assistance with completing this form, contact UPHP at 1-800-835-2556 (TTY: 711), Monday through Friday from 8 a.m. to 5 p.m. Eastern Time.

Instructions for completing the UPHP Health Risk Assessment (HRA):

- Answer the questions as best you can. You are not required to answer all of the questions.
- Don't forget to complete a new HRA with UPHP each year.

Keep a copy or printout of this form. This is your record that you completed your annual HRA.

First Name, Middle Name, Last Name			Date of Birth (mm/dd/yyyy)
Mailing Address		Apartment or Lot Number	Medicaid Number
City	State	Zip Code	Phone Number

Section 1 – Initial assessment questions (select one answer for each question)

1. In general, how would you rate your health?

Excellent Very Good Good Fair Poor

2. Has a doctor told you that you have hearing loss or are deaf?

Yes No

3. (For women only) Are you currently pregnant?

Yes No

4. In the last 7 days, how often did you exercise for at least 20 minutes in a day?

Every Day 3-6 days 1-2 days 0 days

Exercise includes walking, housekeeping, jogging, weights, a sport or playing with your kids. It can be done on the job, around the house, just for fun or as a work-out.

5. In the last 7 days, how often did you eat 3 or more servings of fruits or vegetables in a day?

Every Day 3-6 days 1-2 days 0 days

Each time you ate a fruit or vegetable counts as one serving. It can be fresh, frozen, canned, cooked or mixed with other foods.

6. In the last 7 days, how often did you have (5 or more for men, 4 or more for women) alcoholic drinks at one time?

Never Once a week 2-3 times a week More than 3 times a week

1 drink is 1 beer, 1 glass of wine, or 1 shot.

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7. In the last 30 days have you smoked or used tobacco?

Yes

No

If yes, do you want to quit smoking or using tobacco?

Yes

No

8. How often is stress a problem for you in handling everyday things such as your health, money, work, or relationships with family and friends?

Every Day

Almost Every Day

Sometimes

Rarely

Never

9. Do you use drugs or medications (other than exactly as prescribed for you) which affect your mood or help you relax?

Every Day

Almost Every Day

Sometimes

Rarely

Never

This includes illegal or street drugs and medications from a doctor or drug store if you are taking them differently than exactly how your doctor told you to take them.

10. Have you had a flu shot in the last year?

Yes

No

11. How long has it been since you last visited a dentist or dental clinic for any reason?

Never

Within the last year

Between 1-2 years

Between 3-5 years

More than 5 years

12. Do you have access to transportation for medical appointments?

Yes

No

Sometimes, but it is not reliable

Transportation could be your own car, a friend who drives you, a bus pass, or taxi. UPHP can help you with transportation to and from covered medical appointments.

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<p>13. Do you need help with food, clothing, utilities, or housing?</p> <p><input type="radio"/> Yes <input type="radio"/> No</p> <p><i>This could be trouble paying your heating bill, no working refrigerator, or no permanent place to live.</i></p>	
<p>14. A checkup is a visit to a doctor's office that is NOT for a specific problem. How long has it been since your last checkup?</p> <p><input type="radio"/> Within the last year <input type="radio"/> Between 1-3 years <input type="radio"/> More than 3 years</p>	

Section 2 – Annual Appointment

A routine checkup is an important part of taking care of your health. An annual checkup is a covered benefit and UPHP can help you with a ride to and from this appointment.

Date of Appointment: _____

At my appointment I would most like to talk with my doctor about:

Take this form to your checkup and review your answers with your provider at this appointment.