



March 2006

Re: **Revised Individual Health Education Behavioral Assessment (IHEBA)**
“Staying Healthy Assessment Tool”
State Mandated Assessment for Medi-Cal Members

Dear Primary Care Provider:

Based on the American Academy of Pediatrics’ guidelines, the Department of Health Services has updated the Individual Health Education Behavioral Assessment (IHEBA) or Staying Healthy Assessment Tool, which is currently being used in your practice. It is also available in the following translations: Spanish, Vietnamese, Chinese, Lao, Hmong and Russian. Medi-Cal Managed Care providers are contractually required to perform a behavioral risk assessment on all Medi-Cal Managed Care plan members; it is also an important component of the Facility Audit Medical Record Review. **These revised forms must be implemented in your office no later than April 1, 2006.**

The assessment should be administered as part of the initial health assessment for new patients within 120 days of enrollment and at the next non-acute visit for existing members. It will assist you in quickly identifying patients in need of health education counseling and services. The Staying Health Assessment is an age-appropriate assessment tool designed to be self-administered by the patient or parent. There are five age specific tools to address the needs of the following age brackets: 0-3, 4-8, 9-11, 12-17, and 18 years and older. For ages 0-11 years, the tool is completed by the parent or guardian while for 12 years of age and older, the tool is self-administered. To complement the tools, educational materials, i.e., Tip Sheets, have been developed for each age category.

The Authority has assembled the enclosed packet to assist its contracted Primary Care Providers (PCPs) in fulfilling this requirement. Enclosed you will find the following documents:

- **Staying Healthy Checklist** (*how to use the tools*)
- **Community Referral Resource List**
- **Staying Healthy Assessment Tools**
Five (5) each in English and Spanish*

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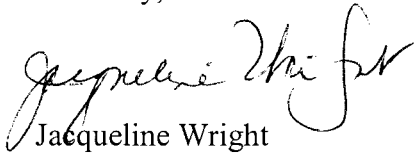
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- **Staying Healthy California Tip Sheets**
Five (5) each in English and Spanish*
- **Original Forms and Tip Sheets** (*camera-ready originals*)

**We have customized your packet based on the age limitations in your contract.*

All the materials you have received in this packet are also available on the Authority's website, www.sbrha.org, under Health Education. If you have any questions regarding the tool or any of the enclosed materials, please contact Jennifer Fraser, Provider Services Representative, at extension 281. If you are interested in health education materials on particular topics, please contact Suzanne Michaud, M.P.H., Senior Health Promotion Educator, at extension 259. Thank you in advance for your cooperation and continued willingness to serve the Medi-Cal population in Santa Barbara County.

Sincerely,



Jacqueline Wright
Director of Provider Services

Enclosures