



# CalOptima Health

## Initial Health Appointment (IHA)

### Our Mission

To serve member health with excellence and dignity, respecting the value and needs of each person.

### Our Vision

Provide all members with access to care and supports to achieve optimal health and well-being through an equitable and high-quality health care system.

# IHA Overview

- Comprehensive assessment for newly enrolled Medi-Cal members
  - Provided in a way that is culturally and linguistically appropriate for the member
- Completed by a primary care provider (PCP) within 120 days of member enrollment into CalOptima Health
  - May not be completed by specialists

This is Aptos 12 pt. You can place footnotes in this section here. If you do not have footnotes, just leave the field as is and it will not show up in your presentation.

# IHA Overview (cont.)

- IHA documentation includes, but is not limited to:
  - A physical exam
  - Member's office visit date, and physical and mental health history
  - Identification of health risks
  - Preventive screenings or services
  - Diagnosis and a plan for treatment for any diseases
  - Health education
  - All efforts to complete IHA, including a minimum of three attempts to contact the member, member refusal and missed appointments

# All Plan Letter (APL) 22-030: Initial Health Appointment

- Effective January 1, 2023:
  - Staying Healthy Assessment (SHA) tools are no longer required
  - The standard screening requirements for each age group are still in effect
    - All ages: Assessment of need for preventive screenings or services as recommended by the United States Preventive Services Task Force (USPSTF)\*
    - Age 21 and under: Early and Periodic Screening, Diagnostic and Treatment (EPSDT) screenings per American Academy of Pediatrics/Bright Futures periodicity schedule.\*\* When requested, an appointment must be made for members under age 21 within 10 working days of the request

# All Plan Letter (APL) 22-030: Initial Health Appointment (cont.)

- The Department of Health Care Services (DHCS) will:
  - Measure primary care visits as a proxy for IHA completion
  - Leverage Healthcare Effectiveness Data and Information Set (HEDIS) measures specific to infant and child/adolescent well-being visits, as well as adult preventive visits

# Resources

<b>Direct Link</b>	<b>Access Path from <a href="http://www.caloptima.org">www.caloptima.org</a></b>
<a href="#">IHA Reference Guide for PCPs</a>	For Providers → Documents and Trainings → Manual, Policies and Guides → View Initial Health Appointment Reference Guide for PCPs
<a href="#">Health and Wellness page</a>	Members → Health and Wellness → Self-Care Guides
<a href="#">Health and Wellness Referral Form</a>	For Providers → Documents and Training → Common Forms → Find under “H”

# Resources (cont.)

<b>Direct Link</b>	<b>Access Path from <a href="http://www.caloptima.org">www.caloptima.org</a></b>
<a href="#">Wellness Programs and Services page</a>	Members → Wellness Programs
<a href="#">Member Health Rewards Program</a>	Members → Wellness Programs → Member Health Rewards
<a href="#">Blood Lead Refusal Form (English)</a>	Providers → Documents and Training → Common Forms → Anticipatory Guidance (multiple languages available)
<a href="#">Initial Health Appointment CME/CE — Recording</a>	N/A



**Questions or Comments?**



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