

Take this new enrollee Health Risk Assessment so we can help you get the best care possible. Please read and answer each question as best you can. If you have questions or need help completing this form, call Enrollee Services at **202-842-2810** or toll-free at **1-866-842-2810**. TTY users can call **1-800-570-1190**.

Please print in UPPERCASE letters.

Enrollee information		
First name:	Last name:	Enrollee ID number:
Date of birth:     /     /	Sex: <input type="checkbox"/> Male <input type="checkbox"/> Female	
Address 1:		
Address 2:		
City:	State:	ZIP:
Cell phone number:	<input type="checkbox"/> I would like to receive communications from my health plan through text messages.*	
Email address:	<input type="checkbox"/> I would like to receive communications from my health plan through email.*	

\*The use of mobile and digital technologies (such as text message, email, or mobile apps) has some risks that you should consider. Text messages and emails may be read by a third party if your mobile or digital device is stolen, hacked, or unsecured. Message and data rates may also apply.

**Get** help.

Fill out these new questions to help us better serve you.

## New Health Risk Assessment Questions

At AmeriHealth Caritas District of Columbia (DC), we know that health is more than what happens at your doctor's office. We would like to ask you some questions about your everyday needs. Based on your answers, someone from AmeriHealth Caritas DC may contact you to discuss resources in your community. This information is private and protected like all of your health information, and all questions are optional.



**Support**



**Clothing**



**Transportation**



**Housing**



**Food**



Fill out these new questions to help us better serve you.

### Questions About You

At AmeriHealth Caritas District of Columbia (DC), we know that health is more than what happens at your doctor’s office. We would like to ask you some questions about your everyday needs. Based on your answers, someone from AmeriHealth Caritas DC may contact you to discuss resources in your community. This information is private and protected like all of your health information, and all questions are optional.

**1. How much school have you finished?**

- No high school
- Some high school
- High school graduate
- General Educational Development (GED®) or high school equivalency
- Vocational or trade program
- Some college
- College graduate
- Graduate school or higher
- I choose not to answer this question

**2. It can be challenging to understand when people at the doctor’s office talk to you about your health. Do you ever get confused answering or asking questions about your health at appointments?**

- Yes — please check all that apply:
  - Understanding my doctor’s instructions
  - Reading my doctor’s instructions
  - Understanding how to take medicines
  - Understanding lab results and test results
  - Understanding medical terms
  - Other \_\_\_\_\_
- No
- I choose not to answer this question

**3. Sometimes it can be challenging to get transportation for your everyday needs. Have you had trouble getting rides for your health needs in the past four weeks? This can be a ride to the doctor or to get your medicine. What about going shopping for food or going to work? (Select all that apply.)**

- Yes, I have had trouble getting to the doctor or getting my medicine
- Yes, I have had trouble getting other places I need to go
- No
- I choose not to answer this question



Fill out these new questions to help us better serve you.

**4. It can be stressful to have trouble paying bills and getting everyday things that you need. Over the past year, have you had trouble with any of the following items:**

A. Getting food for your family regularly?

- Yes
- No
- I choose not to answer this question

B. Paying your utility bills (for example, heating or electrical bills)?

- Yes
- No
- I choose not to answer this question

C. Getting the clothing you or your family need?

- Yes
- No
- I choose not to answer this question

D. Getting child care when you need to go to a doctor’s appointment?

- Yes
- No
- I choose not to answer this question

E. Paying your phone bill?

- Yes
- No
- I choose not to answer this question

F. Getting everyday items you need (such as diapers, shampoo, blankets, and mattresses)?

- Yes
- No
- I choose not to answer this question

G. Have you had trouble with something else?

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**5. Having shelter is an important part of your health. Can you tell me about your housing today?**

- I have housing
- I don’t have housing
- I have housing but I am worried about losing it
- I choose not to answer this question



### Questions About Your Language

#### Which language do you prefer to speak?

- Amharic
- Arabic
- Chinese (Cantonese)
- Chinese (Mandarin)
- English
- French
- Korean
- Portuguese
- Spanish
- Vietnamese
- Other: \_\_\_\_\_

#### Which language do you prefer to read?

- Amharic
- Arabic
- Chinese (Cantonese)
- Chinese (Mandarin)
- English
- French
- Korean
- Portuguese
- Spanish
- Vietnamese
- Other: \_\_\_\_\_

#### How do you describe your race?

- American Indian or Alaska Native
- Asian
- Black/African American
- Middle Eastern/North African
- Native Hawaiian/Pacific Islander
- White/Caucasian
- Other: \_\_\_\_\_

#### What is your ethnicity?

- Hispanic
- Non-Hispanic
- Choose not to say
- Not provided/unknown
- Other: \_\_\_\_\_



## Questions About Your Health

**1. In general, would you say your health is:**

- Great                       Good                       Fair                       Poor

**2. In the last four weeks:**

A. How many days did poor health make you get less done or not do as good of a job as usual?

- None                       One                       Two                       Three or more days

B. How often did you feel stressed? (Stress can make you have tense muscles and headaches, have a bad mood, feel nervous, or have a hard time sleeping.)

- Never or almost never                       Often  
 Sometimes                       All the time

C. Did you often feel sad, depressed, or hopeless, which made you lose interest or pleasure in doing things?

- Yes                       No

**3. Are you pregnant?**

- Yes    No

**4. Has your doctor ever said you have these health problems?**

Heart disease, chest pain, heart attack, or other heart problem:

- Yes    No

Stroke or reduced blood flow to the head or legs:

- Yes    No

Diabetes or high blood sugar, or you are taking medicine for high blood sugar:

- Yes    No

Cancer (other than minor skin cancer):

- Yes    No



Asthma, wheezing, or trouble breathing:

Yes  No

Chronic obstructive pulmonary disease (COPD) or emphysema (damage to the lungs that gets worse over time):

Yes  No

High blood pressure:

Yes  No

Overweight:

Yes  No

Chronic pain. (Mild pain is like pain from being pinched or getting a shot; bad pain is how a toothache or sprained ankle feels; very bad pain is how it feels when you break a bone and you need strong pain pills ordered by a doctor.) Right now, are you in:

No pain                       Mild pain                       Bad pain                       Very bad pain

If you are in pain, are you being treated by a doctor?

Yes (doctor's name) \_\_\_\_\_  No

Hearing problems (hearing loss that can't be improved with a hearing aid):

Yes                                       No                                       I am being treated now

Vision problems (poor eyesight that can't be improved with glasses or contacts):

Yes                                       No                                       I am being treated now

**5. How many times did you go to the emergency room (ER) for help in the past six months?**

One time                       Two times                       Three times                       Four or more times

**6. How many times have you been a patient at a hospital in the past six months?**

One time                       Two times                       Three times                       Four or more times



**7. Do you know the name of your family doctor?**

Yes (doctor's name) \_\_\_\_\_  No

**8. Have you had these checkups and shots? (Please answer yes, no, or unsure for all questions that apply to your age and sex.)**

Flu shot in the past 12 months:

Yes  No  Unsure

Pneumonia shot (ages 65+) (A shot to protect your lungs. Without a shot, they may fill with fluid. You may cough and have a hard time breathing.):

Yes  No  Unsure

Shingles shot (ages 60+) (A shot to protect you from this virus. Shingles causes blisters in an area on one side of your body. Before a breakout, you feel burning or tingling pain or an itch. It is linked to chickenpox.):

Yes  No  Unsure

Dental checkup in the past one to two years (ages 50+ only):

Yes  No  Unsure

Colon checkup in the past five to 10 years (ages 50+ only):

Yes  No  Unsure

Breast cancer talk with your doctor in the past one to two years (women ages 40 – 49 only):

Yes  No  Unsure

Mammogram within the past one to two years (women ages 50 – 75 only):

Yes  No  Unsure

Pap test in the past one to three years (women ages 21 – 66 only):

Yes  No  Unsure

Prostate cancer talk with your doctor in the past one to two years (men ages 50+ only):

Yes  No  Unsure





**9. Do you use tobacco?**

Yes, I use (check all that apply):

Cigarettes

Pipes

Chewing/smokeless tobacco

Cigars

E-cigarettes

No

**10. If you smoke, do you want to quit using tobacco?**

Yes, I am ready

Yes, but not right now

No

**11. If you have quit smoking, please answer the following question:**

How many years has it been since you quit?

Years: \_\_\_\_\_

**12. Do you drink alcohol?**

Yes  No

**13. Do you want to drink less or quit drinking alcohol for good?**

Yes, I am ready

Yes, but not right now

No

**14. How do you get to places that are too far to walk?**

Drive myself

Call a taxi

Ride a bike

Someone takes me

Take a bus

I can't get to places that are too far to walk

**15. Are you aware you have a transportation benefit with AmeriHealth Caritas DC?**

Yes  No

**16. Do you have any problems with walking, bathing, dressing, or using the toilet?**

Yes  No



**17. Final questions:**

Are you interested in learning more about your health concerns, including behavioral health problems such as depression or bipolar disorder?

Yes  No

Are you interested in learning more about your health care benefits, including transportation, medications, vision, and gym memberships?

Yes  No

**Thank you for completing our health assessment! This information will help us provide you the best possible care. We will keep your information private.**

**Please return this form in the postage-paid return envelope or send to:**

AmeriHealth Caritas District of Columbia  
P.O. Box 7356  
London, KY 40742

You may also fax the completed form to **1-855-851-0433**.

If you have any questions concerning this form, please call Enrollee Services at **202-842-2810** or toll-free at **1-866-842-2810**. TTY users can call **1-800-570-1190**.

AmeriHealth Caritas District of Columbia complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

**English**

If you do not speak and/or read English, please call **1-866-842-2810 (TTY 1-800-570-1190)**, available 24 hours a day, seven days a week. A representative will assist you.

**Español**

Si no habla y/o lee inglés, llame al **1-866-842-2810 (TTY 1-800-570-1190)**, línea disponible las 24 horas del día, los siete días de la semana. Un representante le ayudará.

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**Tiếng Việt**

Nếu quý vị không nói và/hoặc đọc Tiếng Anh, vui lòng gọi **1-866-842-2810 (TTY 1-800-570-1190)**, 24 giờ một ngày, bảy ngày một tuần. Sẽ có người đại diện hỗ trợ quý vị.

**繁體中文**

如果您不會講或讀英文，請致電 **1-866-842-2810 (TTY 1-800-570-1190)**，此電話每天 24 小時，每週 7 天開通。您將得到一位服務代表的協助。

**한국어**

영어를 말하거나 읽지 못하는 경우, 365일 24시간 이용 가능한 **1-866-842-2810 (TTY 1-800-570-1190)**번 으로 전화하십시오. 직원이 도와드릴 것입니다.

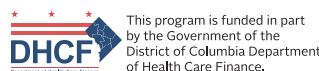
**Français**

Si vous ne parlez, ni ne lisez anglais, veuillez appeler au numéro **1-866-842-2810 (TTY 1-800-570-1190)**, disponible 24 heures sur 24, 7 jours sur 7. Un représentant pourra vous aider.



[www.amerihealthcaritasdc.com](http://www.amerihealthcaritasdc.com)

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