Healthy Michigan Plan Health Risk Assessment:
A primary goal of the Healthy Michigan Plan (HMP) is for beneficiaries to actively engage in their health care and maintain or achieve healthy behaviors (e.g., reducing tobacco use, increasing physical activity, improving management of a chronic condition).
• The HMP Health Risk Assessment (HRA) was developed to promote overall health and well-being.
• The HRA is intended to be completed annually by beneficiaries in collaboration with their primary care provider.

The Health Risk Assessment: A Tool for Action
The HRA is a tool that can be used to systematically collect information from beneficiaries to:
• Identify health risk factors;
• Provide individualized feedback; and
• Connect beneficiaries with interventions to promote health, sustain function, and/or prevent disease.

The HRA process includes interpreting HRA findings, counseling beneficiaries, and developing patient-centered, individualized care plans in collaboration with beneficiaries that include healthy behavior goals.

Over time, the annual HRA process can help providers and patients track progress toward meeting established goals, recognizing that addressing and maintaining healthy lifestyle changes is a long-term process.1

Patient-Centered Care Planning
The HRA may be used to develop a patient-centered care plan with a goal of improving health status and/or delaying the onset of disease. “Patient-centered care is considered to be care that is relationship-based and makes the patient feel known, respected, involved, engaged, and knowledgeable.”2

Patient-centered care plans should be culturally appropriate and include goal setting, coaching, referrals, and monitoring.
• Culturally competent plans aim to promote health equity by respecting individuals’ beliefs, and understanding the bio-psychological context in which they experience illness and health.1
• Discussing patients’ ability to implement healthy behaviors (e.g., having access to healthy foods or a safe environment for exercise) is an important part of the planning process.
• Coordinating care and services with the HMP Managed Care Plan and providing referrals to community resources are essential in helping individuals’ succeed in their attempts to maintain or achieve healthy behaviors.

1. Goetzel, RZ; Staley, P; Ogden, L; Stange, P; Fox, J; Spangler, J; Tabrizi, M; Beckowski, M; Kowlessar, N; Glasgow ,RE, Taylor, MV. A framework for patient-centered health risk assessments – providing health promotion and disease prevention services to Medicare beneficiaries. Atlanta, GA: US Department of Health and Human Services, Centers for Disease Control and Prevention, 2011. Available at: http://www.cdc.gov/policy/opth/hra/.
Shared Decision Making
The HRA process should support a shared decision making process that entails:

- The primary care provider offering feedback in the form of educational messages, counseling, and/or referrals to assist in changing high-risk behaviors and health habits.
- Over time, provider feedback has the potential to impact health behaviors and/or modify patients’ risk of disease and improve chronic disease management. ¹

Assessing Patient Readiness to Change
An essential component of successful behavior change is recognizing the individual’s readiness to change.

- Primary care providers play a significant role in helping patients change behavior to prevent disease and manage chronic conditions and/or addictive behaviors (e.g., tobacco, alcohol, substance abuse). ³

Beneficiary responses to Section 3 of the HRA will help providers:

- Gauge patients’ readiness to change;
- Guide collaborative discussions; and
- Assist patients in selecting healthy behavior goals to work toward during the next year. ⁴

Developing Patient-Centered Action Plans
There are multiple behavior change models that can be used in the primary care setting to help patients modify behavior and work toward achieving a healthy lifestyle. The Agency for Healthcare Research and Quality (AHRQ) has developed tools and resources for collaborative action planning that outlines steps patients can take to attain health goals. The Make Action Plans: Tool guides providers through the process of creating and using action plans in collaboration with patients.

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