

## Telehealth for the initial health assessment

Anthem Blue Cross (Anthem) ensures the provision of an initial health assessment (IHA), which is required for all new members within 120 days of enrollment. This visit consists of a history and physical examination and a health education/behavioral health assessment. The IHA enables the member’s primary care provider (PCP) to assess, manage and document in the medical record the acute, chronic and preventive health needs of the member. To meet this requirement, PCPs are strongly recommended to review their monthly IHA eligibility list and contact their assigned members to make an IHA appointment.

Providers who have implemented telehealth are encouraged to provide appropriate elements of the IHA exam virtually, followed by a timely in-person visit. Providers are strongly encouraged to have an in-place process to monitor and ensure scheduling and completion of the in-person component of the IHA visit. This guidance does not change the current billing guidance for telehealth visits; however, **providers should not bill for both parts of the exam**. The telehealth and secondary in-person visits are considered part of the same well visit exam and may only be billed for once, at the completion of the telehealth component.

Medical record documentation for telehealth and in-person IHA visits should include: history and physical; review of organ systems; completion of the Individual Health Education Behavioral Assessment (IHEBA) also known as Staying Healthy Assessment (SHA); education/guidance, or supplemental documentation such as an assessment of developmental status or immunizations, lab work, or other preventive screenings.

### Components of telehealth and in-person IHA Visits for members aged 21 years and younger

Components of IHA visits that may be offered through telehealth for members <b>21 years and younger</b> , may include:	Components of IHA visits that may be offered at in-person visits for members <b>21 years and younger</b> , may include:
<ul style="list-style-type: none"> <li>✓ Health history.</li> <li>✓ Visual physical exam.</li> <li>✓ Physical development.</li> <li>✓ Mental development.</li> <li>✓ Developmental screening.</li> <li>✓ Weight assessment.</li> <li>✓ Exercise counseling.</li> <li>✓ Nutrition counseling</li> <li>✓ Adverse Childhood Experiences screening (ACEs).</li> <li>✓ Age-appropriate SHA/IHEBA.</li> <li>✓ Anticipatory guidance.</li> <li>✓ Skin cancer behavioral counseling.</li> <li>✓ TB screening.</li> <li>✓ Referral to Specialty/Behavioral Health care or Case Management.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Vital sign and blood pressure measurements.</li> <li>✓ Anthropometric measurements.</li> <li>✓ Office or laboratory testing.</li> <li>✓ Hearing, vision, and oral health screening.</li> <li>✓ Fluoride varnish application.</li> <li>✓ Immunizations.</li> <li>✓ Prenatal care – Use the ACOG Tool for assessment and Maternal Depression Screening as applicable.</li> </ul>

<https://providers.anthem.com/ca>

**Components of telehealth and in-person IHA for members age 22 years and older**

Components of IHA visits that may be offered through telehealth for members <b>22 years and older</b> , may include:	Components of IHA visits completed in-person for members <b>22 years and older</b> , may include:
<ul style="list-style-type: none"> <li>✓ Health history.</li> <li>✓ Visual physical exam.</li> <li>✓ Physical development.</li> <li>✓ Weight assessment.</li> <li>✓ Exercise counseling.</li> <li>✓ Nutrition counseling.</li> <li>✓ Diabetes and Cardiovascular Risk assessment.</li> <li>✓ Screenings/referrals ordered and documented:               <ul style="list-style-type: none"> <li>✓ Blood glucose, HbA1c, nephropathy.</li> <li>✓ Diabetic retinal exam.</li> </ul> </li> <li>✓ Adverse Childhood Experiences screening (ACEs).</li> <li>✓ Depression, Alcohol and Tobacco Products Screening using validated tools.</li> <li>✓ Age-appropriate SHA/IHEBA - Offer counseling based on member responses.</li> <li>✓ Referral to Specialty care, Behavioral Health or Case Management.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Vital sign and BP measurement.</li> <li>✓ Weight, height and BMI.</li> <li>✓ Head-to-toe physical examination.</li> <li>✓ Hearing, vision, and oral health screening.</li> <li>✓ Office or laboratory testing.</li> <li>✓ Diagnosis of acute/chronic/preventive conditions with plan of care and follow-up.</li> <li>✓ Vaccines as recommended.</li> <li>✓ BCS and CCS screening per US Preventive Services Task Force.</li> <li>✓ Prenatal care – use the ACOG Tool for assessment and Maternal Depression Screening as applicable.</li> </ul>