

# Health Risk Assessment

Please fill out all required fields. We will use your information to refer you (member) to care management programs that may help you live a healthier life.

**Helpful tips – If any of the information listed is incorrect, please contact Department of Children and Families at 850-300-4323, Monday through Friday, from 7 a.m. to 6 p.m. Eastern time.**

## A: About You

Today's date \_\_\_\_\_

Name of person completing form \_\_\_\_\_

### I am filling out this form for:

- |        |              |
|--------|--------------|
| Myself | Sibling      |
| Child  | Spouse       |
| Friend | Foster child |
| Parent |              |

**Do you agree to receive email and/or text communications (e.g., reminders, letters, educational materials, etc.) from Humana?**

- Yes  No

Please provide cellphone number \_\_\_\_\_

Please provide email address \_\_\_\_\_

Member name \_\_\_\_\_ Member ID \_\_\_\_\_

Parent/guardian name, if applicable \_\_\_\_\_

Date of birth \_\_\_\_\_

Home phone number \_\_\_\_\_ Cellphone number \_\_\_\_\_

Emergency contact name \_\_\_\_\_

Emergency contact phone number \_\_\_\_\_

**Humana**  
Healthy Horizons<sup>®</sup>  
in Florida

**What language are you most comfortable speaking?**

English      Spanish      Other      I (member) choose not to answer this question

**What was your (member’s) sex at birth?**

Female      Unavailable  
Male      Decline to answer

**What gender do you (member) currently identify with?**

Female      Male-to-Female/Transgender Female/Trans Woman  
Male      Genderqueer/Non-binary, neither exclusively male or female  
Female-to-male/Transgender      Other  
Male/Trans Man      Decline to answer

**What are your (member’s) pronouns?**

She/Her/Hers      Other  
He/Him/His      Decline to answer  
They/Them/Theirs

**What is your (member’s) sexual orientation?**

Straight or heterosexual      Something else  
Lesbian, gay or homosexual      Don’t Know  
Bisexual      Decline to answer

**B: Your Medical History**

**Do you (member) know the name of your (or the member’s) primary care physician (PCP) or obstetrician-gynecologist (OB-GYN)?**

Yes      No

Name \_\_\_\_\_

**Where do you (member) most often go for medical help?**

Clinic      Urgent care center  
Emergency room      Telehealth  
Doctor’s office      I (member) choose not to answer this question

**Do you (member) go to other doctors or healthcare providers in addition to, or instead of, your PCP?**

Yes      No

**Please tell us who you (member) see and the reason you (member) see this doctor.**

Doctor's name	Reason you (member) see this doctor

**How long has it been since your (member's) last checkup?**

Within the last 3 months

I (member) do not have a PCP

Between 3 to 12 months ago

I (member) have a future checkup scheduled with my PCP on \_\_\_\_\_

More than 12 months ago

I (member) have never had a regular checkup

**Would you like help to make an appointment with your (member's) PCP or OB-GYN (pregnant member)?**

Yes

No

\*If yes, please reach out to our Care Management Team **800-229-9880 (TTY: 711)** for assistance

**Has a lack of transportation kept you (member) from getting to medical appointments or from getting medications?**

Yes

No

I (member) choose not to answer this question

**Has a lack of transportation kept you (member) from getting to non-medical appointments, work, and/or from getting things that you (member) need?**

Yes

No

I (member) choose not to answer this question

**Have you (member) had an annual dental visit in the past 12 months?**

Yes

No

**Did you (member) have a flu vaccination between August and March of this flu season?**

Yes

No

**Do you plan on receiving or have received either the COVID vaccine or booster?**

(For members 6 months and older)

Yes, already received

Refused

Yes, planning

I (member) do not feel it is needed

No

I (member) am concerned about side effects

Unsure

I (member) was advised by provider to not receive

Scheduled - I (member) scheduled to receive my vaccination in the home or at a site

I (member) am nervous about receiving

I (member) do not have transportation and do not want to use the transportation benefit

Other

**How easy is it for you (member) to get medical care when needed?**

Easy

Somewhat difficult

Very difficult

Have not needed medical care

**In the past 30 days, how many times have you (member) been to an emergency room (ER)?**

0

1-5

6-10

11-20

21-30

**In the past 12 months, how many times have you (member) had an overnight hospitalization?**

0

1-3

4-5

6-10

11+

Please check Yes, No or N/A									
Condition Name	Have you (member) been diagnosed with this condition?		If yes, did your (member's) doctor diagnose the condition in the last 6 months?		If yes, are you (member) currently under the care of a doctor for this condition?		If yes, do you (member) need help managing these condition(s)? A nurse Case Manager can outreach to support.		
	Yes	No	Yes	No	Yes	No	Yes	No	
AIDS	Yes N/A	No	Yes N/A	No	Yes N/A	No	Yes N/A	No	
Asthma	Yes N/A	No	Yes N/A	No	Yes N/A	No	Yes N/A	No	
Cancer	Yes N/A	No	Yes N/A	No	Yes N/A	No	Yes N/A	No	
Chronic Kidney Disease	Yes N/A	No	Yes N/A	No	Yes N/A	No	Yes N/A	No	
Chronic Obstructive Pulmonary Disease (COPD)	Yes N/A	No	Yes N/A	No	Yes N/A	No	Yes N/A	No	

Please check Yes, No or N/A

Condition Name	Have you (member) been diagnosed with this condition?		If yes, did your (member's) doctor diagnose the condition in the last 6 months?		If yes, are you (member) currently under the care of a doctor for this condition?		If yes, do you (member) need help managing these condition(s)? A nurse Case Manager can outreach to support.	
	Yes	No	Yes	No	Yes	No	Yes	No
Cystic fibrosis	Yes N/A	No	Yes N/A	No	Yes N/A	No	Yes N/A	No
Diabetes	Yes N/A	No	Yes N/A	No	Yes N/A	No	Yes N/A	No
Heart Failure	Yes N/A	No	Yes N/A	No	Yes N/A	No	Yes N/A	No
High Blood pressure	Yes N/A	No	Yes N/A	No	Yes N/A	No	Yes N/A	No
HIV	Yes N/A	No	Yes N/A	No	Yes N/A	No	Yes N/A	No
Sickle Cell Disease	Yes N/A	No	Yes N/A	No	Yes N/A	No	Yes N/A	No

## Family History

Condition Name	Has any immediate family member (parents, grandparents, siblings, children) been diagnosed with any of these conditions?		
	Yes	No	N/A
AIDS	Yes	No	N/A
Asthma	Yes	No	N/A
Cancer	Yes	No	N/A
Chronic Kidney Disease	Yes	No	N/A
Chronic Obstructive Pulmonary Disease (COPD)	Yes	No	N/A
Cystic Fibrosis	Yes	No	N/A
Diabetes	Yes	No	N/A
Heart Failure	Yes	No	N/A
High Blood Pressure	Yes	No	N/A
HIV	Yes	No	N/A
Sickle Cell Disease	Yes	No	N/A

## C: Your Healthy Lifestyle

How tall are you? \_\_\_\_\_ feet and \_\_\_\_\_ inches

How much do you weigh? \_\_\_\_\_ pounds

How do you (member) feel about your current weight? (Select one)

I am happy with my weight.

I am not happy with my weight, but I am not ready to make a change.

I would like to change my weight and would appreciate help doing so.

### Nutrition

On average, how many servings of fruits and vegetables do you eat every day? (1 “serving” of fruit is 1 medium size fruit; 1 serving of vegetables is 1 cup of leafy or ½ cup fresh vegetables)

1-2 servings per day

2-4 servings per day

4+ servings per day

None

On average, how many servings of dairy products do you have every day? (1 “serving” of dairy is about a slice of cheese, a cup of yogurt, or a cup of milk or dairy substitute.)

1-2 servings per day

2-4 servings per day

4+ servings per day

None

### Physical Activity

How many days a week do you exercise in some way (e.g., walking, bicycling, swimming, yoga, strength training, household chores, raking the yard) inside or outside the home?

1-3 days

4 or more days

I (member) do not exercise

On average, how many total minutes do you spend exercising, on days when you do exercise?

Less than 30 minutes

Greater than 30 minutes

I (member) do not exercise

How intensely do you exercise?

Low/Light-intensity (walking at leisurely pace, beginner yoga, cooking activities, light household chores)

Medium/Moderate-intensity (bicycling, raking the yard, swimming, strength training, walking briskly)

High/Vigorous-intensity (jogging, running, high-impact aerobics, carrying groceries upstairs, strenuous fitness class)

I (member) do not exercise

**On average, how often do you do strength-training exercises such as squats, push-ups, pull-ups, or weight training?**

1-2 days per week

3-5 days per week

6 or 7 days per week

Never

**How many times in the past year have you (member) had:**

• 5 or more drinks in a day (males)

• 4 or more drinks in a day (females)

**One drink is 12 ounces of beer (or 1 beer), 5 ounces of wine (or a glass of wine), or 1.5 ounces of 80-proof spirits (or 1 mixed drink).**

Never

Once or Twice

Daily or almost daily

Weekly

Monthly

N/A

**Have you (member) ever felt you should cut down on your drinking?**

Yes

No

N/A

**How many times in the past year have you (member) smoked, vaped, or chewed tobacco?**

Never

Once or Twice

Daily or almost daily

Weekly

Monthly

N/A

**How do you (member) feel about your (member's) current smoking habits?**

I (Member) already quit smoking

I (Member) have no intention of stopping

I (Member) plan to stop smoking in the future

I (Member) would like to know how to begin to stop smoking now

I (Member) have never smoked

N/A

**How many times in the past year have you (member) used prescription drugs for non-medical reasons?**

Never

Once or Twice

Daily or almost daily

Weekly

Monthly

N/A

**How many times in the past year have you (member) used illegal drugs?**

Never

Once or Twice

Daily or almost daily

Weekly

Monthly

N/A

**Please answer the following question about any medications you take:**

How many different medications do you take per day?

0

1-5

6-10

11-20

More than 20

**D: Your Social and Mental Wellness**

Please check Yes, No or N/A								
Condition Name	Have you (member) been diagnosed with this condition?		If yes, did your (member's) doctor diagnose the condition in the last 6 months?		If yes, are you (member) currently under the care of a doctor for this condition?		If yes, do you (member) need help managing these condition(s)? A nurse Case Manager can outreach to support.	
	Yes	No	Yes	No	Yes	No	Yes	No
Anxiety	Yes N/A	No	Yes N/A	No	Yes N/A	No	Yes N/A	No
Attention Deficit Hyperactivity Disorder (ADHD)	Yes N/A	No	Yes N/A	No	Yes N/A	No	Yes N/A	No
Autism	Yes N/A	No	Yes N/A	No	Yes N/A	No	Yes N/A	No
Bipolar	Yes N/A	No	Yes N/A	No	Yes N/A	No	Yes N/A	No
Depression	Yes N/A	No	Yes N/A	No	Yes N/A	No	Yes N/A	No
Eating Disorder, such as anorexia or bulimia	Yes N/A	No	Yes N/A	No	Yes N/A	No	Yes N/A	No
Oppositional Defiant Disorder (ODD)	Yes N/A	No	Yes N/A	No	Yes N/A	No	Yes N/A	No
Post-Traumatic Stress Disorder (PTSD)	Yes N/A	No	Yes N/A	No	Yes N/A	No	Yes N/A	No
Schizophrenia	Yes N/A	No	Yes N/A	No	Yes N/A	No	Yes N/A	No



**How often do you (member) see or talk to people that you (member) care about and/or to whom you (member) feel close to? (For example: talking to friends on the phone, visiting friends or family, going to church or club meetings)**

- Less than once a week
- 1 to 2 times a week
- 3 to 5 times a week
- 5 or more times a week
- I (member) choose not to answer this question

**Stress is when someone feels tense, nervous, anxious, or can't sleep at night because their mind is troubled. How stressed are you (member)?**

- Not at all
- A little bit
- Somewhat
- Quite a bit
- Very much
- I (member) choose not to answer this question

**Have you (member) or any family members with whom you live been unable to get these items or services in the past year? (Check any of the following)**

Item	Yes	No	N/A
Food	Yes	No	N/A
Utilities	Yes	No	N/A
Clothing	Yes	No	N/A
Child care	Yes	No	N/A
Medicine or any health care (e.g., Medical, Dental, Mental Health, and/or Vision)	Yes	No	N/A
Phone	Yes	No	N/A

Other:

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**Do you (member) need help with activities of daily living, such as bathing, preparing meals, shopping, and/or managing finances?**

- Yes
- No

**If you (member) need help with activities of daily living, how much help do you (member) need?**

- I (member) don't need help.
- I (member) get the help I (member) need.
- I (member) need a lot more help.
- I (member) need a little more help.

## Signs of Domestic Violence

We like to ask all members about the following questions because we understand how domestic violence can affect your overall health. You have the option of not answering any of the questions if it makes you feel uncomfortable. These questions are confidential and cannot be shared with anyone without your written permission. However, under required mandatory reporting laws information shared pertaining to child abuse, abuse of disabled person, abuse of an elderly adult, gunshot wounds or life-threatening injuries may be reported.

**Have you ever been hit, kicked, punched, slapped, or shoved by your partner?**

Yes                      No

**Does your relationship make you feel threatened, ashamed or unsafe at home?**

Yes                      No      **If no, please proceed to next section.**

**If you answered yes to any of the above and feel comfortable sharing.**

**Has the relationship gotten worse, or is it getting scarier?**

Yes                      No

**Does your partner ever watch you closely, follow you or stalk you?**

Yes                      No

**If your partner is here with you today, are you afraid to leave with him/her?**

Yes                      No

**Does your partner ever force you to have sex when you don't want to?**

Yes                      No

**Are there children in the home?**

Yes                      No

**If yes, have there been threats or direct abuse of the children?**

Yes                      No

## Resources:

State Abuse Hotline number: **800-962-2873 (800-96-ABUSE)**

State Domestic Violence Hotline number: **800-500-1119**

State Rape Crisis Hotline number: **888-956-7273 (888-956-RAPE)**

Humana Care Managers are also available: **800-229-9880**

## E: Women's Health. If not applicable, please skip.

In the past year, have you (member) had a pap test for cervical cancer?

Yes                                      No                                      Does not apply

Are you (member) pregnant?

Yes                                      No                                      N/A

### E1: If you (member) are pregnant: If not applicable, please skip to section E2.

a. When are you (member) due? \_\_\_\_\_

b. Has the Florida Department of Children and Families (DCF) been notified of the pregnancy?

Yes                                      No

If No, please contact DCF to inform them of the pregnancy.

c. Have you (member) been diagnosed with high blood pressure during this pregnancy?

Yes                                      No

d. Do you (member) currently have diabetes, or have you been diagnosed with diabetes during this pregnancy?

Yes                                      No

e. Have you (member) been referred to see a high-risk obstetrics (OB) doctor during this pregnancy?

Yes                                      No

f. If referred to a high-risk OB doctor, what was the reason for the referral

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### E2: Have you (member) been pregnant before?

Yes                                      No                                      Yes, but never delivered live birth

If you (member) have been pregnant before, have you (member):

a. Delivered a baby before 37 weeks of pregnancy?

Yes                                      No

b. Delivered a baby in the last 6 months?

Yes                                      No

c. Had a Cesarean section?

Yes                                      No

## Pregnancy Prevention

What method do you currently use to prevent a pregnancy, if applicable?

Condoms	Vasectomy
Oral contraceptives	Hysterectomy
Foam, spermicides, film, or suppositories	Nothing
Depo Provera shot, IUDs or implants	I/my partner and I are trying to get pregnant
Rhythm method or withdrawal	N/A
Tubal ligation	

If nothing is selected above, please be sure to discuss risks, such as sexually transmitted illnesses (STIs) like chlamydia or gonorrhea, in addition to pregnancy prevention, during your next visit with your primary care physician (PCP).

**F: Members 3 years old and younger. If not applicable, please skip to section G.**

Was the child (member) born more than five weeks before their expected delivery date?

Yes No

Did the child (member) have any complications, such as vision, respiratory, or feeding and growth development?

Yes No

Is child meeting their developmental milestones? (e.g., at 2 months holds head up when on tummy; at 6 months rolls from tummy to back; at 12 months pulls up to standing position; at 18 months able to drink from a cup)

Yes No

**G: Members 20 Years old and younger. If not applicable, please skip, answer the final question, sign, and send to us.**

Do you (member) have any concerns about the child's (member's) development or behavior at home or in school?

Yes No

Is the child (member) up to date on all immunizations?

Yes No

If no, why not?

Just late Barrier (such as transportation, childcare, or choice)  
Religious or personal preference

**Is the child (member) exposed to secondhand smoke, such as from cigarettes or vaping?**

Yes

No

**Does the child (member) smoke e-cigarettes, vape, or use smokeless tobacco?**

Yes

No

**Does the child (member) often worry about or fear something that significantly affects daily health and activities?**

Yes

No

**In the past 6 months, has the use of alcohol or drugs had an impact on the child's (member's) life?**

Yes

No

**Do you (member) need assistance and would like to speak with a nurse case manager, behavioral health professional or social worker? (Check all that apply)**

Yes, I would like to speak with a nurse case manager for assistance with my medical health and disease management

Yes, I would like to speak with a behavioral health professional for assistance with my mental health

Yes, I would like to speak with a social worker for help with community-based resources

No, I am not in need of assistance at this time

**In general, how would you (member) rate your health?**

Very good

Good

Fair

Poor

Other: \_\_\_\_\_

Additional comments

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**ENGLISH:** This information is available for free in other languages and formats. Please contact our Customer Service number at **800-477-6931**. If you use **TTY**, call **711**, Monday – Friday, 8 a.m. to 8 p.m.

**SPANISH:** Esta información está disponible gratuitamente en otros idiomas y formatos. Comuníquese con nuestro Servicio al Cliente llamando al **800-477-6931**. Si usa un **TTY**, marque **711**. El horario de atención es de lunes a viernes de 8 a.m. a 8 p.m.

**CREOLE:** Enfòmasyon sa a disponib gratis nan lòt lang ak fòma. Tanpri kontakte nimewo Sèvis Kliyan nou an nan **800-477-6931**. Si ou itilize **TTY**, rele **711**, Lendi - Vandredi, 8 a.m. a 8 p.m.

**FRENCH:** Ces informations sont disponibles gratuitement dans d'autres langues et formats. N'hésitez pas à contacter notre service client au **800-477-6931**. Si vous utilisez un appareil de télétype (**TTY**), appelez le **711** du lundi au vendredi, de 8h00 à 20h00.

**ITALIAN:** Queste informazioni sono disponibili gratuitamente in altre lingue e formati. La preghiamo di contattare il servizio clienti al numero **800-477-6931**. Se utilizza una telescrivente (**TTY**), chiami il numero **711** dal lunedì al venerdì tra le 8 e le 20:00.

**RUSSIAN:** Данную информацию можно получить бесплатно на других языках и в форматах. Для этого обратитесь в отдел обслуживания клиентов по номеру **800-477-6931**. Если Вы пользователь **TTY**, звоните по номеру **711** с понедельника по пятницу, с 8.00 до 20.00.

## Call If You Need Us

If you have questions or need help reading or understanding this document, call us at **800-477-6931 (TTY: 711)**. We are available Monday through Friday, from 8 a.m. to 8 p.m. Eastern time. We can help you at no cost to you. We can explain the document in English or in your first language. We can also help you if you need help seeing or hearing. Please refer to your Member Handbook regarding your rights.

## Important!

### At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries do not discriminate or exclude people because of their race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, ethnicity, marital status, religion, or language. Discrimination is against the law. Humana and its subsidiaries comply with applicable Federal Civil Rights laws. If you believe that you have been discriminated against by Humana or its subsidiaries, there are ways to get help.

- You may file a complaint, also known as a grievance:  
**Discrimination Grievances**, P.O. Box 14618, Lexington, KY 40512-4618.  
If you need help filing a grievance, call **800-477-6931** or if you use a **TTY**, call **711**.
- You can also file a civil rights complaint with the  
**U.S. Department of Health and Human Services, Office for Civil Rights**  
electronically through their Complaint Portal, available at  
<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **800-368-1019, 800-537-7697 (TDD)**. Complaint forms are available at <https://www.hhs.gov/ocr/office/file/index.html>.

### Auxiliary aids and services, free of charge, are available to you. **800-477-6931 (TTY: 711)**

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

**Humana Healthy Horizons in Florida is a Medicaid product of Humana Medical Plan, Inc.**

**English: ATTENTION:** If you do not speak English, language assistance services, free of charge, are available to you. Call **800-477-6931 (TTY: 711)**.

**Español: (Spanish) ATENCIÓN:** Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **800-477-6931 (TTY: 711)**.

**Kreyòl Ayisyen: (French Creole) ATANSYON:** Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele **800-477-6931 (TTY: 711)**.

**Tiếng Việt: (Vietnamese) CHÚ Ý:** Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **800-477-6931 (TTY: 711)**.