*** Information Only – Do not fax this page***

We respect your privacy. Your answers are confidential and will not be given to your employer or any clinician who has not provided care to you.

We will review your answers to see if we can offer you additional resources or support. We may also review your answers with your clinician if doing so could help you.

We encourage you to complete this form and discuss with your clinician.

If you have questions about this form, please call the number on the back of your enrollee card.

INSTRUCTIONS FOR COMPLETING THE WELLNESS ASSESSMENT

Shade circles like this → ●
Not like this → × or ✔

- Print clearly and keep letters and numbers inside the boxes.
- Only fill in one answer per question.
- Do not put any additional marks or comments on this form.
- Any hand written comments, arrows or marks will not be processed.

Directions for parents/guardians completing a form for a child under age 18:

- Please complete the "Wellness Assessment – Youth" form for your child.
- Answer each question as best you can based on your personal observation and knowledge of your child.

Directions for Clinicians:

- Please review the completed assessment with your client.
- Check to be sure that all member and clinician identifying information at the top of the form is complete and accurate.
- Clinician ID refers to your tax id.
- In the event that a member is unable to complete this form, please complete both the patient and clinician information and fill in the "*MRef*" bubble next to "Clinician ID".
- Fax this form to 1-800-985-6894. Please do not fax this instruction page. This is a secure, confidential fax line. A cover page is **not** needed.

ALERT®

Wellness Assessment - Adult

Completing this brief questionnaire will help us provide services that meet your needs. Answer each question as best you can and then review your responses with your clinician. Please shade circles like this ●

Client Last Name ______ , First Name ______ Date of Birth: (mm/dd/yy) __/__/__

Subscriber ID ______ Authorization # ______

Clinician Last Name ______ , First Name ______ Today's Date: (mm/dd/yy) __/__/__

Clinician ID/Tax ID ______ Clinician Phone ___ ___ - ____ State __ *MRef* ○

Visit #: ○ 1 or 2 ○ 3 to 5 ○ Other

For questions 1-16, please think about your experience in the past week.

How much did the following problems bother you?	*Not at All*	*A Little*	*Somewhat*	*A Lot*
1. Nervousness or shakiness	○	○	○	○
2. Feeling sad or blue	○	○	○	○
3. Feeling hopeless about the future	○	○	○	○
4. Feeling everything is an effort	○	○	○	○
5. Feeling no interest in things	○	○	○	○
6. Your heart pounding or racing	○	○	○	○
7. Trouble sleeping	○	○	○	○
8. Feeling fearful or afraid	○	○	○	○
9. Difficulty at home	○	○	○	○
10. Difficulty socially	○	○	○	○
11. Difficulty at work or school	○	○	○	○

How much do you agree with the following?	*Strongly Agree*	*Agree*	*Disagree*	*Strongly Disagree*
12. I feel good about myself	○	○	○	○
13. I can deal with my problems	○	○	○	○
14. I am able to accomplish the things I want	○	○	○	○
15. I have friends or family that I can count on for help	○	○	○	○

16. In the past week, approximately how many drinks of alcohol did you have? ☐☐ Drinks

Please answer the following questions only if this is your first time completing this questionnaire.

17. In general, would you say your health is: ○ Excellent ○ Very Good ○ Good ○ Fair ○ Poor
18. Please indicate if you have a serious or chronic medical condition:
    ○ Asthma ○ Diabetes ○ Heart Disease ○ Back Pain or Other Chronic Pain ○ Other Condition
19. In the past 6 months, how many times did you visit a medical doctor? ○ None ○ 1 ○ 2-3 ○ 4-5 ○ 6+
20. In the past month, how many days were you unable to work because of your physical or mental health? *(answer only if employed)* ☐☐ Days
21. In the past month, how many days were you able to work but had to cut back on how much you got done because of your physical or mental health? *(answer only if employed)* ☐☐ Days
22. In the past month have you ever felt you ought to cut down on your drinking or drug use? ○ Yes ○ No
23. In the past month have you ever felt annoyed by people criticizing your drinking or drug use? ○ Yes ○ No
24. In the past month have you felt bad or guilty about your drinking or drug use? ○ Yes ○ No

Clinician: Please fax to (800) 985-6894

Rev. 2007

9626

ALERT®

Wellness Assessment - Youth

Completing this brief questionnaire will help us provide services that meet your child's needs. Answer each question as best you can and then review your responses with your child's clinician. Shade circles like this ●

Child's Last Name ______, First Name ______ Child's Date of Birth: (mm/dd/yy) __/__/__

Subscriber ID ______ Authorization # ______

Clinician Last Name ______, First Name ______ Today's Date: (mm/dd/yy) __/__/__

Clinician ID/Tax ID ______ Clinician Phone ( ) ___-____ State ___

MRef ○

Visit #: ○ 1 or 2 ○ 3 to 5 ○ Other

Relationship to child: ○ Mother ○ Father ○ Stepparent ○ Other Relative ○ Child/Self ○ Other

For questions 1-21, please think about your experience in the past week.

Fill in the circle that best describes your child:

	Never	Sometimes	Often
1. Destroyed property	○	○	○
2. Was unhappy or sad	○	○	○
3. Behavior caused school problems	○	○	○
4. Had temper outbursts	○	○	○
5. Worrying prevented him/her from doing things	○	○	○
6. Felt worthless or inferior	○	○	○
7. Had trouble sleeping	○	○	○
8. Changed moods quickly	○	○	○
9. Used alcohol	○	○	○
10. Was restless, trouble staying seated	○	○	○
11. Engaged in repetitious behavior	○	○	○
12. Used drugs	○	○	○
13. Worried about most everything	○	○	○
14. Needed constant attention	○	○	○

How much have your child's problems caused:

	Not at All	A Little	Somewhat	A Lot
15. Interruption of personal time?	○	○	○	○
16. Disruption of family routines?	○	○	○	○
17. Any family member to suffer mental or physical problems?	○	○	○	○
18. Less attention paid to any family member?	○	○	○	○
19. Disruption or upset of relationships within the family?	○	○	○	○
20. Disruption or upset of your family's social activities?	○	○	○	○

21. How many days in the past week was your child's usual routine interrupted by their problems? ☐ Days

Answer the following only if this is your first time completing this questionnaire for this child.

22. In general, would you say your child's health is: ○ Excellent ○ Very Good ○ Good ○ Fair ○ Poor
23. In the past 6 months, how many times did your child visit a medical doctor? ○ None ○ 1 ○ 2-3 ○ 4-5 ○ 6+
24. In past month, how many days were you unable to work because of your child's problems? *(answer only if employed)* ☐☐ Days
25. In the past month, how many days were you able to work but had to cut back on how much you got done because of your child's problems? *(answer only if employed)* ☐☐ Days