

Measuring Your Health & Wellness

We all want to feel our best—both in our minds and in our bodies. But, sometimes that is not easy. Magellan offers the SF-BH™, a tool that can help you and your provider find out how you are doing and help track your well-being over time. Here is some information on how it works.

What is the SF-BH™? The Magellan short form behavioral health (SF-BH) self-assessment is a survey to help you keep track of your health and recovery. It is available in both English and Spanish for participants over the age of 14. If you are completing this assessment for a participant under the age of 14, speak to your provider about accessing the CHI-C. The CHI-C is available for participants under the age of 14.

How does it work? Your provider will ask you to fill out the SF-BH form online at home prior to your first visit. You also can fill it out on a private computer in the provider's office. If you have given Magellan your e-mail address and consent, you may receive an e-mail with a link to complete the SF-BH survey. Your provider will help get you started. There are no right or wrong answers to the questions.

It is quick and easy. The SF-BH is a short survey that asks about your health and well-being. It only takes about five minutes. Taking the survey online, you get a summary of your results right away. Print your summary results to take with you to your next appointment so you can discuss any concerns or questions with your provider. This information will help your provider make recommendations based on what matters most to you.

It is private. We give providers the results only with your permission. Magellan encourages you to give this permission.

How you are doing? From time to time you will take the survey again to measure your progress. Answering the same set of questions at different times will help because you can see changes—just like you may watch your blood pressure or take your pulse. By tracking your well-being throughout your treatment, you can measure your progress. You also can talk with your provider about changes in your plan of care. The SF-BH can help you see what might be keeping you from feeling your best.

Information you can use. Save your reports each time you complete a survey. You should discuss the reports with your provider. Also, fill in the “Member Personal Health Log” given to you by your provider, each time you take the SF-BH to keep a good record of your progress.

The SF-BH is worth your time. Please take a few minutes to fill out the SF-BH survey. We wish you all the best in health and well-being!

Accessing the SF-BH Online is Easy.

- Go to www.MagellanHealth.com/member
- Go to *Access Services* and click on *Health and Wellness Assessment*.
- Register with your program's toll-free number found on the back of your ID card