

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.

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. By tracking your well-being throughout your treatment, you can measure your progress and 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.

The SF-BH is worth a few minutes of your time. 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 on the back of your ID card

M E M B E R S

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MagellanHealth.com

I'M A MEMBER I get services through Magellan

I'M A PROVIDER I am a health care provider

I'M A CUSTOMER I am an organization that contracts with Magellan

This Web site provides our members with valuable health and wellness information, tools and resources to help with life's challenges as well as opportunities.

Access Services

- » [Health and Wellness Assessment**](#)
- » [Find a Provider](#)
- » [Depression Screening](#)
- » [Exercise Basics: Fitting in Fitness](#)

Access Life Centers

- » [Autism Resource Center](#)
- » [Military Resource Center](#)
- » [Senior resources covering health, financial and daily living.](#)

Get Information

- » [Mind-Body Exercises: Which one is right for you?](#)
- » [Achieving Work-Life Balance](#)
- » [How to prepare for your counseling appointment](#)

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** The assessment is not available to all benefit plans.
Sign in is required.