# Consumer Health Inventory (CHI) Member Information

**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 now offers a tool that can help you and your mental health 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 Consumer Health Inventory (CHI)?** The CHI is a self-assessment to help you keep track of your health and recovery.

**How does it work?** When you first start treatment, your provider will explain how to take the CHI online. The CHI questions ask about how you are doing. They ask about what is going well and what is not going well. There are no right or wrong answers to the questions.

**It is quick and easy.** The CHI is very short. It only takes about five minutes. By taking the CHI online, you get a summary of your results right away. You should discuss any concerns or questions with your provider. Your provider can use the information in the summary to help make recommendations based on what matters most to you.

**It is private.** We need your permission to give the results to your provider. Magellan encourages you to give this permission.

**How are you doing?** From time to time you will take the CHI again. 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 may talk with your provider about changes in your plan of care. The CHI can help you see what might be keeping you from feeling your best.

**Information you can use.** Save your report each time you complete the CHI. You should discuss the report with your provider. Also, fill in the "Member Personal Health Log" given to you by your provider each time you take the CHI to record your progress.

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

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