



CMS Requirements for HRA

White Paper Series by Wellsource®

The WellSuite® IV Health Risk Assessment for Medicare

addresses the topics required by the Affordable Care Act. Recommendations from the Centers for Disease Control and Prevention also guided its development.

The question set is appropriately tailored to the age 65+ Medicare population and was designed to help participants and providers identify chronic disease, injury risks, modifiable risk factors, and urgent health needs.

The WellSuite IV Medicare HRA evaluates the 37 elements outlined by Centers for Medicare & Medicaid Services in CFR 410.15. “Health risk assessment” is defined as an evaluation tool that meets the following criteria:

- Collects self-reported information about the beneficiary.
- Can be administered independently by the beneficiary or administered by a health professional prior to or as part of the AWV encounter.
 01. Is appropriately tailored to and takes into account the communication needs of: underserved populations, persons with limited English proficiency, and persons with health literacy needs. (This includes both readability and health literacy.)
 02. Takes no more than 20 minutes to complete.

Collects demographic data, including but not limited to:

- | | |
|------------|---------------|
| 03. Age | 05. Race |
| 04. Gender | 06. Ethnicity |

Asks for self-assessment of:

07. Health status
08. Frailty
09. Physical functioning



Assesses psychosocial risks, including but not limited to

- | | |
|----------------------------------|---------------------------------|
| 10. Depression/life satisfaction | 13. Loneliness/social isolation |
| 11. Stress | 14. Pain |
| 12. Anger | 15. Fatigue |

CMS Requirements for HRA

Assesses behavioral risks, including but not limited to:

16. Tobacco use
17. Physical activity
18. Nutrition
19. Oral health
20. Alcohol consumption
21. Sexual health
22. Motor vehicle safety (seat belt use)
23. Home safety

Assesses ability to perform activities of daily living (ADLs), including but not limited to:

24. Dressing
25. Feeding
26. Toileting
27. Grooming
28. Physical ambulation
(including balance/risk of falls)
29. Bathing

Assesses ability to perform instrumental activities of daily living (IADLs), including but not limited to:

30. Shopping
31. Food preparation
32. Using the telephone
33. Housekeeping
34. Laundry
35. Mode of transportation
36. Responsibility for own medications
37. Ability to handle finances

Our **WellSuite IV Medicare HRA** can be completed in less than 20 minutes online, by phone, or in paper/pencil format.



With its NCQA certification for Wellness & Health Promotion Health Appraisals, our **WellSuite IV Medicare**

HRA continues to meet the Member Connections standard for MEM1 and the highest quality standards for wellness and health promotion.