



# 3M Health Information Systems

## 3M<sup>SM</sup> AssessMyHealth

### Short version release notes

#### Introduction

These notes are intended to describe the differences between original 80+ question AssessMyHealth (AMH) used by Iowa Medicaid Enterprise since program inception (April 2014) through 7/31/15 and the new shorter 30+ question AMH that will go live 8/1/2015.

The questions in the short assessment are almost all found in the full version. The short version drops much of the branching logic.

#### No change

**Physician/clinician access code:** will remain the same. Example: MBR15

**Web address:** will remain the same. [www.AssessMyHealth.com](http://www.AssessMyHealth.com)

**How a practice obtains results:** will remain the same. [www.treoservices.net](http://www.treoservices.net)

**Questions asking people if they have certain common medical conditions:** e.g. diabetes, respiratory problems, cardiovascular disease, etc. The point of keeping these is to understand if the patient feels they have received good information on the condition and if they have been hospitalized or in the ED overnight in the past 12 months for the condition. See the 3M AssessMyHealth Playbook to read more on the rationale for keeping these questions.

#### Changes

**Assessments no longer vary by sex and age:** The longer version include questions specific to age and sex, the short version does not and is aimed at issues that typically face adults 19-65.

**Health Confidence thermometer:** The new short version starts with a health confidence question scaling from 0-10, accompanied by a thermometer providing visual cues going red (not good) to green (good).

When a person self-identifies as having low confidence they will have an opportunity to enter free text in response to a set of questions that set the stage for engaging people in healthy behavior change. For information on the medical evidence behind health confidence as well as some recommended actions, see the 3M AssessMyHealth Playbook.

**Fewer follow-on questions:** When asking people about their social, physical, emotional, functions and pain, people who respond they have significant (4 or 5 out of a 5 point scale) problems are asked if they believe their doctor/nurse is aware of this difficulty without any further follow-up questions.

#### Questions dropped in shorter version:

- Review of systems
- Medical harms
- Concerns about family history, domestic violence, HIV/AIDS
- Age/sex specific prevention
- Questions regarding how much the interventions have helped the problem(s)
- Height/weight/calculated BMI
- Chronic condition-specific follow up questions (e.g. if a person reports HTN, asking about recent SBP/DBP and if they know what to do if they forget to take their medicine)
- All patient experience of care questions dropped except the global "I receive exactly ..."



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## Other useful information

### **Gain familiarity with the assessment**

Providers can train staff on using 3M AssessMyHealth by utilizing a Test Access Code “DEMO1”. This Test Access Code allows providers to use AMH to learn what the tool is and train new staff in administering the tool while not impacting analysis conducted from actual member data. Survey results using this access code will not be viewable by anyone other than the person completing the survey.

### **Information on signing up as a physician, NP or PA**

User accounts will be created and approved by IME staff via the Account Administration Console (AAC) within Treo Services. The process will remain the same with the short survey and no changes will need to be made to existing accounts to enable access for the short survey.



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