

# Wellness Assessment

## **What is the purpose of the Wellness Assessment?**

The Wellness Assessment is a set of questions to help your Care Advocate at your insurance company understand how you are doing in treatment. It helps the Care Advocate in working with your therapist so that you receive the services you need. The direction of your therapy is the result of the treatment decisions that you make together with your therapist.

## **How long will it take me to complete the Wellness Assessment?**

Completing the form only takes a few moments of your time. Discuss with your therapist anything on the Wellness Assessment that you find important.

## **Are my answers confidential?**

Yes. Your responses on the Wellness Assessment are considered Protected Health Information and are kept confidential. Your insurance company follows the guidelines of the national Health Insurance Portability and Accountability Act (HIPAA) as set by the United States Department of Health and Human Services.

## **Will my responses affect my benefits?**

No. Your answers on this Wellness Assessment will not affect your insurance coverage or eligibility.

## **Will all the Wellness Assessments I complete be done at my therapist's office?**

No. About four months after the date you start treatment, you will receive a Wellness Assessment in the mail directly from your insurance company. A business reply envelope will be included. Simply complete the Wellness Assessment and return it in the envelope provided.

Visit [www.liveandworkwell.com](http://www.liveandworkwell.com). It contains useful information on a variety of topics to help you take charge of your health and well-being.