



CONSUMER HEALTH INVENTORY INFORMATION SHEET

WHAT IS THE CONSUMER HEALTH INVENTORY?

The Consumer Health Inventory (CHI) is a tool for adults to use. It helps you keep track of your health and recovery. If you take care of a child who receives services from Magellan, the Consumer Health Inventory-Child Version (CHI-C) is a tool for you to use. It helps you to keep track of the child's health and recovery. They are both available in English and Spanish.

HOW DOES IT WORK?

The assessments are short and take only a few minutes. You simply answer a few questions about your physical and mental health. The staff working with you will help get you started. There will be a computer available for you to take it online or if you prefer, you can use a paper version of the same questions. There are no right or wrong answers. You and the clinical team, or child and family team (CFT) for children and youth, get instant reports to help you work together. Then you and the person you are working with can discuss any concerns or questions you have. You and your clinical team can use this information to help make specific treatment plans. This way we will stay focused on what matters most to you.

From time to time you will take the assessment again. This will help you see changes, just like you might watch your blood pressure to keep yourself healthy. Please save your reports and use them to track your progress.

WHAT ARE THE QUESTIONS?

The assessments have questions about how you or your child are doing -with your physical and mental health. They also ask about what is going well and what is not going so well. Using an assessment like the CHI or CHI-C helps because you answer using the same set of questions each time. It is like using a scale or taking your pulse. You can compare how you are doing over time.

GETTING BETTER

Your input on these assessments helps us plan better together. It ensures that we are working on issues that you want to work on. It helps you see if you are making progress on these issues. Understanding and tracking your own health and wellness, or that of a child in your care, helps you make informed decisions. Feeling better and stronger is important in your recovery journey, or in the process of building a child's well being.

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