

3MSM AssessMyHealth Tool

- Fosters better communication between patient and provider, which can lead to improved health outcomes
- Identifies patient needs based on multiple factors affecting health outcomes
- Provides patients with access to education and resources for managing their own care

What is the 3M AssessMyHealth Tool?

3M AssessMyHealth is a health risk assessment tool that helps providers and patients work together to achieve better outcomes. It uncovers the risk factors that often go unnoticed, but have deep impact on a patient's health.

With 3M AssessMyHealth, patients receive an action form describing their health status and risk factors and containing free resources for independently managing their health. With the patient's permission, the form is shared with the provider, who can use the results of the assessment to immediately put that person into a category of high/medium/low risk.

The problem: Assessing all health risk factors is not a routine part of patient care

Correct diagnosis and care management are essential to keeping a patient healthy. However, every patient is unique, so other risks unique to their health may be in play and go unnoticed and undocumented during a routine exam. For example:

- How capable is this individual of managing his or her own conditions?
- What is the level of family and social support?
- Are finances a problem when it comes to filling a prescription?
- How easy is it for them to access their providers?
- What have been their experiences within the healthcare system?

Risk factors like these are not routinely elicited or addressed as part of care delivery—they are only uncovered through direct assessment. But factors like these can seriously compromise the patient's health and also cause their providers to mistakenly assume the patient is not complying with their instructions. The result? Missed opportunities to identify and alleviate healthcare risks and improve patient outcomes.

The solution: 3M AssessMyHealth Tool

With 3M AssessMyHealth, providers give their patients access to a secure, web-based health risk assessment survey that systematically identifies critical outcome drivers.

Upon completing the survey, patients receive an action form that identifies areas to address with their providers. They also receive access to free educational material and resources tailored to help them manage their own health (e.g., information on smoking cessation, pain management, exercise, nutrition, etc.).

With the patient's permission, the action form is shared with the primary care provider (PCP), helping the patient and PCP work together to achieve health goals, prepare for an office visit by identifying items to address, and plan and coordinate follow-up care.

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Who should use the 3M AssessMyHealth Tool?

- **Patients** receive assistance with identifying and addressing the issues most important to their health and have access to self-management resources tailored to their unique health status and risk factors
- **Providers** enhance communication with patients on health status and risk factors (including social and financial considerations) and can provide patients with access to resources and education for self-management
- **Practice managers** get feedback on various areas (e.g., communication, wait time), which can help improve their practices and lead to better population health management
- **Patient-centered medical homes and accountable care organizations** identify key outcome drivers that can be systematically addressed to achieve the Institute for Healthcare Improvement's Triple Aim outcomes
- **Payers** provide members with resources for managing health and both members and providers with tools to improve communication on health status and risk factors

Key benefits

- Is based on **HowYourHealth®** (HYH), a health risk assessment developed by researchers at Dartmouth College and FNX Corporation; this assessment has been extensively researched with results published in peer-reviewed medical literature

- Offers versions specific to each stage of life (child, adolescent, adult and geriatric)
- Is accessed through an easy-to-use website designed for all reading levels and available in English and Spanish
- Uses aggregate measurements to assess a provider's overall effectiveness, communication, office efficiency, access to care, etc.
- Meets the Centers for Medicare & Medicaid Services (CMS) requirements for the health risk assessment portion of the Medicare Annual Wellness Visit

Call today

For more information on how 3M software and services can assist your organization, contact your 3M sales representative, call us toll-free at **800-367-2447**, or visit us online at **www.3m.com/his**.

3M AssessMyHealth patient action form

Below is a portion of a sample patient action form, available upon completion of the 3M AssessMyHealth survey. Patients and providers can use this form to collaboratively achieve better patient outcomes. Data shown below has been de-identified.

Assets				Needs	
Function	Habits	Knowledge	Prevention	Clinician Assessments	Suggested Readings/Education
Social support—As much as wanted		Sexual disease	<ul style="list-style-type: none"> • Has enough money • Had pap test • Had breast cancer exam 	Function Difficulty with physical fitness** Symptoms/Bothers <ul style="list-style-type: none"> • Joint pain • Back pain 	<ul style="list-style-type: none"> • Exercise and Eating Well • Health Habits and Health Decisions • Common Medical Conditions • Daily Activities and Managing Limitations • Pain • Womens Health • Problem Solving Section Website (at HowYourHealth.org)
Care planning and comments (write below)				Concerns or Family History <ul style="list-style-type: none"> • Substance abuse • Exercise/nutrition needs • High fat 	Risk-related Consideration <ul style="list-style-type: none"> • Major functional limit or more than three bothersome problems • Not confident with self-management • High blood pressure • Arthritis ROS issues: Anxiety, joint pain
				Habits <ul style="list-style-type: none"> • Smoker interested in quitting • More than 6 drinks 	
				Prevention <ul style="list-style-type: none"> • No breast self-exam 	
				**Clinician unaware	



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