

## *Staying Healthy Checklist*

- ✓ **ASK** your CenCal HEALTH member to fill out the age/language specific Staying Healthy assessment tool at the first well-care visit to your office.
- ✓ **ASSIST** your patient in completing the tool, if needed.
- ✓ **DOCUMENT** in the member record if member declines to complete the tool.
- ✓ **REVIEW** the completed tool (provider with the member) during the well-care visit.
- ✓ **GIVE** the member a copy of the age-specific Staying Healthy California member education handout.
- ✓ **RE-ADMINISTER** the tool according to the following schedule:

0-3 years  
4-8 years  
9-11 years

**One assessment for each age group, completed by parent or guardian**

12-18 years

**Once a year, self-administered**

18 years and older

**Once a year, self-administered**

- ✓ **INCLUDE** the completed tool as a permanent part of the member's medical record