

Initial Health Assessment (IHA)

The First Step to Improving Your Health

Meritage Medical Network recommends that you see your new PCP in the first **120 days** for an Initial Health Assessment.

The purpose of this visit is to help your PCP learn about your health care history and needs. Your PCP may ask you some questions about your health history or may ask you to complete a questionnaire. Your PCP will also tell you about health education resources and classes that may help you.

When you call to schedule your appointment, tell the person who answers the phone that you are a member of Health Net CalViva. Give your Health Net CalViva ID number.

Take your Medi-Cal card and your Health Net CalViva ID card to your appointment. It is a good idea to take a list of your medications and questions with you to your visit. Be ready to talk with your PCP about your health care needs and concerns.

Bring with you to your appointment:

- ✓ Medi-Cal card and your Health Net CalViva card
- ✓ List of your medications
- ✓ Questions or concerns to discuss about your health