

	DEPARTMENT:	Case Management
	SUBJECT:	Self-Management Tools
	PRODUCT LINE:	All
	POLICY NUMBER:	HM109
	ORIGINAL POLICY EFFECTIVE DATE:	12/29/2020
	LAST REVISED DATE:	12/9/2025
	LAST REVIEWED DATE:	12/9/2025

SCOPE:

Self-management tools allow members to have a central role in managing their health care and fosters a sense of self-responsibility and empowerment for one’s health and well-being. By helping members self-manage, they have control over improving their health which leads to improved health outcomes. Self-management tools are an important aspect of all our health management programs. The tools we utilize are based on evidence based clinical practice guidelines to ensure that we are promoting best clinical practices. The recognized sources are cited prominently in the self-management tools. The member’s self-management plan along with any self-management tools used are documented in the member’s care plan under self-management plan in interventions or under the interventions for the specific disease conditions or in the Valera app. This policy outlines the interactive self-management tools that are utilized in our health and wellness programs.

Self-Management Tools:

Self-management tools include interactive quizzes as well as personalized tracking logs and apps and are utilized in our health management programs to help members with the following conditions:

1. Healthy weight (BMI) maintenance:
 - a. Weight tracker
 - b. https://www.cdc.gov/bmi/adult-calculator/?CDC_AAref_Val=https://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html
2. Smoking and tobacco use cessation
 - a. <https://www.cancer.org/healthy/stay-away-from-tobacco/smoking-habits-quiz.html> (American Cancer Society)
 - b. quitSTART app: <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/quitstart-app/index.html>
 - c. Tobacco Tracker worksheet
3. Encouraging physical activity
 - a. Monthly Physical Activity Tracker
 - b. <https://www.cancer.org/healthy/eat-healthy-get-active/get-active/exercise-counts-calculator.html> (American Cancer Society)
4. Healthy eating
 - a. <https://www.myplate.gov/form/myplate-quiz>
 - b. My Plate App <https://www.myplate.gov/resources/tools/startsimple-myplate-app> (USDA)
 - c. <https://www.cancer.org/healthy/eat-healthy-get-active/nutrition-activity-quiz.html> (American Cancer Society)
 - d. Sodium Tracker American Heart Association
 - e. Water Tracker
 - f. Food Tracker
5. Managing Stress
 - a. Perceived Stress Scale <https://www.bemindfulonline.com/test-your-stress> (NIH)

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- b. GAD-7 Questionnaire on website
- 6. Avoiding at-risk drinking (NIH and US Department of Health and Human Services)
 - a. Drinking tracker and interactive worksheets
<https://www.rethinkingdrinking.niaaa.nih.gov/tools/Interactive-worksheets-and-more/Default.aspx>
 - b. Alcohol calculators
<https://www.collegedrinkingprevention.gov/SpecialFeatures/Calculators/Default.aspx>
 - c. Alcohol and You: An Interactive Body
<https://www.collegedrinkingprevention.gov/specialfeatures/interactivebody.aspx>
- 7. Identifying depressive symptoms
 - a. Depression Quiz <https://smokefree.gov/challenges-when-quitting/mood/depression-quiz>
 (National Heart, Lung, and Blood Institute)

NCQA Standard: PHM 4 Wellness and Prevention Element B

Michele Bauer MD.

APPROVED: _____

DATE: 12/9/2025

REVISION HISTORY:

Rev. Date	Revised By/Title	Summary of Revision
12/21/2021	Michele Bauer, MD, CMO	Removed Valera information
12/22/2022	Michele Bauer, MD, CMO	Reviewed. No changes.
12/15/2023	Michele Bauer, MD, CMO	Reviewed. No changes.
12/15/2024	Michele Bauer, MD, CMO	Reviewed. No changes.
12/9/2025	Michele Bauer, MD, CMO	Added quitSTART app resource to tobacco cessation.