



## HEALTH RISK ASSESSMENT COGNITIVE IMPAIRMENT TRIGGER QUESTIONS

Health Risk Assessments (HRAs) should include questions about cognitive function that can trigger the need for a validated cognitive screen.

Some people with cognitive impairment who answer questions on an HRA may not have insight into their deficits. As a result, some of their answers to questions will be invalid. Health plans must, therefore, develop a strategy to identify people who are unable to complete the HRA due to cognitive impairment.

### Sample Cognitive Impairment Questions

- Question #1: During the past year, have you experienced changes in thinking, remembering, or decision-making? For example, have you had more difficulty remembering people, places, or things? Have you had more difficulty making decisions?
- Question #2: Does forgetfulness (such as paying your bills or counting change) cause problems in your daily life?
- Question #3: Has a doctor or other health care professional ever told you that you have Alzheimer's disease or other form of dementia?

Questions derived from: Centers for Disease Control and Prevention. BRFSS Optional Cognitive Module (2007 Draft).