
Health and behavioral assessment

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The Health and Behavioral Assessment Intervention (HBAI) helps address cognitive, emotional, social, behavioral and psychological issues in an allowed claim. It has been shown that a number of these issues heighten the risk of prolonged pain and disability. These risk factors may be:

- Catastrophic thinking;
- Inadequate coping skills;
- Fear of movement or re-injury;
- Perceptions of injustice.

HBAI provides physicians tools and services to help them identify barriers that are interfering with expected healing. Under the HBAI, a physician would request an assessment to understand what is actually causing the problem and request some intervention services, when necessary, to address the injured workers' behavioral barriers or poor coping skills that are directly related to the physical injury in the claim. It is important to note that the HBAI is not for mental issues with a focus on physical health problems and treatments individually designed for the injured worker.
