1. **What is the Health Risk Factor Report?**
The report is a health risk assessment tool that predicts healthcare use, including hospitalization and emergency department visits, in the older population.

The report provides useful predictive information to physicians to help them proactively identify problems that can be addressed in order to lessen or avoid potentially critical health events.

2. **Who receives the Health Risk Factor Report?**
This report is sent to the primary physician of new Highmark FreedomBlue members. The information in the report is based on the member’s self-reported response to a survey questionnaire, the PRAPlus survey.

3. **What do the scoring components indicate?**
- The PRA score indicates whether the member is at a high risk for requiring hospital admission or not. The PRA score range is 0-1 and a score of >0.5 or greater indicates a high risk for repeat hospital admissions.
- A Frailty score of >0.5 suggests that the patient has approximately a 50 percent chance of being “frail” within the next year.
- A Geriatric Depression Score of 2 or higher signifies possible depression, and the need for further assessment via the 15-item Geriatric Depression Scale at https://www.highmarkblueshield.com/pdf_file/ger_binder/depression_scale.pdf.

4. **Do members receive a copy of the Health Risk Factor Report?**
Beginning in 2008, a copy of the Health Risk Factor Report will be sent to Highmark FreedomBlue members. You may have patients bring the report to your attention during office visits.

5. **How are the Health Risk Factor Reports distributed; what is my practice expected to do with the reports?**
The Risk Factor Reports are mailed periodically throughout the year. You may receive reports for multiple patients at one time. It is recommended that reports be reviewed, signed and placed in the patient’s medical record.

A proactive approach is suggested for patients who have a PRA score >0.5, including:
- Attempt to schedule a comprehensive medical examination to weigh your findings against the Health Risk Factor Report
- Match the member to programs and services to improve their health and enhance their quality of life

For other patients where no immediate action is required, review for recommended interventions at the time of their next office visit.
6. **Why is the Health Risk Factor Report important when the patient is not new to a practice?**
Information found on the Health Risk Factor Report may be new to a practice. Patients may have not previously shared certain information including that related to geriatric syndromes such as falls and urinary incontinence. The Health Risk Factor Report can also be a reminder that it is time to consider certain preventive screenings or a pneumococcal vaccination. The report also can be a prompt that it is an appropriate time to talk to your patient about advance care planning.

7. **What is the PRAPlus survey?**
The PRAPlus survey is a **member self-reported health risk assessment questionnaire**. After a member completes and returns the PRAPlus survey, the pertinent information is merged into the Health Risk Factor Report and sent to his/her primary physician for evaluation and intervention as discussed above.

8. **Which Highmark members complete the PRAPlus survey?**
The survey is sent to new members when they enroll in FreedomBlue. It contains **self-reported data that is voluntarily completed**. The member also lists the name of his/her primary physician and indicates by signature an approval to share the survey information with that physician.

9. **What information is collected in the PRAPlus survey?**
In the survey, the member responds to questions related to:
- Activities of daily living
- Medication use
- Recent hospital and emergency department care and doctor visits
- Health status and medical diagnoses
- Emotional state
- Influenza and pneumococcal Immunizations
- Alcohol and tobacco use
- Exercise
- Living arrangements
- Advance care planning

10. **Where can I obtain further information?**
Further information can be found in the Highmark Geriatric Binder at: [https://www.highmarkblueshield.com/health/pbs-professionals/gerbinder.html](https://www.highmarkblueshield.com/health/pbs-professionals/gerbinder.html)

11. **Is this a validated tool?**
Yes. Several published studies have demonstrated that high-risk individuals (a score >0.5) were 2.3 times more likely than low-risk individuals to have a hospital admission in the coming year and 2.1 times as likely to have more than six physician visits.