The PRAPlus is a proactive assessment tool used to identify health problems, risk factors, and risk probabilities of seniors in the Medicare Advantage program. Implemented in July 1997, the PRAPlus program utilizes a questionnaire to assess a member’s probable utilization of services, probability of repeated admission and other health-related needs. The questionnaire is sent to all members when they enroll in the Medicare Advantage program and contains self-reported data that is voluntarily submitted.

The information gathered through the questionnaire is shared with the physician as indicated by the member and is used to match members to programs and services that will typically improve their health and enhance their quality of life. It is a proactive approach that identifies problems that need to be addressed in order to avoid potentially critical health events.

The PRAPlus questionnaire is a validated tool for the Medicare population as a predictor of repeated hospital admission within four years of completing the survey. The PRA score ranges from zero (0) to one (1), where a score >0.5 is considered to be “high risk for repeated hospital admissions.” The survey questions (approximately 43) cover many areas including:

- Age/sex
- General perception of physical and mental health
- Hospitalizations in last year
- Doctor or clinic visits in last year
- Existence of diabetes, heart disease, arthritis, high blood pressure, etc
- Frailty risk level
- Depression risk level
- Incontinence
- Risk of falls

- Nutritional risk
- Availability of caregiver to support member
- Osteoporosis risk
- Smoking and/or alcohol use
- Functional level
- Medications
- Advance directives
- Preventative activities such as glaucoma screening, flu and pneumonia vaccines

The PRA survey responses result in a Risk Factor Report. The report is concise and contains pertinent health data along with scores for PRA, frailty, and depression. As described above, the PRA score indicates whether the member is at high risk for requiring hospital admission or not and identifies any specific areas of concern. Recommendations for follow-up into various Highmark programs are also provided. This report is sent to the member and the physician specified by the member with the recommendation that the member take the report to their physician for discussion of the contents.

A sample PRAPlus questionnaire follows. This sample is for viewing purposes only and cannot be printed.