Table 5: Healthy Lives™ 5-Axis Scale

Directions: Use average rating for prior three months unless otherwise noted. For each category, please circle the number that best describes the patient and enter total score for each axis in box.

Patient Name:	Scored by:	Date of Administration:

Circle rating	Medical Problems		Circle rating	Behavioral Health / Substance Abuse / Developmental Disabilities		Health Related Functioning: Medical and Behavioral
4	No symptoms or mild, transient symptoms of medical conditions		4	None or only mild symptoms of psychiatric disorder or substance abuse		☐
3	Mild but persistent symptoms, which do not interfere with current functioning (e.g., mobility, self-care, work, study ,family or leisure activities)	**+**	3	Mild but persistent psychiatric disorder and/or substance abuse symptoms that do not interfere with current functioning (e.g., mobility, self-care, work, family, or leisure activities)	**=**	
2	Moderate to severe symptoms, which interfere with one or more aspect of current functioning (e.g., mobility, self-care, work, study, family, or leisure activities)		2	Moderate psychiatric disorder and/or substance abuse which interfere with one or more area of functioning		
1	Severe symptoms causing permanent disability and/or inability to function in several areas		1	Serious psychiatric disorder and/or substance abuse resulting in permanent disability and/or need for residential care		

Circle rating	Basic Physical/Environmental Needs		Circle rating	Psychosocial Needs		Basic Needs:
4	Stable and adequate housing and/or nutrition, living independently with minimal support		4	Frequent contact with family, friends, and/or acquaintances, who reliably provide support when needed		☐
3	Stable and adequate housing and/or nutrition but needs frequent (>1x/week) support from others (e.g. family, home care, or an institutional setting)	**+**	3	Regular contact with family, friends, and/or acquaintances, who are not reliable sources of support	**=**	
2	Unstable housing and/or nutrition, inadequate support at home or living in a shelter		2	Occasional contact with family, friends, and/or acquaintances but they provide very limited assistance with needs		
1	Homeless, no access to regular food, unsafe environment		1	No assistance readily available from family, friends, and/or acquaintances		

Circle rating	Adherence to Medications and Recommendations		Circle rating	Self-Care/Activation		Self-Care
4	Excellent adherence, takes nearly all (>90%) of prescribed doses/treatments and follows through on most recommendations and referrals		4	Pt can identify goals, has solid understanding of illness, is actively practicing skills and/or has successfully made changes		☐
3	Good adherence, consistently takes approximately three quarters (60--90%) of prescribed doses and follows through on over half of recommendations/referrals	**+**	3	Has some understanding of health issues with difficulty setting realistic goals; is trying to make changes in life style	**=**	
2	Fair adherence: Adherence to medications, treatments and referrals is about 50%,		2	Has some information but with large gaps in understanding, believing health is largely out of his/her control, low motivation to change		
1	Poor or very poor adherence, takes less than a third (<40%) of prescribed doses,and usually does not follow through on recommendations, treatments or referrals		1	Pt is passive and demoralized, lacking motivation or actively resisting change; has little accurate information about his/her health		

Circle rating	Availability of Healthcare & Resources		Circle rating	Relationship with Providers		Access to Care
4	Good access to primary and behavioral healthcare		4	Positive relationships with most healthcare professionals		☐
3	Access somewhat limited due to barriers such as inadequate insurance, linguistic or cultural barriers, lack of transportation, or lack of providers		3	Neutral or formal relationships with healthcare professionals, occasional difficulties communicating		
2	Access very limited due to multiple barriers, such as inadequate insurance, linguistic or cultural issues, lack of transportation, or lack of providers	**+**	2	Relationship with providers distant or moderately negative, with persistent difficulties communicating	**=**	
1	No adequate access to care		1	Largely negative relationship with primary care providers, including frequent conflicts during appointments or complaints to third parties		

Circle rating	ED Hospital Utilization		Circle rating	Primary Care Utilization		Utilization of Health Care
4	0-2 ED visits/hospitalizations in the past year, for appropriate problems		4	Regular follow-up with PCP (attends almost all scheduled appointment)		☐
3	2-4 ED Visits -hospitalizations in past year		3	Some missed appointments		
2	4+ ED Visits/hosp'ns, less than half are avoidable	**+**	2	Frequent missed appointment and lack of follow-up	**=**	
1	4+ ED Visits/hosp'ns, more than half are avoidable		1	No regular contact with PCP		

TOTAL SCORE: (add values of the boxes above)   ☐