

Fullscript wellness score

Standardized assessment of health-related quality of life

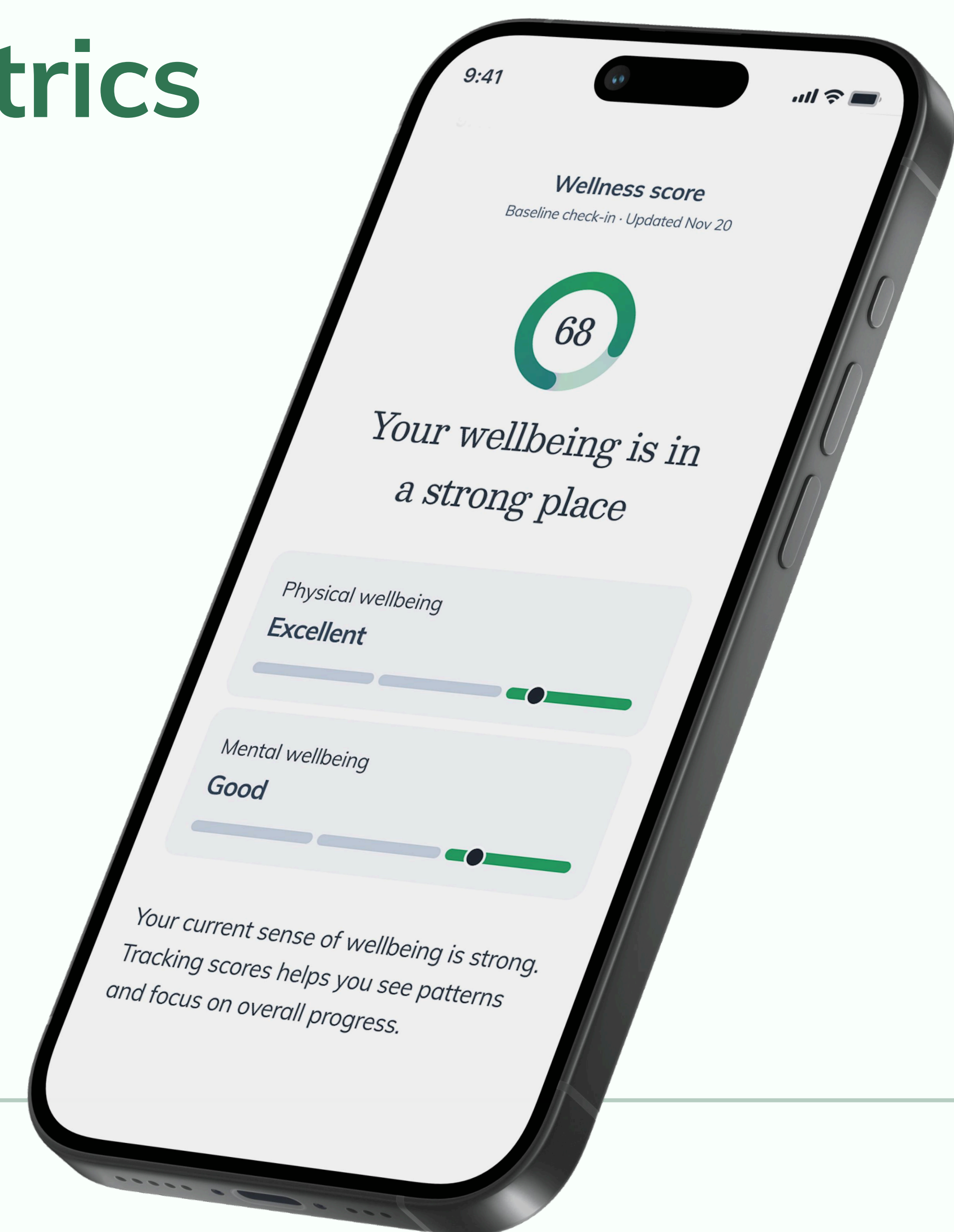
The PROMIS® (Patient-Reported Outcomes Measurement Information System) Global Health (PROMIS-10) is a validated, 10-item psychometric instrument developed via the [NIH Roadmap Initiative](#). It provides a standardized clinical metric for an individual's physical and mental well-being, which can be helpful for tracking health changes over time.

1. Domain coverage and clinical metrics

Primary domains

PROMIS-10 evaluates two domains that complement traditional clinical diagnostics:

- **Physical health:** Includes physical function, pain interference, fatigue, and overall physical energy.
- **Mental health:** Includes emotional distress, mood, social role satisfaction, and general quality of life.



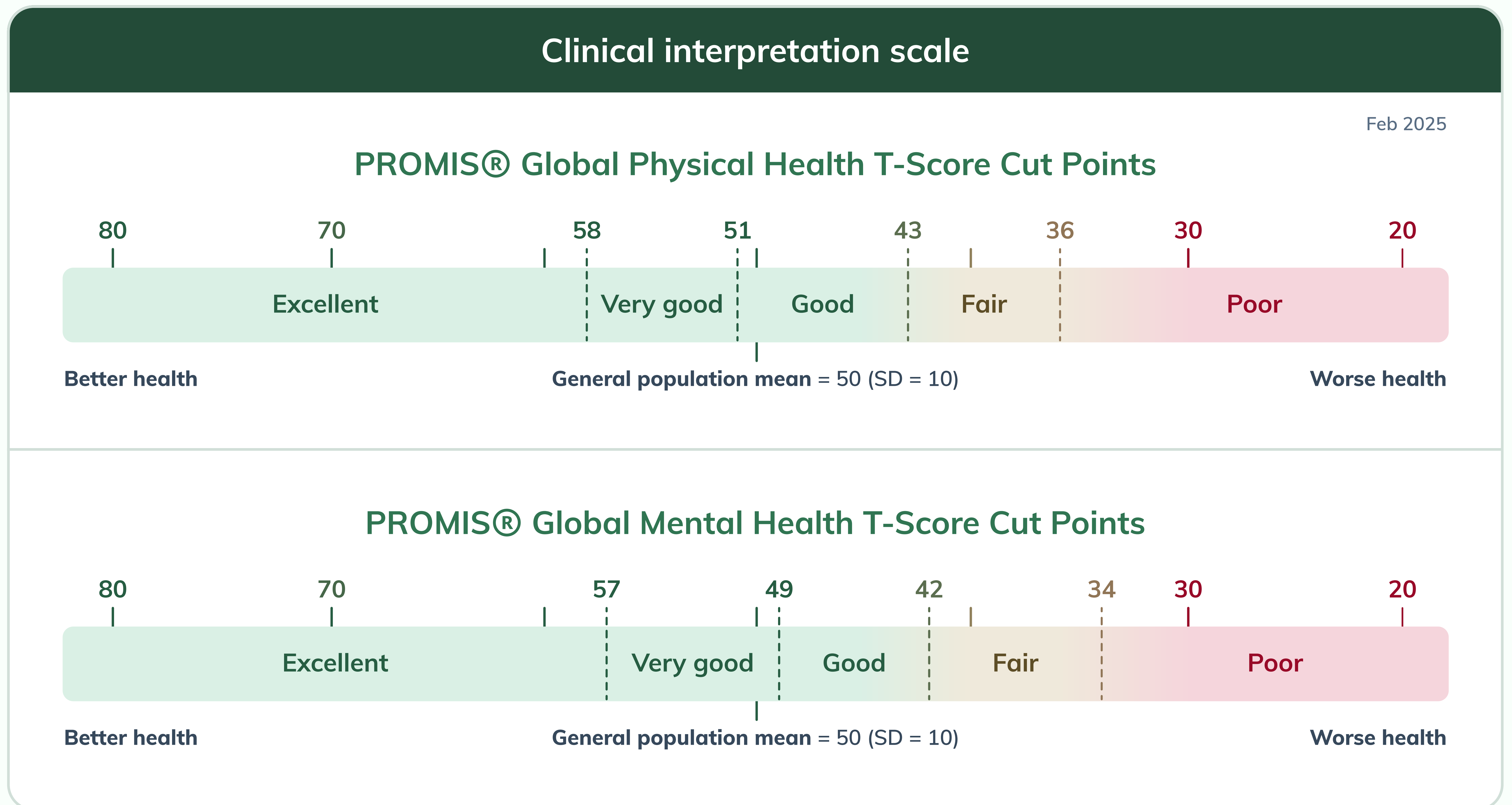
Individual item tracking

The platform displays the raw scores for the following key indicators:

- **Physical:** Everyday physical activities and function.
- **Mental/emotional:** Mood, emotional distress, and overall mental health.
- **Symptom burden:** Pain interference and fatigue levels.
- **Social:** Satisfaction with social activities and interpersonal roles.

2. Interpreting T-scores

Results are reported as T-scores, standardized against the U.S. general population (Mean = 50; SD = 10). In this system, higher scores represent better functioning.



Excellent: Above population average.

Very good: Within or slightly above average range.

Good: Consistent with the general population average.

Fair: Mild-to-moderate impairment. Use clinical judgment based on the patient's duration of symptoms.

Poor: Significant impairment. Priority for follow-up/referral.

3. Health tracking & patient engagement

The platform manages the delivery of monthly assessments to ensure data continuity without administrative effort.

- **Monthly protocol:**

Patients receive automated prompts to complete the assessment every 30 days.

- **Clinical significance:**

A shift of 5–7 points in either direction is generally considered the Minimal Clinically Important Difference (MCID) for an individual.

3. Health tracking & patient engagement (continued)

- **Provider utility:**

Provides PROMIS-10 data on functional changes between consults. This provides an additional standardized signal for care plan efficacy or the need for an intervention pivot.

- **Patient engagement:**

Patients can self-track their scores over time, using the data to reflect on their progress and improve adherence to the care plan.

4. Clinical workflow: 60-second review

The wellness score helps providers quickly identify trends in physical and mental health over time, informing next steps in care.

1. **Analyze trends:** Review the longitudinal graph to identify stability, improvement, or decline relative to the patient's baseline.
2. **Determine priority:** Identify which domain (e.g., physical or mental well-being) may require more focused attention during a clinical visit.
3. **Targeted inquiry:** *"The physical health score has decreased since the last assessment. How has fatigue or physical function changed for you this month?"*

License

PROMIS-10 is a clinically-validated and widely accepted measurement tool developed by HealthMeasures / NIH and licensed for use in the Fullscript platform by practitioners and patients.

To comply with required accessibility standards on mobile devices, two minor modifications (approved by Northwestern University) were made to the original **PROMIS® format:**

In the past 7 days
How would you rate your pain on average?

Slide to select

0 1 2 3 4 6 7 8 9 10

No pain Worst pain imaginable

Complete

Global07:

Implemented a precision slider with dynamic response labels to minimize selection error.

Global09:

Text formatting adjusted for improved readability and clarity.

In general, please rate how well you carry out your usual social activities and roles.

(This includes activities at home, at work and in your community, and responsibilities as a parent, child, spouse, employee, friend, etc.)

Excellent

Very good

Good

Fair

Poor