

The HRST Health Care Level and Life Expectancy: *A Guide to Taking ACTION!*

What We Know:

1. The HRST Health Care Level is prognostic of longevity and there is a direct correlation between the Health Care Level and mortality
2. There exists a significant decrease in life expectancy between Health Care Levels 3 and 4
3. With each Health Care Level increase, the odds of dying increase exponentially EVEN at lower Health Care Levels (1-3).
4. A two-point increase in Health Care Level significantly increases the likelihood of mortality
5. Age and Health Care Level are two main predictors of death and the odds of dying increase exponentially with each 10-year increase in age

Action Steps!

1. Ensure that individuals are fully and accurately screened and that screenings are up-to-date (for assistance, email clinassist@hrstonline.com)
2. Isolate any individuals who have experienced an increase in Health Care Level, especially those who have jumped Health Care Levels **AND**
3. Isolate any individuals who currently have a Health Care Level of 4, 5, or 6
4. For those identified, note which of the 22 rating items are driving the Health Care Level
5. Use the Service and Training Considerations to **ACT** on identified areas of risk!

