



Health Risk Screening Tool (HRST®)

Improving Health Outcomes for
At-Risk Populations

ReplacingRisk.com

What Is the HRST?

The Health Risk Screening Tool (HRST) is a validated health risk screening and stratification instrument designed for people with intellectual and developmental disabilities (IDD) and other at-risk populations. It enables organizations to identify, quantify, and proactively manage health risks that can lead to destabilization, adverse outcomes, avoidable suffering, and premature mortality.

The HRST is:

- ✓ Field-tested
- ✓ Validated
- ✓ Reliable
- ✓ User-friendly for direct support staff
- ✓ HIPAA-compliant, web-based tool that provides essential healthcare information



The HRST is a proprietary, HIPAA-compliant, web-based instrument that applies a standardized methodology to generate a Health Care Level (HCL)—a clinically reliable measure of risk severity that correlates

with healthcare needs and care acuity. This allows providers to prioritize interventions, allocate resources appropriately, and ensure individuals with IDD receive the level of care their condition requires.

The HRST Saves Lives by:

- Detecting health destabilization early in at-risk populations
- Identifying health conditions that lead to preventable morbidity and mortality
- Providing specific, actionable Service and Training Considerations that guide the actions of the support team
- Providing web-based, real-time health risk data accessibility
- Promoting balanced person-centered plans

“The HRST goes far beyond routine documentation software. It evolves with the person as they travel through life. It is a living, breathing, person-centered health risk tool that provides actionable steps that save lives.”

- Craig Escudé, MD, FAAFP, FAADM, FAAIDD, President, IntellectAbility



Use the HRST to Identify and Take Action to Mitigate Health Risks.

Risks can go unrecognized, resulting in delays in care, unnecessary suffering, and death. The HRST helps supporters to identify often-missed health risks and provides action steps to mitigate those risks with Clinical Briefs and Service and Training Considerations. These help inform support decisions and educate healthcare providers.

Interoperable & Customizable

With its ability to connect to other electronic information systems, the HRST's robust, person-centered health risk data can provide users with valuable information at a glance. Customize it

to fit the organization's needs and integrate it with other systems to import and export data, including demographics, medications, diagnoses, and additional important information.

A great example of this integration is the innovative interface created with StationMD. This dynamic interface gives StationMD clinicians immediate access to the person's HRST screening information during a telemedicine visit, providing concise data to support clinical decision-making and much more.



Determine the Risk

How the HRST Works



1

The HRST uses a simple 22-item scale designed to discover who is at the greatest risk of illness and health destabilization. Rating Items encompass 22 specific areas of risk, including risks associated with eating, ambulation, self-abuse, aggression, bowel function, skin integrity, nutrition, falls, and 14 other areas.

3

Based on the numerical total of the 22 Rating Items and a proprietary algorithm, a Health Care Level is assigned. Health Care Levels can range from 1-6.

4

Based on the risks identified through the screening, the HRST generates Service and Training Considerations that guide next steps across the support team.

2

Each Rating Item is completed by answering a structured series of objective yes/no questions that guide the user through a standardized decision pathway, resulting in a score from 0 to 4.



Adjacent Uses of the HRST



Provide

- ✓ Provide direct access to health risk information during select IDD-specific telemedicine encounters
- ✓ Provide context for state mortality reporting processes
- ✓ Provide data for initial and annual level of care (LOC) determinations
- ✓ Provide an electronic platform for nursing assessment data, healthcare plans, and person-centered plans
- ✓ Provide information to determine appropriateness for Medicaid Health Homes for people with IDD



Inform

- ✓ Inform state Medicaid IDD program individualized budget and rate-setting activities
- ✓ Inform prioritization for people on IDD HCBS Waiver waiting lists
- ✓ Inform state and provider direct support staff training initiatives
- ✓ Inform support needs in person-centered plans
- ✓ Inform and assign case management support levels
- ✓ Inform and complement state incident management and sentinel event reporting processes
- ✓ Inform direct support and nursing staffing needs by measuring healthcare acuity



Address

- ✓ Address continuity of care concerns related to direct support, nurse, and case management staffing turnover
- ✓ Address Centers for Medicare & Medicaid Services (CMS) Home and Community Based Services (HCBS) Waiver Health and Safety Performance Measures (PMs) and provide data for valid and reliable reporting on PMs
- ✓ Address compliance by identifying individual health risks, providing actionable strategies to mitigate them, and proactively preventing critical incidents
- ✓ Address consistency to prioritize and reduce waitlists, objectively allocate precious funding resources for services, and improve performance and quality measurement reporting



Who Benefits from the HRST?

People with IDD

The HRST benefits those with IDD, the aging population, people with dementia or traumatic brain injuries, and children. The medical conditions and health risks most likely to contribute to illness and death for people with IDD often go unrecognized and undiagnosed.

Over time, failure to appropriately manage health status and risks results in a downward spiral of adverse outcomes for people with IDD, including reduced quality of life, increased chronic disease burden, decreased function, and increased acute medical and long-term services and support costs.

IDD Provider Agencies

For direct service provider organizations, the HRST translates complex health risk into actionable acuity levels that drive staffing decisions, care planning,

and clinical oversight. It identifies developing patterns of risk before they become crises, reducing unnecessary hospitalizations, protecting the people supported from preventable harm, and equipping teams with the clinical confidence to advocate for the resources each person truly needs.

Managed Care Organizations (MCOs)

For health plans managing IDD and complex Long-Term Services and Supports (LTSS) populations, the HRST operates as a predictive clinical risk engine—surfacing mortality risk, morbidity risk, clinical instability, and acuity level before costs escalate. Earlier identification enables earlier intervention, reduced avoidable emergency department (ED) utilization, fewer inpatient admissions, and measurable improvement in quality metrics and star ratings.





"Not only did the HRST accurately screen health risks, but it also assisted with identifying health issues that needed further evaluations."

- D.A., RNC, NP

State IDD Agencies

State developmental disabilities agencies use the HRST to ensure people with IDD receive supports and services matched to their actual risk level and clinical acuity, not historical assumptions or administrative categories. The HRST satisfies Department of Justice (DOJ) settlement agreement requirements, supports waiver level of care determinations, and provides the documented clinical rationale regulators and auditors require. It is also used to inform equitable resource allocation and support rate-setting methodologies aligned to clinical need.

State Medicaid Agencies

The HRST gives state Medicaid programs a validated, defensible framework to stratify IDD and LTSS populations by clinical acuity and expected utilization, enabling more accurate capitation rate development, actuarial justification,

value-based payment structuring, performance-based contracting, and managed care oversight. It provides the clinical intelligence infrastructure that MCO contract accountability requires.



Providing HIPAA-compliant, web-based access to information, the HRST immediately becomes a low-cost, high-value tool for your organization.





Validated Against Real Outcomes

Journal of Nursing Measurement¹

Vol. 28, No. 1, April 2020

This study highlights the efficacy of the HRST in predicting mortality in a sample of 12,582 people with IDD. The researchers concluded that “The HRST can predict mortality. Therefore, it can serve as a basis for establishing healthcare needs and determining nursing care acuity.”

Improved Outcomes and Reduced Healthcare Utilization

Independent research, peer-reviewed publications, and multi-year state-level analyses all point to the same conclusion: the HRST identifies clinically meaningful risk that correlates with real outcomes, including adverse events, healthcare utilization, and mortality.^{1,2}



“The HRST can predict mortality. Therefore, it can serve as a basis for establishing healthcare needs and determining nursing care acuity.”

- *Journal of Nursing Measurement*,
Vol. 28, No. 1, April 2020

**ROI
7 to 1!**

Provider-based outcome studies have shown measurable reductions in emergency department visits, hospitalizations, falls, behavior-related crises, and other destabilizing events following HRST implementation. In one provider study³, implementation was associated with a 50% reduction in unanticipated hospitalizations, a 43% reduction in emergency department visits, and estimated direct medical cost avoidance exceeding \$136,000. Additionally, behavior-related unusual incidents, defined as peer-to-peer aggression, self-injurious behavior (SIB), or destruction of property, declined by 56% following HRST implementation.

¹ Roszkowski, M., Thomas, M., Conroy, J., Ivy, C., & Gravitt, Jr., G. (2020). An Examination of the Validity of the Health Risk Screening Tool: Predicting Mortality in People With Intellectual Disabilities. *Journal of Nursing Measurement*, Volume 28(1).

² Roszkowski, M., & Conroy, J. (2016). *Predictive Validity of a Health Risk Screening Tool Designed for People with Developmental Disabilities*. Havertown, PA: Center for Outcome Analysis.

³ IntellectAbility. (2026). *Outcomes of Health Risk Screening Tool (HRST) Implementation at Threshold Residential Services*.

State-Level Analyses

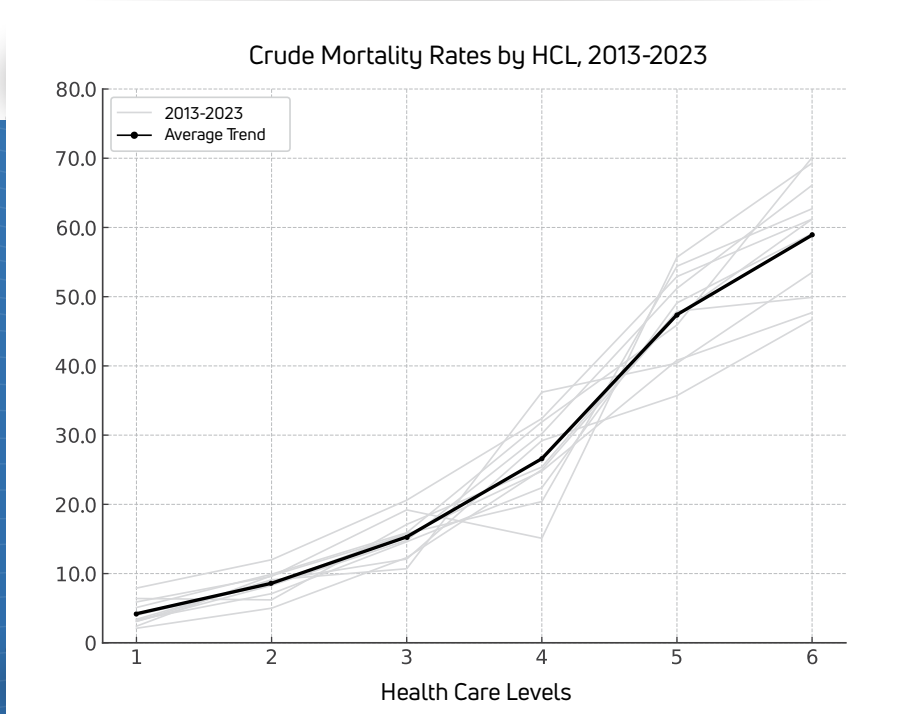
Across large-scale analyses of people with intellectual and developmental disabilities, higher HRST Health Care Levels have been consistently associated with significantly higher mortality rates.¹² This relationship has been observed across multiple independent analyses and state-level datasets, demonstrating that HRST risk stratification reflects real-world clinical vulnerability.

Across multiple years of mortality reporting, elevated HRST risk has been consistently associated with increased likelihood of death,

while related analyses have also shown that elevated risk is associated with increased likelihood of adverse events, including hospitalizations and emergency department utilization.⁵

Taken together, these findings show that the HRST does more than describe risk. It identifies risk in a way that is predictive, actionable, and operationally relevant.

Mortality rates increase consistently with higher HRST Health Care Levels across multiple state datasets⁴, demonstrating a clear relationship between risk stratification and real-world outcomes.



⁴ Georgia Department of Behavioral Health and Developmental Disabilities. (2024). *Annual IDD Mortality Report: CY2023*.

⁵ Georgia Department of Behavioral Health and Developmental Disabilities. (n.d.). *Mortality Reports*. <https://dbhdd.georgia.gov/organization/be-informed/reports-performance/mortality-reports>

The HRST Is Person-Centered

The HRST identifies true, person-centered health risks specific to each person.

This makes meeting the CMS requirement of having a person-centered healthcare and wellness plan easier.

The HRST brings information about the person's health risks to the planning process in a methodical manner that is thorough and objective. Combined with person-centered skills and techniques, the HRST helps to balance the "Important To and Important For" in the planning process.



**26 States Use
Our Program**



**133,000+ Currently
Being Monitored by
the HRST**



**5,500+ Private
Provider Agencies
Using the HRST**



"The Final Rule includes changes to the requirements regarding person-centered service plans for HCBS waivers under 1915(c) and HCBS state plan benefits under 1915(i). The person-centered service plan must be developed through a person-centered planning process. It includes individually identified goals and preferences related to relationships, community participation, employment, income and savings, healthcare and wellness, education, and others."

- CMS⁶



⁶ Centers for Medicare and Medicaid Services (CMS). (2014). *Medicaid Program; State Plan Home and Community-Based Services, 5-Year Period for Waivers, Provider Payment Reassignment, and Home and Community Based Setting Requirements for Community First Choice (Section 1915(k) of the Act) and Home and Community Based Services (HCBS) Waivers (Section 1915(c) of the Act)*. (CMS 2249-F and CMS 2296-F).



Identifying Health Risks Is Only Half of the Battle.



Objectively
screen and
minimize
health risks



Balance health
and welfare to
support a well-
lived life

Once risks are identified through the HRST, the system automatically generates **Service and Training Considerations** to help guide next steps across the support team.

These considerations are structured discussion points—not requirements or prescriptive recommendations—designed to help teams apply professional judgment based on the person's individual needs.



Amplify the
person-centered
planning process



Enhance the
effectiveness
of the person's
support plan

1. Person-Centered Service Considerations

Highlight areas that may warrant:

- ✓ Further evaluation
- ✓ Clinical involvement
- ✓ Additional services or supports

Service Considerations help guide proactive discussions across healthcare and interdisciplinary teams.

2. Person-Centered Training Considerations

Help supporters build the knowledge and skills needed to:

- ✓ Recognize health risks
- ✓ Respond appropriately
- ✓ Monitor for changes over time

Training Considerations translate identified risks into practical, person-centered support actions.

HRST Virtual Screening Service



Flexible Screening Support for HRST Users

Organizations implementing the HRST can choose the approach that best fits their team and workflow.

Organizations may train internal staff to conduct screenings or use IntellectAbility's Virtual Screening Service—an additional service available to HRST users. Both approaches utilize the same validated HRST process and provide clinically meaningful risk information.

Two Ways to Conduct HRST Screenings

1. Train Your Team

Train staff members within your organization to conduct HRST screenings internally.

IntellectAbility provides:

- HRST screening training
- Support and guidance
- Implementation resources

2. Virtual Screening Service

Leverage our expert team to complete your HRST screenings from start to finish.

IntellectAbility provides:

- Simple scheduler tool to book appointments
- Trained HRST Raters to handle the full process
- Video conferencing platform capabilities for remote, virtual screening

The Same Validated HRST Results

Both approaches provide:

- Objective health risk identification
- Clinically meaningful risk information
- Support for proactive care planning

HRST Cost Overview

The cost of licensing the Health Risk Screening Tool is based on the number of people supported and a "per person" pricing model. The price includes the HRST web-based application and all related services.

**Up to 99
Persons Served**

\$475

Monthly Flat Fee

**100-499
Persons Served**

\$4.75

Per Person / Month
(\$57 / Year)

**500+
Persons Served**

\$4.50

Per Person / Month
(\$54 / Year)

State Level & Government

- ✓ Sole sourceable
- ✓ Medicaid match eligible
- ✓ Scalable pricing

HRST Screening Service

- ✓ Objective, third party screening
- ✓ Seamless, turnkey implementation
- ✓ Scalable pricing



Contact Us for Pricing: **727.437.3201**

The term "person served" refers to someone whose HRST data is entered and stored in the database. There is a one-time start-up fee of \$650. Rates reflect 2026 pricing.

NOTES:



NOTES:



Use the HRST to replace risk with health and wellness.



Contact us for a free demonstration and information on the related services included in your monthly HRST subscription.



IntellectAbility[®]
REPLACING RISK WITH HEALTH AND WELLNESS



ReplacingRisk.com

Inquiries@ReplacingRisk.com

727.437.3201