



# Polaris Behavioral Health Impairment Score (BHI)

## Tracking Progress, Improving Care

Polaris's proprietary Behavioral Health Impairment Score (BHI) makes it possible for providers to systematically measure, monitor and manage behavioral health within their patient populations to mitigate the risks associated with higher costs of care and poor outcomes.



### The Development

BHI is a valid and reliable measurement of behavioral health that has been psychometrically tested and peer-reviewed as part of Polaris's research-driven development model. Based on the Psychotherapy Outcomes Research Theory of Dr. Kenneth Howard, BHI has been used in hundreds of thousands of clinical cases and NIH-funded clinical trials.

### The Measurement

BHI is a composite score derived from responses to Polaris's screener from the following domains:

- Overall Well-Being
- Depression (PHQ2)
- Anxiety (GAD2)
- PTSD
- Suicidal & Homicidal Ideation
- Alcohol Use (AUDIT-C)
- Drug Use
- Interpersonal Violence
- Functioning

If a patient meets a specific BHI threshold, he or she then completes a more comprehensive assessment, including:

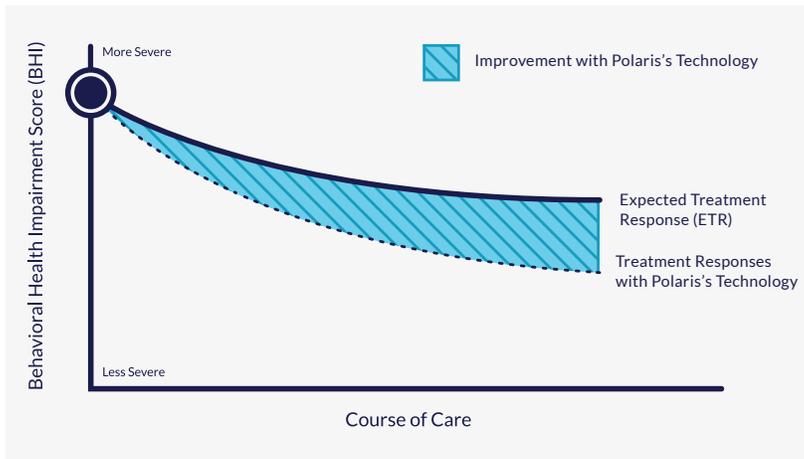
- PHQ9
- GAD7
- PTSD (Primary Care PTSD 4)
- Psychiatric History
- Psych Medication Adherence & Barriers
- Social Functioning
- Physical Functioning

***“The Polaris Behavioral Health Impairment Score is a powerful addition to standard vital signs. Providers can now quantify and manage behavioral health and associated risk in an integrated and automated way, all in real-time.”***

**Mark A. Anthony**

Chief Executive Officer, Polaris Health Directions

Every time patients complete an assessment, both patient and provider receive a BHI score that is tracked along the Expected Treatment Response curve. BHI, when plotted on the ETR curve, will indicate whether a patient is progressing better than predicted, worse than expected, or on track.



## Patient and Population Data, At Your Fingertips

With BHI, a patient is screened longitudinally throughout the course of care, making behavioral health a fully integrated part of the care delivery process. Providers can utilize BHI to derive patient-level insights, and measure and manage behavioral health at the population level.

## The Meaning



### At the Patient Level

BHI gives health care providers an “at-a-glance” summary of behavioral health over time, serving as the sixth vital sign. This helps the provider tailor treatment and address risk factors before they can negatively impact outcomes and costs.



### At the Population Level

With BHI, the entire health system is able to bring behavioral health into the fold. Using population-level data, providers can target strategic improvement initiatives, shape new service lines and demonstrate quality.

## Measurable Impact

The domains addressed by BHI are statistically proven to make a measurable impact on the health system.

24%

Reduce the cost of care by 24%.

3X

Achieve outcomes three times faster.

16%

Improve outcomes by up to 16%.



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## About Polaris Health Directions

Polaris Health Directions is the industry leader in Digital Behavioral Clinical Intervention, with a dynamic offering that brings patient insights to the point of care in order to systematically measure, manage and reduce state of health risk at the patient and population level.

By taking nearly two decades of evidence-based science out of the lab and into clinical practice, Polaris is centrally focused on addressing behavioral health related risk to drive better decisions, greater efficiency, and improved health care outcomes. Recognizing the nexus between psychosocial and physical health, Polaris delivers a digital clinical intervention that is powering better care.