

# Here's a sample Wellness Score for you

Thank you for your interest in the Wellness Score® System!  
Make the case for care while motivating patients in their wellness journey with report cards that are engaging and easy to understand.



# Why is the Wellness Score® System a *must* in your practice?

1

Patients just get it. Imagine saving wasted time during your report of findings and re-exams as a result of not having to spend so much time educating the patient. Everyone knows the meaning of a letter grade.

2

When you show patients that they're making progress, The Wellness Score helps prevent patients from dropping out. They will know that optimal health is obtainable when you show them the evidence they're making improvements.

3

The Wellness Score comes pre-loaded with over 100 health-related biomarkers to choose from. You can even create your own. Customize your Wellness Score reports with exactly what you need to show the patient.

4

Attract your ideal new patients and generate referrals like never before! Everybody loves a good before and after picture. Brag online about the great results your patients get by sharing their before and after Wellness Scores to social media or through email marketing.

5

Combine all of your findings, including SEMG, posture pictures, x-ray markings, and even lab findings in one simple report. Make it easy for your patients to know what it all means and summarized with a letter grade.



*"Something that I love in the Cash Practice software is The Wellness Score System. This tool transformed my practice. It allows us to take all the measurements that we would normally get on the first patient visit and then easily plug it into the software and pops out a letter grade that people understand using an A to an F system. We show the report card to the patient and now we can easily explain their health to them. Patients understand how our care will help them, which makes it easy for them to enroll in care."*

**-Dr. Todd Pickman**

# Show your patients where they are and where they *need* to be... We all want A's!

This Wellness Score was created by Holly Jensen as a licensed member of CP for Alyson Andrews and printed on Thursday, July 16, 2020  
Chiropractic Wellness Center Wellness Score ID:177171-1594916630 V1.2



**Chiropractic Wellness Center**  
**Holly Jensen**  
9550 Cuyamaca Rd., Suite 102  
Santee CA 92071  
(877) 343-8950  
www.ChiropracticWellnessCenter.com

## The Wellness Score® for Alyson Andrews

Dr. Holly Jensen has prepared The Wellness Score® Report for Alyson Andrews. The following is a list of parameters that were measured to determine your score.

**63**  
**D**

**Alyson Andrews** [543] Age: 44y 03m 08d Gender: F Exam [177171] Date: Jan 01, 2020

Parameters	Target Range	Data	Rating
Core Flexibility	Pass all 4	3 Passes	75
Core Strength			
Palpatory Subluxations			
Regions of Decay			
Fat Mass Percent			
Functional Movement Screen			
Body Mass Index			
Diastolic Blood Pressure			
Health Satisfaction Survey			
Medical Symptom Questionnaire			
Standard Process System Survey			
Waist to Hip Ratio			

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**82**  
**B-**

**Alyson Andrews** [543] Age: 44y 09m 23d Gender: F Exam [177172] Date: Jul 16, 2020

Parameters	Target Range	Data	Rating
Core Flexibility	Pass all 4	4 Passes	100
Core Strength	Pass all 4	4 Passes	100
Palpatory Subluxations	0 to 3	3	70
Regions of Decay	0 to 3 Vertebral Levels	3 Vertebral Levels	70
Fat Mass Percent	23.9 to <26.9%	27 %	70
Functional Movement Screen	≥27	27	80
Body Mass Index	18 to <27	27	70
Diastolic Blood Pressure	60 to <81 mmHg	80 mmHg	90
Health Satisfaction Survey	≥120	116	70
Medical Symptom Questionnaire	0 to 20	22	70
Standard Process System Survey	0 to 150 points	165 points	70
Waist to Hip Ratio	0.75 to <0.81 waist/hip	0.82 waist/hip	70

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### The Wellness Score® for Alyson Andrews

Parameters	Jan 01, 2020		Jul 16, 2020	
	Data	D	Data	B-
Core Flexibility	3 Passes	75	4 Passes	100
Core Strength	3 Passes	75	4 Passes	100
Palpatory Subluxations	6	40	3	70
Regions of Decay	4 Vertebral Levels	60	3 Vertebral Levels	70
Fat Mass Percent	28 %	70	27 %	
Functional Movement Screen	25	70	27	
Body Mass Index	30	40	27	
Diastolic Blood Pressure	82 mmHg	70	80 mmHg	
Health Satisfaction Survey	119	70	116	
Medical Symptom Questionnaire	28	60	22	
Standard Process System Survey	190 points	70	165 points	
Waist to Hip Ratio	1 waist/hip	0	0.82 waist	
<b>Wellness Score</b>		<b>63 D</b>	+ 30	

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### The Wellness Score® for Alyson Andrews

Categories	Jan 01, 2020	Jul 16, 2020
	Exam 177171 F Age: 44y 03m 08d	Exam 177172 F Age: 44y 09m 23d
<b>Neuro Spinal Health</b> This is an indication of how well you are adapting to the environment around you. • Core Flexibility • Core Strength • Palpatory Subluxations • Regions of Decay	<b>63 D</b>	+ 35% <b>85 B</b>

<b>Functional Fitness</b> An indication of how well you are moving	<b>73 C</b>	+ 21% <b>88 B+</b>
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<b>Health</b> An indication of how well you are aging or developing chronic disease. • Medical Symptom Questionnaire • Standard Process System Survey • Health Satisfaction Survey • Waist to Hip Ratio	<b>54 F</b>	+ 35% <b>73 C</b>
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<b>Wellness Score</b>	<b>63 D</b>	+ 30% <b>82 B-</b>
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### The Wellness Score® for Alyson Andrews



F Disease	D Poor Health	C Maintaining Health	B Good Health
0-59 • Multiple Medications • Poor Quality of Life • Limited Potential • Limited Body Function	60-69 • Symptoms • Drug Therapy • Surgery • Losing Function	70-79 • No Symptoms • Inconsistent Nutrition • Sporadic Exercise • Health is Low Priority	80-89 • Regular Exercise • Good Nutrition • Wellness Education • Nerve Interference

Traumas Physical Stress	Thoughts Mental/Emotional Stress	CL
• Birth • Walking, Sitting, Standing • Computer Use • Sports • Accidents, Falls & Trips • Posture • Regular Activities • Lack of Regular Activity • Gravity	• Anger & Fear • Worry & Guilt • Financial • Time • School • Relationships • Family • Grief • Job	NUTRITION • Dehydrated • Refined • Prepared • Fast Food • Additives • Preservatives • Low Nutrients

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### The Wellness Score® for Alyson Andrews

- Core Flexibility**
  - As you age, your muscles tighten and range of motion in a joint can be minimized. This can put a halt to active lifestyles and even hinder normal daily activities, such as doing laundry. A regular stretching program can help restore normal motion. Upper and lower postural muscles were tested.
- Core Strength**
  - You cannot have good posture and alignment without adequate core strength. When your core is weak you will be prone to spinal misalignment and arthritic degeneration in the weight bearing joints (spine, hip, knee, ankle and foot). Your core strength is comprised of all the muscles on the front and back side of the spine.
- Palpatory Subluxations**
  - This test reveals misalignment in the segments that make up your spine that are creating pain and/or decreased spinal movement. Decreased spinal alignment and movement is associated with poor health outcomes.
- Regions of Decay**
  - Your x-rays reveal two important things, misalignment (subluxation) and degenerative changes in the spine (arthritis). This score reflects the quantity of subluxations and the quality of their impact, which is reflected in the amount and degree of arthritis found in your spine. This score measures the changes in your x-rays.
- Fat Mass Percent**
  - Fat Mass is the measurement of body composition telling how much of the weight of your body is fat. The percentage of your body that is not fat is fat-free mass. There are normal ranges for body fat, which differ for men and women.
- Functional Movement Screen**

- The FMS is a series of 7 movement tests; deep squat, hurdle step, inline lunge, shoulder mobility, active straight leg raise, trunk stability and rotary trunk stability, that screens overall mobility and stability in the body. The FMS exposes dysfunction or painful movement patterns so that they can be properly addressed with Chiropractic and corrective exercise protocols.
- **Body Mass Index**
  - As you are aware, obesity is of epidemic proportions in North America. Obesity has far ranging adverse health affects, including spinal degeneration. BMI is a standardized height and weight chart. A BMI over 26 classifies you as overweight. A BMI over 30 classifies you as obese.
- **Diastolic Blood Pressure**
  - Diastolic blood pressure measures the pressure in your blood vessels between heartbeats (when your heart is resting). Represented by the bottom number in a blood pressure reading, diastolic blood pressure is considered low when the blood pressure reading is below 60; a diastolic blood pressure reading higher than 90 is considered high.

**Patients love understanding  
their health and Wellness  
Scores deliver just that.**

**Want a demo?**

**Call us at 877-343-8650 x101**

**or visit us at**

**CashPractice.com/Wellness**



**Luke M.**  
Chiropractic patient  
since 2005

