

Medicare Mental Health and Pain Report ©

Medicare Mental Health, and, Pain Eweport

Name: Sunday Night
 What is your birthdate?: 1940-09-09 2/15/2026 17:34:54
 What is your gender?: Female

Mental Health Care Potentially Paid for by Medicare

This short assessment helps you reflect on how you are feeling and is for your information only—there is no right or wrong result. No matter what your results show, Medicare offers mental health support, including some services that may be available at low or no cost, depending on your coverage. Your responses are private, and you can learn about covered services or find Medicare-approved providers at [medicare.gov/care-compare](https://www.medicare.gov/care-compare) or by calling 1-800-MEDICARE (1-800-633-4227).

Medicare Number: 000-00-0000-a
 Coverage Starts: 2026-01-01

What is your phone number?: 312-234-5678
 What is the preferred way for us to contact you?: SMS

What is your Zip Code: 12345

If you feel at risk of self harm please discuss with your clinician, proceed to an emergency room or contact Lifeline at 988.

If you feel at risk of self-harm, without delay please contact your clinician, proceed to an emergency room or contact the National Suicide Hotline by dialing or texting 988.

Below are the responses and Risk Ratings of health being impacted by each conditon. Please review the responses as they are a prompt as to which specific areas of well-being are impacted and should be considered for care. This is provided to assist you in organizing your data and is not for

Assessment	Risk of Condition	Score / Response	Notes
A. M3 Overall Mental Health Score (a)	Mild	27	Score is rated as Low (0-1), Mild (2-32), Moderate (33-51), and Severe (52-108).
1 Gateway Risk	Gateway Positive	5	The Gateway Questions (questions 5 and 24 through 27) address functional status, substance use, and thoughts of suicide. Positive answers to these questions should be followed by additional questions to understand what the patient means.
2 Depression	Mild	7	The Depression score is rated as Low (0-6), Mild (7-12), Moderate (13-19), and Severe (20-28).
3 Anxiety	Mild	12	The Anxiety score is rated as Low (0-10), Mild (11-21), Moderate (22-33), and Severe (34-48).
4 PTSD	Mild	4	The PTSD score is rated as Low (0-3), Mild (4-7), Moderate (8-11), and Severe (12-16).
5 Bipolar Disorder	Mild	4	The Bipolar score is rated as Low (0-3), Mild (4-7), Moderate (8-11), and Severe (12-16).
B. PEG Pain Score (b)	Moderate / Severe	3.7	(Greater than 3 = Moderate / Severe)

A. M3 Mental Well-being Review

Your Response

Scoring: 0 = Not at All / 1 = Rarely / 2 = Sometimes / 3 = Often / 4 = Most of the Time

DEPRESSION	Symptom / Category	Your Response	Other Anxiety and PTSD Symptoms to Ask About
Over the last two weeks have you:			
1 I feel sad, down in the dumps or unhappy		1	• Feelings of worthlessness c
2 I can't concentrate or focus:		1	• Aches and pains
3 Nothing seems to give me much pleasure:		1	• Pyschomotor agitation or r
4 I feel tired; have no energy:	Depression	1	• Recurrent thoughts of deat
5 I have had thoughts of suicide :		1	
6a Changes in sleeping patterns : I have difficulty sleeping:		1	
6b Changes in sleeping patterns : b. I have been sleeping too much:		1	
7a Changes in appetite: I have lost some appetite:		1	
7b Changes in appetite: I have been eating more:		1	
ANXIETY and PTSD	Symptom / Category	Response	Other Anxiety and PTSD Symptoms to Ask About
8 I feel tense, anxious or can't sit still:	General Anxiety Disorder	1	• Muscle Tension
9 I feel worried or fearful:		1	• Aches and Pains
10 I have attacks of anxiety or panic:	Panic Disorder	1	• Palpations, Choking Feeling, Chest Pain, Discomfort or Dizziness
11 I worry about dying or losing control:		1	• Sweating, Hot or Cold Flashes or Trembling
12 I am nervous or shaky in social situations:	Social Anxiety Disorder	1	• Anxiety or Panic Associated with Social Settings or Public Speaking
13 I have nightmares or flashbacks:		1	
14 14. I am jumpy or feel startled easily:	Post-Traumatic Stress Disorder	1	• Ask Patient with Sensitivity about Any History of Trauma
15 I avoid places that strongly remind me of a bad experience:		1	
16 I feel dull, numb, or detached:		1	
17 I can't get certain thoughts out of my mind:		1	• Excessive Hand Washing or Fear of Contamination

18	I feel I must repeat certain acts or rituals:	Obsessive Compulsive Disorder	1	• Preoccupation with order or symmetry
19	I feel the need to check and recheck things:		1	• Counting or repeating words.

UNSTABLE MOOD / BIPOLAR		Symptom / Category	Response	Other Anxiety and PTSD Symptoms to Ask About
Over your lifetime or since you have last taken this assessment have you ever:				
20	Had more energy than usual:	Manic Disorder	1	• Grandiosity, Inflated Self-Worth • Talkative, Intrusive Behavior
21	Felt unusually irritable or angry:		1	• Increased Goal-Directed
22	Felt unusually excited, revved up or high:	(Please confirm any family history of bipolar disorder (or "Manic-Depression"))	1	• Distractability
23	Needed less sleep than usual:		1	• Risky Behavioral, (Unwise Investing, Sexual Indiscretion, Etc.)

IMPAIRMENT		Symptom / Category	Response	Other Anxiety and PTSD Symptoms to Ask About
Indicate whether any of the above symptoms:				
24	interferes with work or school:	Impairment	1	• What causes you to want to self-medicate?
25	affects my relationships with friends or family:		1	
26	has led to my using alcohol to get by:		1	• How do the above symptoms interfere or affect your life?
27	has led to my using other substances:		1	

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Night

2/15/2026

B. PEG Pain Scale and Health Review

Your Response

Rating scale : 0 = No pain/Interference - 10=Much interference/Bad as you can imagine

1	What is your highest pain level over the past week?:	2
2	What number best describes how, during the past week, pain has interfered with your enjoyment of life?:	4
3	What number best describes how, during the past week, pain has interfered with your general activity?:	5
4	Are you currently taking medicine for Pain Management?	Yes

References

A. M3 Mental Health Checklist - Ann Fam Med. 2010 Mar; 8(2): 160–169. doi: 10.1370/afm.1092 PMID: 20212303 Feasibility and Diagnostic Validity of the M-3 Checklist: A Brief, Self-Rated Screen for Depressive, Bipolar, Anxiety, and Post-Traumatic Stress Disorders in Primary Care - Bradley N. Gaynes, MD, MPH,¹ Joanne DeVeauugh-Geiss, MA, LPA,¹ Sam Weir, MD,² Hongbin Gu, PhD,¹ Cora MacPherson, PhD,³ Herbert C. Schulberg, PhD, MSHyg,⁴ Larry Culpepper, MD, MPH, and 5 David R. Rubinow, MD

The M3 Checklist is an evidence based assessment for anxiety, bipolar disorder, PTSD and depression. The M3 score, like most other screening instruments, is most useful in tracking changes over time. The M3 score should decrease over time as symptoms improve. The M3 risk score is rated as normal (0-33), mild (34-58), moderate (59-83), and severe (84-108). The M3 PTSD risk score is rated as normal (0-5), mild (6-9), moderate (10-12), and severe (13-16).

B. The PEG a validated screen to measure pain. The PEG score, like most other assessment instruments, is most useful in tracking changes over time. The PEG score should decrease over time after therapy has begun.

Highest Ratings for Mental Health Pain	Probable ICD Condition	Probable ICD - 10 Code
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