

Supplemental Figure 7. ImproveCareNow Disease Activity Guidelines

| <b>QUIESCENT DISEASE</b>   | <b>In the past week the patient has had minimal or no symptoms thought to be secondary to IBD</b>  |
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| Abdominal pain<br>Diarrhea, bloody stools<br>Fatigue<br>Activity | <ul style="list-style-type: none"> <li>– Asymptomatic</li> <li>– Mild symptoms on one or two occasions that resolved spontaneously</li> <li>– Significant symptoms felt to be secondary to another disorder such as IBS or depression</li> </ul> |
| Fistula  | None, or a non-inflamed, indolent fistula with no or minimal drainage.   |
| Weight loss  | No unexplained wt loss   |
| Abd mass, tenderness   | None   |
| Toxic appearance   | No   |
| Lab tests (if available)   | Normal or minimal transient abnormalities  |

| <b>MILD DISEASE</b>      | <b>In the past week, the patient has had mild recurring or persistent symptoms thought to be secondary to IBD</b>  |
|--------------------------|--|
| Abdominal pain           | Mild abdominal pain thought to be secondary to IBD and occurring several times a week  |
| Diarrhea, bloody stools  | Mild recurrent diarrhea (without nocturnal defecation or gross inflammatory bleeding) thought to be secondary to IBD   |
| Fatigue<br>Activity      | <ul style="list-style-type: none"> <li>– Asymptomatic or mild symptoms on one or two occasions that resolved spontaneously</li> <li>– Significant symptoms felt to be secondary to another disorder such as IBS or depression</li> </ul> |
| Fistula                  | Active fistula or other perianal symptoms without associated symptoms  |
| Weight loss              | No unexplained wt loss   |
| Abd mass, tenderness     | None   |
| Toxic appearance         | No   |
| Lab tests (if available) | Persistent (and significant) laboratory abnormalities felt to be secondary to IBD with no or mild associated symptoms  |

| <b>MODERATE DISEASE</b>  | <b>In the past week, the patient has had moderate (or combinations of mild and moderate) recurring or persistent symptoms thought to be due to IBD</b> |
|--------------------------|--|
| Abdominal pain           | Moderate abdominal pain thought to be secondary to IBD   |
| Diarrhea, bloody stools  | Moderate diarrhea that could include nocturnal diarrhea and gross inflammatory bleeding thought to be secondary to IBD                                 |
| Fatigue                  | Significant fatigue thought to be secondary to IBD   |
| Activity                 | Inability to maintain normal activities due to fatigue or other symptoms   |
| Fistula                  | Active fistula or other perianal disease in combination with other symptoms  |
| Weight loss              | Significant unexplained weight loss  |
| Abd mass, tenderness     | Abdominal tenderness and/or small abdominal mass or fullness   |
| Toxic appearance         | No   |
| Lab tests (if available) | Significant anemia, hypoalbuminemia, and/or elevation in inflammatory markers  |

| <b>SEVERE DISEASE</b>    | <b>In the past week, the patient has had severe (or combinations of moderate and severe) recurring or persistent symptoms thought to be due to IBD</b> |
|--------------------------|--|
| Abdominal pain           | Severe abdominal pain thought to be secondary to IBD   |
| Diarrhea, bloody stools  | Significant diarrhea that could include nocturnal diarrhea and gross inflammatory bleeding thought to be secondary to IBD                              |
| Fatigue                  | Significant fatigue thought to be secondary to IBD   |
| Activity                 | Severe impairment of normal activities due to fatigue or other symptoms  |
| Fistula                  | Active fistula or other perianal disease in combination with other symptoms  |
| Weight loss              | Significant unexplained weight loss  |
| Abd mass, tenderness     | Abdominal mass and/or tenderness   |
| Toxic appearance         | Appears toxic  |
| Lab tests (if available) | Significant anemia, hypoalbuminemia, and/or elevation in inflammatory markers  |