

FACT SHEET

The PRS Index™

Preconception Readiness Score

A self-administered readiness assessment across nine pillars of whole-person health.

Created by Oge Akinola · US Provisional Patent Pending · prsindex.com

What It Is

The PRS Index™ (Preconception Readiness Score) is a structured, self-administered assessment that helps a woman understand how prepared she is for pregnancy across nine interconnected pillars of health, before conception.

It is not a diagnostic or clinical instrument. It does not test, treat, or diagnose. It is a readiness intelligence tool: it gives a woman a clear picture of where she is strong, where she may want support, and what her next step could be, in language she can act on and take to her healthcare provider.

It was created by Oge Akinola and is the practical expression of her philosophy, The Pregnancy Before Pregnancy™.

The Problem It Addresses

Almost every maternal health intervention is built for the clinic, and for women who are already pregnant. That leaves the months and years before conception, when much of a pregnancy's trajectory is being shaped, largely unsupported.

THE CASE, IN TWO FIGURES

85.7% of pregnancy-related deaths are preventable (CDC, 2022).

Mental health conditions are now the leading underlying cause of pregnancy-related death (CDC, 2022), which is why readiness cannot be measured on physical health alone.

Source: U.S. Centers for Disease Control and Prevention, Maternal Mortality Review Committee data.

If most of these outcomes are preventable, the question is not whether prevention works. It is when prevention should begin, and who it should be built for.

The Nine Pillars

These are the nine scored pillars as filed. They must be reproduced exactly.

- 1 Metabolic Health** *Body Readiness*
- 2 Nutritional Sufficiency** *Body Readiness*
- 3 Hormonal Regulation** *Body Readiness*
- 4 Physical Strength & Body Composition** *Body Readiness*
- 5 Sleep & Circadian Health** *Body Readiness*
- 6 Emotional & Stress Resilience** *Mind & Emotional Readiness*
- 7 Environmental Exposure & Safety** *Environment & Safety Readiness*
- 8 Practical Life Readiness & Social Support** *Life & Support Readiness*
- 9 Spiritual Readiness & Inner Peace** *Spiritual & Inner Readiness*

How It Is Structured

The nine pillars are the scoring architecture. For women, they are grouped into five readiness areas, which makes the framework easy to understand without simplifying what is measured.

Body Readiness	Holds five pillars: metabolic health, nutrition, hormones, strength and body composition, sleep and circadian health
Mind & Emotional	Emotional and stress resilience
Environment & Safety	Environmental exposure and safety
Life & Support	Practical life readiness and social support
Spiritual & Inner	Spiritual readiness and inner peace. Faith-informed, and inclusive of women of any faith or none.

The five areas are the public-facing education framework. The nine pillars are what is scored. Both describe the same instrument.

What Makes It Different

- **It is self-administered.** It does not require a clinician, a lab, or an appointment. This is deliberate: it is designed to reach women who are not already inside the healthcare system.
- **It begins before conception.** Most tools begin at the positive test. This one is built for the season before it.
- **It measures the whole woman.** Body, mind, environment, support, and inner life. Not physical health alone.
- **It includes what is usually left out.** Environmental exposure, practical life readiness, social support, and spiritual readiness are rarely assessed anywhere, yet each shapes a woman's journey.
- **It is designed for the underserved.** The women least likely to have access to preconception care are the women it is built for.

Status & Intellectual Property

IP status	US Provisional Patent Pending. Filed 24 June 2026.
Trademark	PRS Index™
Creator	Oge Akinola, Founder and CEO of The Mothers' Hub™
Research foundation	Akinola, O. E. (2025). The Silent Crisis in Maternal Health: Why Preconception Care Deserves Greater Attention, Non-Clinical Interventions and Their Untapped Potential. European Journal of Health Sciences, 11(1), 24-31.
Next stage	The PRS Index is the foundation of Oge's planned doctoral research, developing it as a self-administered preconception readiness tool for underserved women.
Platform	prsindex.com, an early-stage platform delivering personalised preconception assessments

Who It Is For

- **Women preparing for pregnancy** - planning ahead, actively trying, or hoping again after loss
- **Healthcare and research** - as a model for non-clinical, community-based preconception care
- **Organisations and employers** - women's health and wellbeing programmes
- **Community and faith organisations** - reaching women outside clinical settings

How It Connects

The Pregnancy Before Pregnancy™ is the philosophy. The PRS Index™ is the tool. The Mothers' Hub™ is the community. Before You See Two Lines is the guide.

The philosophy explains why preparation matters. The PRS Index shows a woman where to begin.

A NOTE ON ACCURACY, FOR PRESS AND PARTNERS

Please describe the PRS Index as a preconception readiness assessment, not a diagnostic, clinical, or medical tool.

It is patent PENDING, not granted. Please do not describe it as patented.

It has nine pillars. Any reference to a different number is out of date.

Oge Akinola is a researcher and wellness professional, not a clinician. The PRS Index does not constitute medical advice and does not replace care from a qualified provider.

ENQUIRIES

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