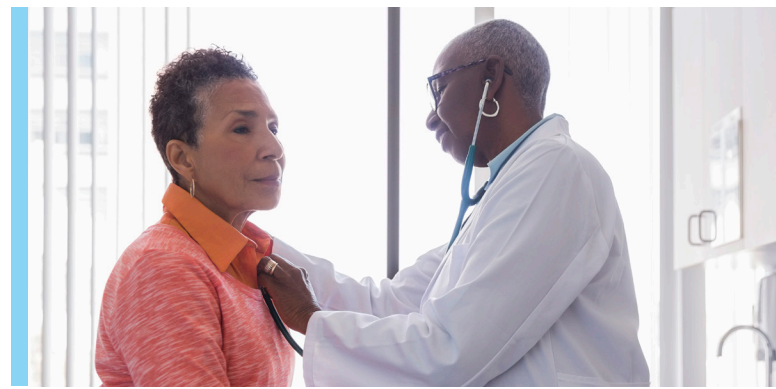




# Health Outcomes Survey: Physical Activity in Older Adults (PAO)

The Centers for Medicare & Medicaid Services (CMS) *Health Outcomes Survey (HOS)* gathers patient-reported health outcomes from members enrolled in Medicare Advantage plans to support quality improvement activities and improve the overall health of members. Increased awareness of all *HOS* measures can help guide provider interactions with their patients and positively impact *HOS* results. Three of the *HOS* measures are included in the Medicare Part C Star Ratings. The *HOS* affects 3% of a plan's Star Rating.



## Key driver:

- Percentage of patients who discussed exercise with their provider and were advised to start, increase, or maintain their level of exercise or physical activity within the following year.

## Most likely to affect *HOS* score for this measure:

- The member's weight
- The member's race and ethnicity
- The member's history of stroke
- The member's history of diabetes
- The member's limitation in moderate activities
- The member's history of high blood pressure

## CMS survey questions:

- In the past 12 months, did you talk with a doctor or other health provider about your level of exercise or physical activity? For example, a doctor or other health provider may ask if you exercise regularly or take part in physical exercise.
- In the past 12 months, did a doctor or other health provider advise you to start, increase, or maintain your level of exercise or physical activity? For example, in order to improve your health, your doctor or other health provider may advise you to start taking the stairs, increase walking from 10 to 20 minutes every day or to maintain your current exercise program.



### Best practices:

- Assess physical activity level at the annual wellness visit and subsequent visits.
- Assess body mass index at each visit.
- Discuss the health benefits of physical activity and encourage patients to maintain a fitness routine suitable to their health status.
- Develop stretching and exercise plans with the patient that match their physical ability.
- Use a prescription pad to prescribe the appropriate level of physical activity.
- Suggest locations where the patient can go to engage in physical activity. Know if the patient's Medicare Advantage plan includes a Silver Sneakers® membership.
- Refer patients with limited mobility to a physical therapist to learn how to exercise safely.



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