

# MONITORING PHYSICAL ACTIVITY

## Measurement Specifications for Star Ratings Program



### Measurement Description

Percent of sampled patients who discussed exercise with their doctor and were advised to start, increase, or maintain their physical activity during the year.

### Measurement Source

HEDIS 2020-2021/ HOS 2020-2021

### Denominator

Sampled Medicare members 65 years of age or older who had a doctor's visit in the past 12 months.

### Numerator

Patients who received advice to start, increase or maintain their level exercise or physical activity.

### Exclusion Criteria

No Provider Visit	Patients who responded "I had no visits in the past 12 months" to Question 46 are excluded from results calculations for Question 47.
Hospice	For Medicare reporting, exclude patients who actively receive hospice services any time during the measurement year.

### NOTES

#### Health Outcomes Survey Questions

Q46. 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.

Q47. In the past 12 months, did a doctor or other health care 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 Practice

- Ask patients at every visit (1) their level of physical activity and (2) if they exercise regularly.
- Encourage patient to start, increase or maintain their level of physical activity with recommendations for activity modification when necessary.
- Include an after visit summary with language that emphasizes the importance of staying active.

Star Ratings Performance Thresholds					
Year	1 STAR	2 STARS	3 STARS	4 STARS	5 STARS
2020	< 43%	≥ 43% to < 49%	≥ 49% to < 53%	≥ 53% to < 60%	≥ 60%
2021	< 44%	≥ 44% to < 48%	≥ 48% to < 52%	≥ 52% to < 57%	≥ 57%