

Medicare Health Outcomes Survey (HOS) – Monitoring Physical Activity

Performance Measure Set: CCO Incentive Medicare Star Rating

Quality Measurement Type: Structure Process Outcome Patient Experience

Data Type: Claims Chart Documentation eCQM Survey Other

Who: Adults aged 65 or older.

Why: The Health Outcomes Survey gathers valid, reliable, and clinically meaningful health status data about a patient's physical activity. This tool initiates the conversation between physician and patient about the importance of physical activity and any activity limitations the patient may present with.

What: Percentage of patients 65 years or older who had a doctor's visit in the past 12 months and received advice to start, increase, or maintain their level of exercise or physical activity.

How: This is a patient-reported measure using a random sample of Medicare beneficiaries drawn and surveyed. The survey is administered annually to a random sample of plan members. The same member cohort is surveyed again two years later to account for baseline and follow-up results. Health Outcomes Survey measures include two functional health measures and three HEDIS Effectiveness of Care measures used in the annual Medicare Part C Star Ratings.

Monitoring Physical Activity is based on two survey questions:

- 1) In the past 12 months, did you talk with a doctor or provider about your level of exercise of physical activity?
- 2) 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?