

Health Outcome Survey (HOS) Feb. 2024

Medicare Advantage Organizations (MAO) Star Measure, Physical Activity in Older Adults (PAO).

This Self-reported Measure assesses the promotion of physical activity (PA) in Medicare beneficiaries 65 years of age and older who had a doctor's visit in the past 12 months and who reported: 1) they discussed with a healthcare provider their level of exercise or physical activity? For example, a doctor or other healthcare provider asked “do you exercise regularly or take part in physical activity” and. 2) a healthcare provider advised them to start, increase, or maintain their level of exercise or physical activity? For example, your healthcare provider advised to increase walking from 10 to 20 minutes daily, or maintain current exercise program. ¹

WHA HOS Survey Results:

The below table is WHA’s reported CMS Fall Risk Management Scoring – Members reporting providers discussion of managing fall risk during the last 12 months.

WHA HEDIS HOS Measures 2022	N	D	%	CMS Star
PAO:				
Discussion Physical Activity	173	264	65.53%	
Advising Physical Activity*	141	261	54.02%	4

* Notes CMS Star measure

Research has identified many benefits of physical activity and the negative consequences of little physical exercise impacting both physical and mental wellness. Interventions to promote regular physical activity among older adults’ supports quality of life, reducing all-causes of mortality. ² Regular physical activity is one of the most important things people can do to improve their health. Adults ages 65 years and older gain substantial health benefits from regular physical activity. ³

As part of a treatment management plan, the Healthcare provider may advise weekly physical activity, including balance training as well as aerobic and muscle-strengthening activities. As their healthcare provider, older adults may need guidance to determine level of effort for physical activity relative to their level of fitness. Moreover, older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely. When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week because of chronic conditions, they should be only as physically active as their abilities and conditions allow. ⁴ WHA offer Silver&Fit benefit: Discount membership to fitness centers, Home Fitness Kits, Workout

videos through ASHConnect and Workout classes: Silver&Fit YouTube and Facebook Live.

The provider may develop a plan of care based on aerobic physical activities; walking, dancing, swimming, some forms of yoga, yard work like raking or pushing a lawn mower, tennis, basketball or, muscle-strengthening activities; being body-weight exercises, use of exercise bands or hand-held weights, carrying groceries, gardening like digging, lifting, and some forms of Yoga or Tai Chi. All amounts of aerobic activity count if performed at moderate or vigorous intensity. Episodes of strengthening activity may be divided throughout the day or week, depending on personal preference. 5

References:

- 1 <https://www.ncqa.org/hedis/measures/physical-activity-in-older-adults>
- 2 <https://www.sciencedirect.com/science/article/abs/pii/S221509191630013X>.
- 3, 4, 5 https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf

Resources:

- <https://www.cms.gov/Medicare/Prevention/PrevntionGenInfo/medicare-preventive-services/MPS-QuickReferenceChart-1.html>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5408452>