

Monitoring Physical Activity – Cheat Sheet

Weight: 1	Current Star: 2	Current Standing: 43%	Next Threshold: 49%
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Star Measure Description
This measure shows the percent of members who discussed exercise with their doctor and were advised to start, increase, or maintain physical activity during the year.

Measure Source
<ul style="list-style-type: none"> • HOS Survey Measure • 4/1 – 7/31

Requirement Specifications
The percentage of members who had a doctor’s visit in the past 12 months and who received advice to begin, increase, or maintain their level of exercise or physical activity.

Best Practice/ Call to Action
<ul style="list-style-type: none"> • Discuss physical activity levels and advise patients to stay active. • Educate on resources in the community.

Star Ratings Performance & Trends					
<u>Year</u>	<u>1-Star</u>	<u>2-Star</u>	<u>3-Star</u>	<u>4-Star</u>	<u>5-Star</u>
2020	< 43%	≥ 43% to < 49%	≥ 49% to < 53%	≥ 53% to < 60%	≥ 60%
2019	< 44%	≥44% to <51%	≥51% to <56%	≥56% to <66%	≥ 66%
2018	< 46%	≥46% to <50%	≥50% to <53%	≥53% to <58%	≥ 58%
2017	< 45%	≥45% to <49%	≥49% to <54%	≥54% to <57%	≥ 57%