

### Monitoring Physical Activity – Cheat Sheet

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

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

<b>Requirement Specifications</b>
The percentage of members who had a doctor’s visit in the past 12 months and who received advise to start, increase, or maintain their level of exercise or physical activity.

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

<b>Star Ratings Performance &amp; Trends</b>					
<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%