

Monitoring Physical Activity (Profiled)

| Topic | Explanation |
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| Measure Type | Profiled Static Star Measure |
| Description of the Measure | Percent of Medicare Advantage members who discussed exercise with their doctor and were advised to start, increase, or maintain their physical activity during the measurement year. |
| Eligible Population | All Medicare Advantage members 65 years of age and older. Exclusions: <ul style="list-style-type: none"> • Continuous Enrollment during the measurement year with no more than a gap of 45 days during the measurement year. • Must be enrolled in plan at the end of the year. |
| Compliant Member | Appropriate documentation contained within the medical record where the level of physical activity was discussed or counseled by a certified medical professional. Discussions should have advice on starting, increasing, or maintaining a level of exercise or physical activity and occur within the measurement year. |
| How to Submit to Highmark Inc. | <ul style="list-style-type: none"> • Submit a claim using the CPTII code 1003F. • Submit a claim using the Diagnosis code Z71.82. • Submit proof of discussion via the Clinical Quality Feedback Loop only if not captured by Highmark claims. Allow at least 45 days for claims to process before submitting through the CQF Loop. |
| Best Practices | <ul style="list-style-type: none"> • Identify non-compliant patients. • Prep chart to address with patient next office visit. • Provide ongoing outreach efforts to non-compliant patients. • Review chart notes for evidence of compliance that can be submitted via the Clinical Quality Feedback Loop. • Be proactive. Evaluate practice processes for opportunities to close gaps every time the patient is seen rather than reacting to gap closure reports. |
| Other | Monitoring Physical Activity is based on the CMS Health Outcomes survey. Please see additional information on the HOS survey found later in this booklet. |

Key Additional Resources

Additional information can be found on the Provider Resource Center under the Medicare Advantage Stars section.