

## Physical Activity in Older Adults (PAO)

By working together, we can improve health outcomes for your patients, our members. The Healthcare Effectiveness Data and Information Set (HEDIS<sup>®</sup>) helps us measure many aspects of performance. This tip sheet provides key details of the HEDIS measure for physical activity in older adults.

### What is the measure?

The two components of this measure assess different facets of promoting physical activity in older adults:

- **Discussing Physical Activity.** The percentage of Medicare persons 65 years of age and older who had a doctor's visit in the past 12 months and who spoke with a doctor or other health provider about their level of exercise or physical activity.
- **Advising Physical Activity.** The percentage of Medicare persons 65 years of age and older who had a doctor's visit in the past 12 months and who received advice to start, increase, or maintain their level exercise or physical activity.

### Exclusions

Evidence from the Centers of Medicare & Medicaid Services' administrative records of a hospice start date.

### Eligible Population

Persons age 65 and older as of December 31 of the measurement period.

### Protocol and Survey Instrument

Collected using the Health Outcomes Survey (HOS). Refer to HEDIS Volume 6: Specifications for the Medicare HOS for the questionnaires and data collection protocols.

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