

Importance of Physical Health and Physical Activity:

Provider Quick Guide

In the Medicare Health Outcomes Survey (HOS), Physical Health evaluates whether Medicare members are able to maintain or improve their ability to perform daily activities, preserve their independence, and sustain their overall quality of life. Increasing physical activity is one of several healthy behaviors that can help support and improve physical health outcomes.

Why Is This Important?

- Physical health conversations could drive behavioral change.
- Focused, practical guidance during visits helps patients build routines that support long-term care.
- Raising awareness of regular physical activity can help improve strength, balance, and overall physical functioning.



Talking About Physical Health

- Plan short-term and long-term fitness goals with the patient.
- Recommend appropriate activities to improve physical health (e.g. walking, chair exercises, light weights).
- Use motivational interviewing:
 - What kind of activity feels realistic in your day-to-day?
 - One a scale of 0-10 how would you rate your current physical activity level?
 - How can we increase your activity to the next level?
 - What activities are you comfortable doing?

Best Practices to Monitor Physical Activity

- Advise patient to use tracking tools (e.g. apps, pedometers, journal).
- Assess functional status: asking about Activities of Daily Living (ADLs).
- Discuss transportation needs.
- Identify any barriers and assess any loss of independence, fear of falling, or loss of motivation and recommend alternative approaches.
- Monitor changes over time.

Questions About Physical Health and Activity in Health Outcomes Survey

- *In general, would you say your health is: Excellent, Very Good, Fair, Poor*
- *During the past 4 weeks, have you had any of the problems with your work or other regular daily activities as a result of your physical health?*
- *Does your health now limit you in moderate activities?*

Coding Tips:

CPT-CAT II

1003F: Level of activity assessed

1170F: Functional status assessed