

IMPROVING OR MAINTAINING PHYSICAL HEALTH

Measurement Specifications for Star Ratings Program



Measurement Description

Percent of all patients whose physical health was the same or better than expected after two years.

A component of the Health Outcomes Survey (HOS); a longitudinal survey administered each spring that assesses patient's ability to maintain or improve their physical health over time. The sample is random and the same group of patients is resurveyed after two years.

Measurement Source

HOS 2020-2021

Exclusion Criteria

Hospice	For Medicare reporting, exclude patients who actively receive hospice services any time during the measurement year
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Notes

Health Outcomes Survey Questions

Q2. The following items are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much?

- a. Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf
- b. Climbing several flights of stairs

Q6. During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of your physical health?

- a. Accomplished less than you would like as a result of your physical health?
- b. Were limited in the kind of work or other activities as result of your physical health?

Q7. During the past 4 weeks, how much of the time has your physical health or emotional problems interfered with your social activities (like visiting with friends, relatives, etc.)?

Best Practice

- Ask patients at every visit (1) their level of physical activity and (2) if they exercise regularly.
- Encourage patient to start, increase or maintain their level of physical activity with recommendations for activity modification when necessary.
- Include an after visit summary with language that emphasizes the importance of staying active

Star Ratings Performance Thresholds					
Year	1 STAR	2 STARS	3 STARS	4 STARS	5 STARS
2014	< 58%	≥ 58% to < 59%	≥ 59% to < 60%	≥ 60% to < 67%	≥ 67%
2015	< 58%	≥ 58% to < 59%	≥ 59% to < 60%	≥ 60% to < 68%	≥ 68%
2016	< 63%	≥ 63% to < 67%	≥ 67% to < 69%	≥ 69% to < 72%	≥ 72%
2017	< 64%	≥ 64% to < 67%	≥ 67% to < 72%	≥ 72% to < 84%	≥ 84%
2018	< 63%	≥ 63% to < 67%	≥ 67% to < 69%	≥ 69% to < 72%	≥ 72%
2019	< 64%	≥ 64% to < 68%	≥ 68% to < 70%	≥ 70% to < 75%	≥ 75%
2020	< 63%	≥ 63% to < 67%	≥ 67% to < 70%	≥ 70% to < 74%	≥ 74%
2021	< 63%	≥ 63% to < 67%	≥ 67% to < 70%	≥ 70% to < 74%	≥ 74%