

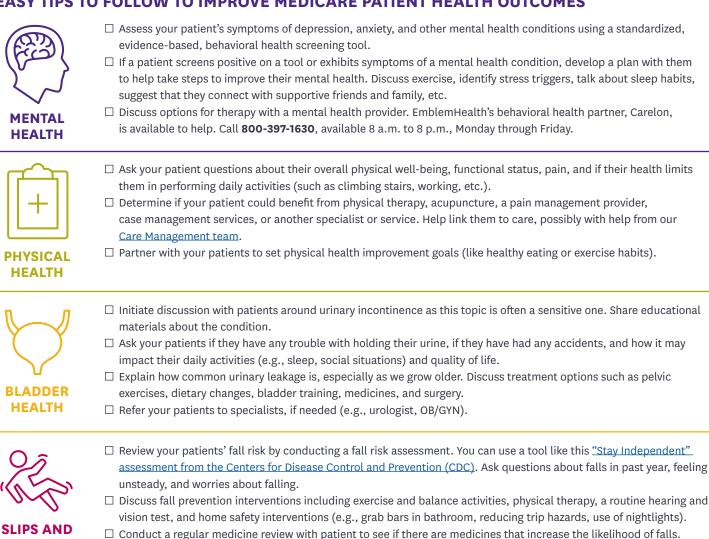
Improving Medicare Patient-Reported Outcomes

Our network providers play a fundamental role in affecting patient perceptions surrounding their health care outcomes. Every year, the Centers for Medicare & Medicaid Services (CMS) sends the Health Outcomes Survey (HOS) to a random sample of Medicare members in the summer. Two years later, those same members are surveyed again to look at changes in their self-reported health outcomes.

What is the purpose of the Health Outcomes Survey?

The survey serves to provide a standardized understanding of patient outcomes around physical and mental health, fall risk and prevention, physical activity, and urinary incontinence. Our providers have a direct impact on patients' perception of their health and quality of life. The tips and techniques below may help you enhance your Medicare patients' health care outcomes

EASY TIPS TO FOLLOW TO IMPROVE MEDICARE PATIENT HEALTH OUTCOMES





☐ Discuss the health benefits of staying active (e.g., mental health, physical functioning). ☐ Develop exercise strategies that match your patients' abilities. ☐ Offer ideas where patients can engage in activities (e.g., YMCA). Link patients to resources, such as the healthy discounts available for EmblemHealth members.

☐ Assess your patients' physical activity levels, including both aerobic and strength training activity.