



## Health Outcomes Survey (HOS) For Medicare Members

Thank you for your continued commitment to your patients. Your daily dedication is a key to keeping patients healthier, happier and more engaged with improving their health outcomes.

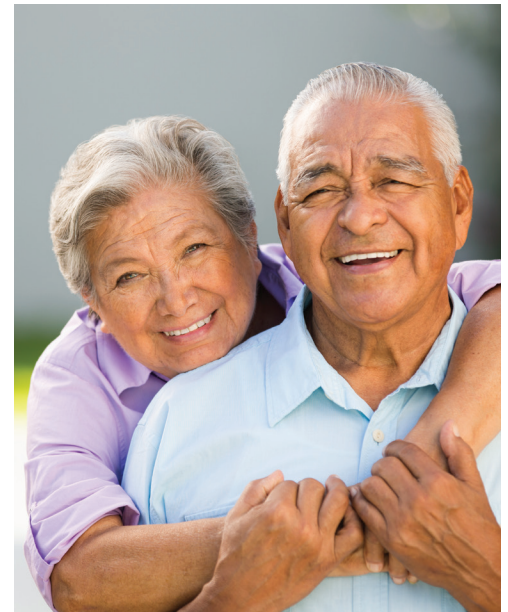
This flyer offers a few thoughts and questions to help start discussions relevant to the Health Outcomes Survey (HOS) measures.

**You CAN help improve your patient's health and HOS measures. Use a patient's annual wellness visit to discuss the following:**

### **Balance problems, falls, difficulty walking and other risk factors for falls**

- Suggest the use of a cane or a walker.
- Check blood pressure with patient standing, sitting and reclining.
- Suggest an exercise or physical therapy program.
- Suggest a vision or hearing test.
- Perform bone density screening, especially for high-risk members.
- Screen for UTI's and review medications for interactions that increase fall risk.

*(continued on back)*



**Quality care is a team effort.  
Thank you for playing a starring role!**

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### **The need for physical activity and ways to increase physical activity**

- Talk to the patient about the importance of exercise and physical activity.
- Discuss with the patient how to start, increase or maintain activity.

### **Bladder control and potential treatments for bladder-control issues**

- Ask the patient if bladder control is a problem.
- If so, ask if it interferes with sleep or daily activities.
- Talk to the patient about treatment options.

### **Physical and mental health**

- Ask the patient about physical and mental health compared with two years ago.
- Discuss ways to improve status of both mental and physical health.
- Suggest patient begin exercise programs or physical therapy, if warranted.

These topics can be discussed by the office or nursing staff while patients are waiting to be seen, and then addressed by the provider during the visit.

It takes a team to deliver quality care.  
Thank you for being a star player.



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