

# Action Plan to Integrate Physical Activity Assessment, Prescription, and Referral into Healthcare Delivery

Promoting Physical Activity (PA) and Exercise Prescription in Patient Care, Improving US PA Surveillance, and Creating a Culture of Active Living.



**Generate Quality and Performance Measures**  
*Key Collaborators:* National Commission on Quality Assurance (NCQA) and National Quality Forum (NQF)

**Create Standardized Measures for PA in the Electronic Health Record**  
*Key Collaborator:* Health Level Seven (HL7)<sup>®</sup> International's Fast Healthcare Interoperability Resources (FHIR)<sup>®</sup>

**Develop Current Procedural Terminology Codes (CPT)<sup>®</sup> for PA Assessment, Prescription and Referral**  
*Key Collaborator:* American Medical Association (AMA)




**Connect Standardized Measures and Patient Generated Data from Mobile Devices, Smartwatches, and Data Platforms into Electronic Health Records (EHRs)**  
*Key Collaborators:* Office of the National Coordinator (ONC), the Healthcare Information and Management Systems Society (HIMMS), Consumer Technology Association (CTA)

**Link Clinical Practices to Community-Based Providers of Physical Activity**  
*Key Collaborators:* US Registry of Certified Exercise Professionals (USREPS), Community Health Workers, other professionals who connect patients to community resources

**Expand the Evidence Base for Physical Activity-Based Preventive Services**  
*Key Collaborator:* US Preventive Services Task Force (USPSTF)

**Establish Payment and Coverage Determinations for PA/Exercise Counseling**  
*Key Collaborators:* Public and Private Payers, including Centers for Medicare and Medicaid Services (CMS)

**Physical Activity Assessment, Prescription and Referral Integrated into Healthcare Delivery**

 = Federal Agency, Office, or Task Force  
 = 501 (c) non-profit organization  
 = Government and non-profit actors

## Community Level Environment, Systems, and Programmatic Support for Physical Activity

*Policies and Strategies Include:*

- Active Transportation Infrastructure
- Complete Streets Policies
- Safe Routes to School
- Comprehensive School Physical Activity Programs
- Adult and Youth Sports Programming
- Fitness Classes
- Parks and Recreational Facilities
- Faith-Based Programs
- Worksite Health Promotion



**Active Living for All**