

EIM Resources for Health Care Providers

ExeRxcise
is **Medicine**®

Vision: Make physical activity assessment and promotion a standard in clinical care, connecting health care with evidence-based physical activity resources for people everywhere of all abilities.

EIM Health Care Provider Action Guide

Step-by step guide to implementing EIM in clinical practice.

Highlights:

- Simpler screening decision tree
- Counseling strategies for stage of change
- Time-based PA advice table
- Dot Phrases/SmartPhrases
- Exercise professional chart (who's who)
- Rx for Health series & clickable handout (provider recommends those appropriate for the patient)





EXERCISE IS MEDICINE®

ACSM's Rx for Health

HEALTH CARE PROVIDERS

Physical Activity: A Standard in Health Care

EXERCISE PROFESSIONALS

An Integral Role: An Extension of Health Care

EIM ON CAMPUS

Engaging Campuses in Physical Activity



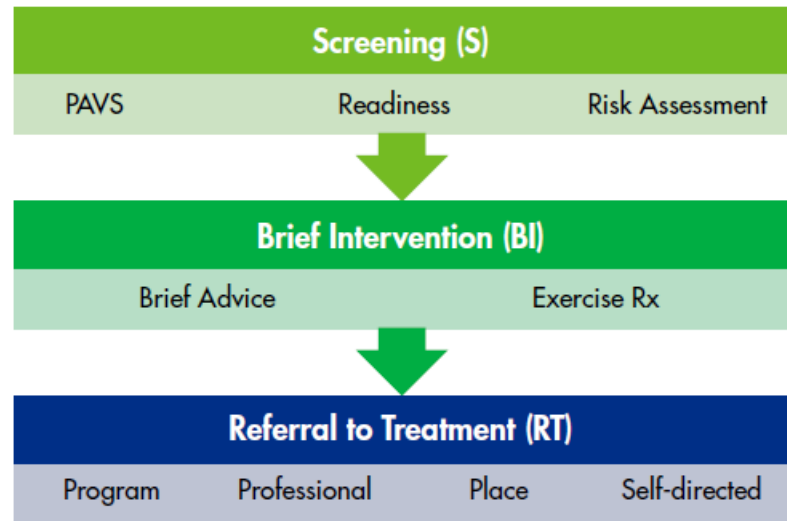
How to Implement Exercise is Medicine® in Your Practice

The Exercise is Medicine® Health Care Providers' Action Guide provides simple and effective tools for integrating physical activity into daily practice. By promoting the right "dosage" of physical activity, you are prescribing a highly effective "drug" to your patients for the prevention, treatment and management of more than 40 of the most common chronic health conditions.

EIM and SBIRT (Screening, Brief Intervention and Referral to Treatment)

You likely have only a brief window of time for physical activity counseling (at times no more than 20-30 seconds) during a normal office or telehealth visit. You can utilize your staff, create tools within the electronic health record (EHR), and use the attached resources to:

1. Assess the patient's level of physical activity and apply the American College of Sports Medicine (ACSM) exercise pre-participation screening algorithm;
2. Provide brief advice or counseling regarding the importance of regular physical activity, specifically relevant to that patient's medical history and situation. Write a prescription for physical activity.
3. Refer the patient to physical activity resources (programs, facilities, certified exercise professionals or self-directed/online resources)



SmartPhrases/Dot Phrases Make EHR PA Documentation Easier

- Patient Advice
- Documentation

SmartPhrases You Can Use in 30 Seconds or Less

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SmartPhrases can help clinicians integrate physical activity into a busy practice. Here are samples for both patient education and clinical documentation. Simply cut and paste them into your electronic health record. Choose and adapt what works best for you. You may also want to share the EIM “Physical Activity - A Prescription for Health” handout (with your specific recommendations) directly with your patients.

Patient Advice

1. .EXRx – for-health-series

We talked about how physical activity is good for your health and your challenge with *** (e.g., high blood pressure, prediabetes etc). The Exercise is Medicine[®] website can help you get started and learn what to do:

<https://www.exerciseismedicine.org/RxforHealth>



Physical Activity Rx Form

- Based on national PA guidelines
- Customize to patient's current level of fitness, health status and readiness
- Incorporate into the EHR or patient handout (clickable).

Name: _____ Date: _____

2018 Physical Activity Guidelines for Adults:

- 150-300 minutes/week of moderate-intensity activity or 75-150 minutes/week of vigorous activity (somewhat hard to very hard) or a combination of both
- Muscle strength training 2 or more times a week



Aerobic Activity (check)

Frequency (days/week): 1 2 3 4 5 6 7

Intensity: Light (casual walk) Moderate (brisk walk) Vigorous (like jogging)

Time (minutes/day): 10 20 30 40 50 60 or more

Type: Walk Run Bike Swim/Water Exercise Other _____

Steps/day: 2,500 5,000 7,500 10,000 or more Other _____

What about aerobic activity?

- Moderate activity is at a pace where you can talk but cannot "sing." Examples: *brisk walking, light biking, water exercise and dancing.*
- Vigorous activity is done at a pace where you can't say more than a few words without pausing for a breath. Examples: *jogging, swimming, tennis and fast bicycling.*
- You can exercise for any length of time. For example, you might walk:
 - 30 minutes 5 days/week or
 - 20 minutes daily
 - 5 minutes here, 10 minutes there. Just work your way up to 150 total minutes/week.
- Your ultimate goal is to gradually build up to 7,500-10,000 steps/day.



Muscle Strength Training (check)

Frequency (days/week): 1 2 3 4 5 6 7

What about strength training?

- You don't have to go to a gym. Try elastic bands, do body weight exercises (chair sit-to-stands; floor, wall or kitchen counter push-ups; planks or bridges) or lift dumbbells.

EIM Rx for Health series: Patient Handouts



Sit Less.
Move More.

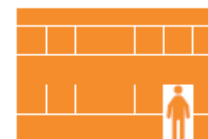
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Sit Less.

Too much sitting saps your energy, makes your joints stiff, and affects your overall health. You can change that! Get up and simply move more throughout the day, even if you go to the gym... and especially if you don't. There are many ways to reduce your "tush time."

Which will you do this week? (☑ boxes)



At Work:

- When sitting at your desk or computer, get up every 30 minutes or so and stretch. Walk down the hallway. A smart phone Stand Up Reminder app can help.
- On the phone? Stand or walk around.
- Instead of calling or instant messaging your co-workers, get up and go to their desk for a chat.
- Try "walking meetings" when you don't need a pen and paper.



At Home & Elsewhere:

- When watching TV, get up during every commercial and do an active chore. For example, empty the dishwasher, throw some clothes in the laundry, or take out the garbage. Feel productive after just one show!
- Use stairs whenever you can.
- Reduce time in front of the TV, computer and on video games (unless you're moving). Try other fun activities or finish home projects instead.
- If you can't walk or stand, try seated knee lifts, kicks, foot slides, punches or arm circles.



While Commuting:

- If you take the bus or subway, stand and allow others to have a seat. Feel good about yourself!
- Don't fight for the closest parking spot. Park farther away and take a few more steps.
- Get off the bus one stop early and walk the rest of the way. Wear supportive and comfortable shoes so this is easy to do.

What I will do **TODAY** to sit less: _____

Move More.▶

Being Active When You Have Osteoarthritis

Being active will help you feel better, move better and sleep better. Exercise counts toward better health — even just a few minutes!

If you are one of the millions of people who have osteoarthritis, you know how to decrease the pain and stiffness that are caused by the disease. You can get weaker and stiffer, making your joints painful and your ability to do daily activities more difficult. To reduce pain, improve your ability to do daily activities, and sleep better, you need to be active.

Getting Started

Keep It Simple

Sit less and move around more! Sitting still for too long will cause your joints to feel stiff. Walk to the mailbox. Walk the dog. Dance in the kitchen. Take the stairs. Find opportunities to move throughout your day.



Talk with Your Doctor

If you have other health problems or have been inactive for a long time, check with your doctor before starting an exercise program. Physical therapists can teach you exercises that will strengthen and support your joints and reduce your pain.



Being Active When You Have Depression and Anxiety

Do you want to feel better, move better and sleep better? Exercise counts toward better health — even just a few minutes!

Studies show that physical activity can reduce symptoms of depression and anxiety as much as medication—and without unwanted side effects. Even a small amount of activity can help. Greater amounts of more vigorous exercise have an even greater effect on symptoms of depression and anxiety.

Both aerobic and strength training, with other treatments, may work best for you.

Start where you are.

Getting Started

Start Small

If you have trouble working up the energy or motivation to exercise, find an activity you'll enjoy and set small, realistic goals. Begin with short periods (like 5, 10 or 15 minutes, or set a goal to walk around the block). Gradually progress.



Reach out

Being active with others can improve your mood and help you get out of a sad or anxious frame of mind. Join an activity club, sports team or online activity group. Find an activity buddy and meet regularly doing something you both enjoy.



Motivate Yourself

What if you don't stick with your plan? It helps to have a plan for your activity of the day. Try these ideas:



To stay safe and injury free:

- Start with light to medium effort.
- Gradually increase your pace and time spent being active.
- Warm up and cool down (easy pace) before and after.

Being Active When You Have Prediabetes

Being active will help you feel better, move better and sleep better. Exercise counts toward better health — even just a few minutes!

Rx for Health series (also in Spanish): ~30 medical conditions & populations

the dog. Dance in the kitchen. Take the stairs. Find opportunities to move throughout your day. It all adds up.



Prediabetes Tips and Facts

Prediabetes is defined as fasting blood glucose between 100-125 mg/dl or A1C between 5.7 and 6.4 percent. Get your levels checked at least once a year.

If you do nothing, your fasting blood glucose and A1C may go higher and you could develop type 2 diabetes. If you're active enough and lose 5-7 percent of your body weight, you can stop or delay type 2 diabetes from happening.

Regular intensity activity (like walking) can improve natural sensitivity to insulin and help with your stomach.



Being Active When You Have Rheumatoid Arthritis

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Being active will help you feel better, move better and sleep better. Inactive people who don't get the biggest bang for their buck. Experts now say that any physical activity counts toward better health — even just a few minutes!

If you suffer from rheumatoid arthritis (RA), an autoimmune disease that causes inflammation in your joints, being active is an important way to improve your RA symptoms. Increasing physical activity can help reduce pain and inflammation. If you avoid physical activity, your symptoms may get worse. Regular exercise is not harmful to you, and it can help you stay healthy, such as heart disease, stroke and type 2 diabetes. For those with active RA, being active is an important way to improve your RA symptoms.

Getting Started

Talk with Your Rheumatologist

If your RA is active or newly diagnosed, talk with your arthritis specialist about changing medications to reduce inflammation. Check with your health care provider if you have other health problems or have been inactive for a long time.



Build A Plan

There is no one best way to be active with RA. Use your "likes" to guide your active lifestyle. What will help you make a change and get moving? Physical therapists can teach you exercises and techniques to strengthen and support your joints to reduce pain and injuries.



Keep It Simple

Sit less and move around more! Sitting still for too long will cause your joints to feel stiff. Walk to the mailbox. Walk the dog. Dance in the kitchen. Take the stairs. Find opportunities to move throughout your day.



Be Active with a Friend

Find a friend to walk with. Find out about local walking groups. Move slowly. Take breaks. Be active with a friend. Don't stick with those who are inactive.



Our Physical Activity Resources

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Great Places to Walk, Ride a Bike, or Roll:

- * Trails and bike paths
- * Malls
- * Parks

Community Fitness Clubs/Medical Fitness Facilities:

- * YMCA
- * JCC (Jewish Community Center)
- * University-based wellness/fitness facilities
- * Medical fitness facilities
- * Boys & Girls Clubs
- * Commercial fitness clubs

Look for These Programs That Have a Local Chapter:

- * Silver Sneakers (for older adults) <https://www.silversneakers.com/>
- * Arthritis Foundation land or water-based programs – check with your local chapter
- * Walk with a Doc <https://walkwithadoc.org/>

Find a Personal Trainer:

- * ACSM Pro Finder <http://www.acsm.org/attend-connect/profinder>
- * Look for personal trainers in your community with the Exercise is Medicine® credential, clinical exercise certifications, or advanced training in working with specific medical conditions or older populations, etc.

Customize for YOUR Community!

- Patient handout or program in EPIC SDOH section
- Community-based platforms connect patients to community resources. i.e., DPP, fall prevention, PA programs.
 - ✓ Unite Us
 - ✓ Findhelp.org
 - ✓ Healthy Alliance



The Challenge of Reimbursement – Coding and Billing Tips



Physical activity assessment, prescription and counseling is often performed in the context of chronic disease management. The use of ICD10 codes and appropriate CPT codes to reflect time and complexity is a reasonable strategy for many office visits. Although reimbursement for lifestyle-related charges and services is variable, providers may find these tips helpful.

Select an Appropriate Diagnostic Code:

ICD-10 Codes (Unknown if These are Reimbursed as Stand-alone Codes)

- “Lack of physical exercise” Z72.3 (historical data is lacking regarding payer reimbursement for this code)
- Exercise counseling Z71.89
- Obesity E66.9
- Physical deconditioning R53.81
- Sedentary lifestyle Z91.89
- Muscular deconditioning R29.898

In most cases, physical activity assessment, prescription and referral is performed within the context of another condition (i.e. high blood pressure, type 2 diabetes, obesity, depression) or during a preventive health examination.

Select an Appropriate Billing Code:

CPT Codes:

- There is no specific CPT code for physical activity counseling
- Physicians and physical therapists may use therapeutic exercise codes (CPT 97110) when teaching patients

OA/LBP Online Module

from EIM Online Course



Condition-specific Benefits of Exercise



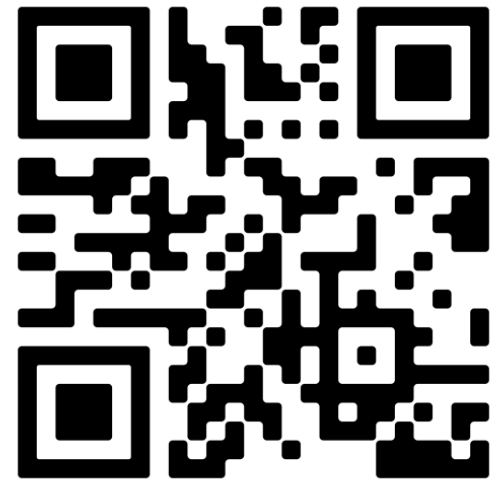
Physical Activity Rx – Principles & Practice/Examples



Exercise Modifications & Tips



3 CECS - \$90 (45/ACSM member)



- Guidelines/tips for RDs wishing to promote PA to their patients/clients
- Collaboration: AND, ACSM and EIM

Weight Management
a dietetic practice group of the
eat right. Academy of Nutrition and Dietetics

Cardiovascular Health and Well-being
a dietetic practice group of the
eat right. Academy of Nutrition and Dietetics

Sports and Human Performance Nutrition
a dietetic practice group of the
eat right. Academy of Nutrition and Dietetics

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A Physical Activity Toolkit for Registered Dietitians: Exercise is Medicine®





MOVING THROUGH CANCER

A GUIDE TO GETTING AND STAYING
ACTIVE DURING CANCER TREATMENT

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MOVING
THROUGH
CANCER

- Patients w/ OA may also face cancer...
- 17-page patient booklet (downloadable digital, print copies on request)
- Searchable cancer exercise program directory

Promotional Posters

The Only Prescription with
Unlimited Refills



Want to feel better? Move better? Keep sharp as you age?
Regular physical activity can give you all that and MORE.

Ask your doctor for an activity prescription.

Add years to your life.
One step at a time.



Want more energy? Better sleep? Prevent Type 2 Diabetes?
Regular physical activity can give you all that and MORE.

Take your first step today.



www.exerciseismedicine.org

All resources are freely available on the EIM website.
Just click on “Menu”.