

**Wellness and Condition Management 2027
Accreditation
Measure Specifications**

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Health Assessment Module

Health Assessment Completion (HAC)

Description

The percentage of individuals 18 years of age and older who completed a health assessment (HA) during the program period.

Definitions

Program period The period when the WHP program is administered for an employer or plan sponsor, usually a 12-month span from the beginning of the contract period to the end of the contract period. The program must end in the calendar year prior to the reporting year.

Eligible Population

Population Individuals who are eligible to complete an HA any time during the program period.

Age 18 years and older during the program period.

Continuous eligibility The program period.

Measure Specification

Denominator The eligible population reported by four incentive stratifications, which are based on the incentive type offered to the individual for HA completion, and a total.

1. No incentive.
2. Small incentive.
3. Large incentive.
4. Unknown incentive.
5. Total.

Numerator Individuals who completed the HA during the program period. The HA is considered complete if *all* of the following variables are addressed:

- Age.
 - This variable may be obtained from a source other than the HA, such as eligibility files.
- Gender.
 - This variable may be obtained from a source other than the HA, such as eligibility files.
- Height and weight (to be used for BMI assessment).
- Smoking or tobacco use status.
- Physical activity level.

Note: Completing an HA at this level is the basis for inclusion in the numerator in this measure and for inclusion in the denominator in subsequent measures. Individuals are not numerator compliant if any required items (stated above) are incomplete.

**Risk:
Obesity**

Survey answers must be used to determine the individual's BMI. The HA must collect the following data so BMI can be calculated accurately:

- Exact height in inches or meters.
- Exact weight in pounds or kilograms.

Response options based on BMI category or on self-reported BMI are not sufficient.

BMI can be calculated from height and weight using one of the following formulas:

$$\text{BMI} = \text{weight (kg)} / \text{height}^2 (\text{m}^2), \text{ or}$$

$$\text{BMI} = [\text{weight (lbs.)} / \text{height}^2 (\text{in}^2)] \times 703$$

**Risk: Smoking or
Tobacco Use**

Survey answers must be used to determine whether an individual currently smokes cigarettes or uses other forms of tobacco, and the length of time since the individual last used any tobacco product. To ensure comparability of *Smoking or Tobacco Use* results, survey questions must meet the following criteria:

- Identify smokers or tobacco users who smoke cigarettes or use tobacco under certain circumstances (e.g., social occasions) and who may not consider themselves to be smokers or tobacco users.
 - Avoid asking only, “Are you a cigarette smoker?”
- Eliminate individuals who have tried tobacco (e.g., one cigarette, one “puff”) but who would not be considered smokers or tobacco users.
 - Avoid asking only, “Have you ever smoked cigarettes or used tobacco?”
- Differentiate among cigarette smoking and other types of tobacco, such as pipe, cigar, snuff or chew.

- Example**
1. Do you now smoke cigarettes or use tobacco every day, some days, or not at all?
 - Every day
 - Some days
 - Not at all
 - Don't know
 2. Do you smoke or use cigars?
 - Currently use
 - Have used
 - Never used

3. Do you use smokeless tobacco?
 - Currently use
 - Have used
 - Never used

**Risk:
Physical
Inactivity**

Survey questions must be able to determine the individual's physical inactivity level.

Example 1: We are interested in two types of physical activity—vigorous and moderate. Vigorous activities cause large increases in breathing or heart rate while moderate activities cause small increases in breathing or heart rate.

1. Now, thinking about moderate activities you do in a usual week, do you do moderate activities at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate?
 - Yes
 - No (Insert “skip to vigorous activity item”)
 - Don't know/Not sure (Insert “skip to vigorous activity item”)
2. How many days per week do you do these moderate activities for at least 10 minutes at a time?
 - ___ days per week
 - Don't know/Not sure
3. On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?
 - ___ minutes per day
 - Don't know/Not sure
4. Now, thinking about vigorous activities you do in a usual week, do you do vigorous activities at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?
 - Yes
 - No (Insert “skip to next item topic”)
 - Don't know/Not sure (Insert “skip to next item topic”)
5. How many days per week do you do these vigorous activities for at least 10 minutes at a time?
 - ___ days per week
 - Don't know/Not sure
6. On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?
 - ___ minutes per day
 - Don't know/Not sure

Example 2 Think about all the *vigorous activities* which take hard physical effort that you did in the *last 7 days*. Vigorous activities make you breathe harder than normal and may include heavy lifting, aerobics, or fast bicycling. Think only about those physical activities that you did for at least 10 minutes at a time.

1. During the *last 7 days*, on how many days did you do *vigorous physical activities*?
 - ____ days/week
 - Don't know/Not sure
2. How much *total time* did you usually spend doing *vigorous physical activities* on one of those days?
 - ____ minutes/day
 - Don't know/Not sure
3. If your pattern of activity varies from day to day, how much total time did you spend over the last 7 days doing vigorous physical activity?
 - ____ minutes/week
 - Don't know/Not sure

Think about the activities which take moderate physical effort that you did in the last 7 days. Moderate physical activity makes you breathe somewhat harder than normal and may include carrying light loads, bicycling at a regular pace, or doubles tennis. Again, think only about those physical activities that you did for at least 10 minutes at a time.

1. During the last 7 days, on how many days did you do moderate physical activities?
 - ____ days/week
 - Don't know/Not sure
2. How much total time did you usually spend doing moderate physical activities on one of those days?
 - ____ minutes/day
 - Don't know/Not sure
3. If your pattern of activity varies from day to day, how much total time did you spend over the last 7 days doing moderate physical activity?
 - ____ minutes/week
 - Don't know/Not sure

Incentive level reporting

Report four incentive levels and a total, and report an individual on only one level. The intent is to include only incentives tied directly to completing the HA.

1. No Incentive—No incentive offered for HA completion.
2. Small Incentive—Incentive with a cash or actuarial value equal to or less than \$100 offered for HA completion.
3. Large Incentive—Incentive with a cash or actuarial value of more than \$100 offered for HA completion.
4. Unknown—Incentive value for HA completion unknown or whether an incentive is offered for HA completion unknown.

For all nonmonetary incentives offered for HA completion, the incentive's actuarial value is calculated by eligible individual. If incentive levels are altered by the employer or plan sponsor during the program period, the highest incentive value during the period is used for reporting. If incentive level is not known, include the individual in the Unknown category.

Table HAC-A: Classifying Incentives for Reporting

Small Incentive	Large Incentive
1. Cash payments ≤\$100	1. Cash payments >\$100
2. Items with actuarial value of ≤\$100	2. Incentives involving benefit design changes (e.g., reduced premium share, reduced copayment structure, reduced deductibles). All benefit design changes are considered large regardless of the actual value.
3. Incentives involving a lottery or raffle*	
4. Multiple requirements to receive incentive (i.e., individuals must complete an HA <i>and</i> participate in a program to receive the incentive)	

*Multiple small incentives offered to employees, such as entry into a raffle and a \$25 dollar gift card, are classified as “Small.” The value of the incentive is classified as “Small” if a single incentive is offered for the entire employer or plan sponsor population (e.g., entry into a lottery or raffle for a single grand prize winner).

Data Elements for Reporting

Organizations must provide the following data elements.

Table HAC-1: HA Completion by Incentive

	No Incentive	Small Incentive	Large Incentive	Unknown Incentive	Total
Eligible population (denominator)	_____	_____	_____	_____	_____
Individuals who completed the HA (numerator)	_____	_____	_____	_____	_____
Reported rate	_____	_____	_____	_____	_____
Lower 95% confidence interval (denominator <100)	_____	_____	_____	_____	_____
Upper 95% confidence interval (denominator <100)	_____	_____	_____	_____	_____

Prevalence of Core Risks Identified on Health Assessments (PRI)

Description

The percentage of individuals 18 years of age and older who reported any of the following core risks:

- Obesity.
- Smoking or tobacco use.
- Physical inactivity.

A lower rate indicates fewer individuals with core risks.

Eligible Population

Population	Individuals who completed a health assessment (HA) any time during the program period.
Age	18 years and older during the program period.
Continuous eligibility	The program period.

Measure Specification

Denominator	The eligible population.
Numerator	Individuals who reported any of the following core risks (obesity, smoking or tobacco use, physical inactivity) on the HA completed during the program period.

Data Elements for Reporting

Organizations must provide the following data elements.

Table PRI-1: Prevalence of Core Risks

	Obesity	Smoking or Tobacco Use	Physical Inactivity
Eligible population (denominator)	_____	_____	_____
Individuals who reported having a core risk (numerator)	_____	_____	_____
Reported rate	_____	_____	_____
Lower 95% confidence interval (denominator <100)	_____	_____	_____
Upper 95% confidence interval (denominator <100)	_____	_____	_____

Number of Core Risks Identified on Health Assessments (NRI)

Description

The number of core risks (obesity, smoking or tobacco use, physical inactivity) identified for individuals 18 years of age and older who completed a health assessment (HA).

Eligible Population

Population	Individuals who completed an HA any time during the program period.
Age	18 years and older during the program period.
Continuous eligibility	The program period.

Measure Specification

Denominator	The eligible population.
Numerator	Individuals who reported having no core risks, one core risk, two core risks or three core risks on the most recent HA during the program period.

Data Elements for Reporting

Organizations must provide the following data elements.

Table NRI-1: Number of Risks Identified on HA

	0 Core Risks	1 Core Risk	2 Core Risks	3 Core Risks
Eligible population (denominator)	_____	_____	_____	_____
Number of core risks (numerator)	_____	_____	_____	_____
Reported rate	_____	_____	_____	_____
Lower 95% confidence interval (denominator <100)	_____	_____	_____	_____
Upper 95% confidence interval (denominator <100)	_____	_____	_____	_____

Digitally Enabled Engagement Module

Risk Reduction—Overall (RRO)

Description

The percentage of individuals 18 years of age and older who reported on a baseline health assessment (HA) that they had at least one of the three core risks (obesity, smoking or tobacco use, physical inactivity) and who reported on a follow-up HA that they reduced their overall risk.

Eligible Population

- Population** Individuals who completed both a baseline HA and a follow-up HA *and* reported on the baseline HA that they had at least one of the three core risks (obesity, smoking or tobacco use, physical inactivity).
- The baseline HA must have been administered in the prior program period. The follow-up HA must be administered in the program period and must be completed at least 6 months after the baseline HA.
- Age** 18 years and older during the prior program period.
- Continuous eligibility** The program period and the prior program period.

Measure Specification

- Denominator** The eligible population reported by number of core risks. The numerator is reported by risk reduction, not the denominator.
- One core risk.
 - Two core risks.
 - Three core risks.
 - Total individuals with one or more core risks.
- Numerator** Individuals who reported an overall reduced risk on the follow-up HA (fewer total core risks measured by the follow-up HA than the total measured by the baseline HA).

Data Elements for Reporting

Organizations must provide the following data elements.

Table RRO-1: Risk Reduction—Number of Core Risks

<i>Individuals with...</i>	1 Core Risk	2 Core Risks	3 Core Risks	Total
Eligible population (denominator)	_____	_____	_____	_____
Individuals that reported an overall reduced risk (numerator)	_____	_____	_____	_____
Reported rate	_____	_____	_____	_____
Lower 95% confidence interval (denominator <100)	_____	_____	_____	_____
Upper 95% confidence interval (denominator <100)	_____	_____	_____	_____

Risk Reduction—BMI Reduction and Maintenance (RRB)

Description

The percentage of individuals 18 years of age and older who were obese (BMI ≥ 30), with at least one interactive contact specific to weight loss, who either reduced their BMI or maintained their BMI.

Note: This measure does not require completion of the baseline HA. Inclusion is based on the index start date specific to a weight-loss program.

Definitions

Interactive contact

Bidirectional communication between a wellness and health promotion program and an eligible individual, where the wellness and health promotion program provides health education or health coaching using one of the following methods:

- Interactive mail-based communication, where there is bidirectional communication between the organization and the individual.
- Phone.
- In person (individual or group).
- Virtual.
- Digital.

Interactive contact may include health education or coaching for multiple health topics. For example, one phone call could cover both obesity and tobacco use and count as interactive contact for both core risks.

For interactions where the bidirectional communication is completed using two different modes of communication, count transmission of health information from the organization to the individual as a *single interactive contact*.

ISD

Index start date. The earliest date in the program period or the prior program period when a risk-specific interactive contact occurs.

Risk change measurement period

The period beginning 180 days after the ISD and ending on the last day of the program period.

Eligible Population

Population

Individuals who were obese either during the program period or prior program period and had at least one interactive contact specific to weight loss any time during the program period. Identification of risk may occur during the program period or the prior program period.

Age

18 years and older during the program period.

Continuous eligibility

The program period and the prior program period.

Measure Specification

- Denominator** The eligible population reported by obesity category:
- Obesity I (BMI 30–34).
 - Obesity II (BMI 35–39).
 - Obesity III (BMI ≥40).
 - Total (BMI ≥30).
- Numerator** Individuals whose last (most recent) BMI measurement calculated during the Risk Change Measurement Period showed reduced or maintained BMI.
- An individual's change of risk status may occur during the program period or the prior program period. Report two rates:
- The number of individuals who reduced their BMI by a whole point, **and**
 - The number of individuals who maintained their BMI (no change).

Data Elements for Reporting

Organizations must provide the following data elements.

Table RRB-1: BMI Reduction

	Obesity I	Obesity II	Extreme Obesity	Total
Eligible population (denominator)	_____	_____	_____	_____
Individuals who reduced their BMI (numerator)	_____	_____	_____	_____
Reported rate	_____	_____	_____	_____
Lower 95% confidence interval (denominator <100)	_____	_____	_____	_____
Upper 95% confidence interval (denominator <100)	_____	_____	_____	_____

Table RRB-2: BMI Maintenance

	Obesity I	Obesity II	Extreme Obesity	Total
Eligible population (denominator)	_____	_____	_____	_____
Individuals who maintained their BMI (numerator)	_____	_____	_____	_____
Reported rate	_____	_____	_____	_____
Lower 95% confidence interval (denominator <100)	_____	_____	_____	_____
Upper 95% confidence interval (denominator <100)	_____	_____	_____	_____

Risk Reduction—Smoking or Tobacco Use Quit Rate (RRS)

Description

The percentage of individuals 18 years of age and older, identified as smokers or tobacco users, who quit using tobacco products, had at least one interactive contact specific to smoking or tobacco cessation and remained tobacco free for 180 days (6 months) or 365 days (12 months).

Note: This measure does not require completion of the baseline HA. Inclusion is based on the index start date specific to a tobacco cessation program.

Definitions

Interactive Contact

Bidirectional communication between a wellness and health promotion program and an eligible individual, where the wellness and health promotion program provides health education or health coaching using one of the following methods:

- Interactive mail-based communication, where there is bidirectional communication between the organization and the individual.
- Phone.
- In person (individual or group).
- Virtual.
- Digital.

Interactive contact may include health education or coaching for multiple health topics. For example, one phone call could cover both obesity and tobacco use and count as interactive contact for both core risks.

For interactions where the bidirectional communication is completed using two different modes of communication, count transmission of health information from the organization to the individual as a *single interactive contact*.

ISD

Index start date. The earliest date in the program period or the prior program period when a risk-specific interactive contact occurs.

Risk change measurement period

The period beginning 180 days from the ISD and ending on the last day of the program period.

Eligible Population

Population

Individuals who were smokers or tobacco users either during the program period or the prior program period and who had at least one interactive contact specific to smoking or tobacco cessation any time during the program period. Identification of risk may occur during the program period or the prior program period.

Age

18 years and older during the program period.

Continuous eligibility The program period and the prior program period.

Measure Specification

Denominator The eligible population.

Numerator Individuals who during the risk change measurement period reported not smoking or using any tobacco products for:

- 180 days (6 months).
- 365 days (12 months).

The following criteria must be verified:

- The individual is no longer a current smoker or tobacco user.
- The time that has passed since the individual smoked or used any tobacco products.

An individual's change of risk status may occur during the program period or the prior program period.

Data Elements for Reporting

Organizations must provide the following data elements.

Table RRS-1: Risk Reduction—Smoking or Tobacco Use

	Quit Smoking or Tobacco Use for the Last 180 Days (6 Months)	Quit Smoking or Tobacco Use for the Last 365 Days (12 Months)
Eligible population (denominator)	_____	_____
Individuals who quit smoking or using tobacco products (numerator)	_____	_____
Reported rate	_____	_____
Lower 95% confidence interval (denominator <100)	_____	_____
Upper 95% confidence interval (denominator <100)	_____	_____

Risk Reduction—Physical Activity Level (RRP)

Description

The percentage of individuals 18 years of age and older who were not getting the recommended amount of physical activity and who now have the recommended level of physical activity, with at least one interactive contact specific to physical activity.

Note: This measure does not require completion of the baseline HA. Inclusion is based on the index start date specific to a physical activity program.

Definitions

Interactive Contact

Bidirectional communication between a wellness and health promotion program and an eligible individual, where the wellness and health promotion program provides health education or health coaching using one of the following methods:

- Interactive mail-based communication, where there is bidirectional communication between the organization and the individual.
- Phone.
- In person (individual or group).
- Virtual.
- Digital.

Interactive contact may include health education or coaching for multiple health topics. For example, one phone call could cover both obesity and tobacco use and count as interactive contact for both core risks.

For interactions where the bidirectional communication is completed using two different modes of communication, count transmission of health information from the organization to the individual as a *single interactive contact*.

ISD

Index start date. The earliest date in the program period or the prior program period when a risk-specific interactive contact occurred.

Risk change measurement period

The period beginning 180 days from the ISD and ending on the last day of the program period.

Physical inactivity

Physical inactivity is identified as *not* having at least:

- Muscle strengthening activities of moderate or greater intensity on 2 or more days a week, **and either**
- 75 minutes of vigorous-intensity aerobic physical activity per week, **or**
- 150 minutes of moderate-intensity physical activity per week, **or**
- An equivalent combination of vigorous and moderate activities across a week (optional).

The two methods of determining physical inactivity below are based on the Office of Disease Promotion and Health Prevention *Physical Activity Guidelines for Americans* (2nd edition).

Method 1 Minutes of moderate activity

For survey questions that ask individuals how many days per week they got at least 20 (30) minutes of vigorous (moderate) activity, total the number of minutes for each type of activity level across all days.

An individual is considered at risk for physical inactivity if:

- Number of days of muscle strengthening activities <2, **or**
- Number of minutes of moderate activity is <150.

Method 2 Time per week using minutes per day of vigorous (moderate) activity

For survey questions that ask individuals how much time per day they spend doing vigorous (moderate) activity in either actual minutes or number of 10-minute intervals:

- Calculate total minutes per week of vigorous activities.
- Calculate total minutes per week of moderate activities.
- Calculate total amount of metabolic equivalent (MET) minutes per week (optional):
 - Multiply total minutes per week of vigorous activity by 3.0
 - Multiply total minutes per week of moderate activity by 4.5.
 - Add the two values to determine the total MET minutes per week.

An individual is considered at risk for physical inactivity if number of days of muscle strengthening activities <2 *and any* of the following are true.

- Total minutes per week of vigorous activity <75.
- Total minutes per week of moderate activity <150.
- Total combined MET minutes per week <500 (optional).

Eligible Population

Population	Individuals who were not getting the recommended amount of physical activity, either during the program period or the prior program period, and who had at least one interactive contact specific to physical activity any time during the program period. Identification of risk may occur during the program period or the prior program period.
Age	18 years and older during the program period.
Continuous eligibility	The program period and the prior program period.

Measure Specification

Denominator The eligible population.

Numerator Individuals who during the risk change measurement period reported achieving the recommended physical activity level.

Use the same method of determining physical activity level that was used in the baseline measurement (to determine risk) and in the follow-up measurement (to determine risk reduction). For example, if the optional Combination Method for vigorous and moderate exercise is not used for the initial assessment, it may not be used in the follow-up measurement to determine compliance with the guideline.

An individual's change of risk status may occur during the program period or the prior program period.

Data Elements for Reporting

Organizations must provide the following data elements.

Table RRP-1: Risk Reduction—Physical Activity

	Recommended Level of Physical Activity
Eligible population (denominator)	_____
Individuals who achieved recommended level of physical activity (numerator)	_____
Reported rate	_____
Lower 95% confidence interval (denominator <100)	_____
Upper 95% confidence interval (denominator <100)	_____

Goal Setting

Goal Setting (GS)

Measure title	Goal Setting	Measure ID	TBD
Description	This measure assesses member engagement by calculating the percentage of eligible program participants who set at least one goal during their enrollment period.		
Measurement period	January 1–December 31.		
Copyright and disclaimer notice	<p>Refer to the complete copyright and disclaimer information at the front of this publication.</p> <p>NCQA website: www.ncqa.org.</p> <p>Submit policy clarification support questions via My NCQA.</p>		
Characteristics			
Type	Patient reported.		
Stratifications	NA		
Improvement notation	Increased score indicates improvement.		
Guidance	Date specificity. Dates must be specific enough to determine the goal was set in the period being measured.		
Definitions			
Initial population	<p><i>Measure item count:</i> Person.</p> <p><i>Ages:</i> 18 years and older at the start of program enrollment.</p> <p>Individuals who meet any one of the following:</p> <ul style="list-style-type: none"> • Individuals who enrolled in a wellness or condition-specific program during the measurement period, and were enrolled for at least 30 consecutive days. • Individuals who activated their account or logged into their account any time during the measurement period. • Individuals who completed their first program action (e.g., initial assessment, survey, onboarding activity) any time during the measurement period. 		
Denominator exclusions	<ul style="list-style-type: none"> • Patients receiving palliative or end-of-life care, where goal setting may not be clinically appropriate. • Death during the measurement period. • Hospitalization or institutionalization >30 days during the measurement period. 		
Denominator	Initial population minus denominator exclusions.		

Numerator	Individuals who set at least one goal during their program enrollment, and enrollment starts during the measurement period.
Data elements for reporting	TBD

Goal Attainment (GA)

Measure title	Goal Attainment	Measure ID	TBD
Description	Members who achieved at least one previously set goal during the measurement period		
Measurement period	January 1–December 31.		
Copyright and disclaimer notice	<p>Refer to the complete copyright and disclaimer information at the front of this publication.</p> <p>NCQA website: www.ncqa.org.</p> <p>Submit policy clarification support questions via My NCQA.</p>		
Characteristics			
Type	Patient reported.		
Stratifications	<p>Engagement level</p> <ul style="list-style-type: none"> • Unenrolled (excludes members who have completed program.) • Enrolled and active. • Program completed. 		
Improvement notation	Increased score indicates improvement.		
Guidance	Date specificity. Dates must be specific enough to determine if the goal was completed in the period being measured.		
Definitions			
Initial population	<p><i>Measure item count:</i> Person.</p> <p><i>Ages:</i> 18 years and older at the start of program enrollment.</p> <p>Individuals who meet any one of the following:</p> <ul style="list-style-type: none"> • Individuals who enrolled in a wellness or condition-specific program during the measurement period and were enrolled for at least 30 consecutive days. • Individuals who activated their account or logged into their account any time during the measurement period. • Individuals who completed their first program action (e.g., initial assessment, survey, onboarding activity) any time during the measurement period. 		
Denominator exclusions	<ul style="list-style-type: none"> • Patients receiving palliative or end-of-life care, where goal setting may not be clinically appropriate. • Patients who decline to participate or opt out of program services. 		

	<ul style="list-style-type: none"> • Death during the measurement period. • Hospitalization or institutionalization >30 days during the measurement period.
Denominator	Individuals who set at least one goal during their program enrollment and enrollment starts during the measurement period.
Numerator	Individuals with at least one goal that is recorded as achieved, completed or met during the measurement period.
Data elements for reporting	TBD