



Clinical Champion in partnership with Senior Health Care Administrator:

- Ensure that the [physical activity vital sign \(PAVS\)](#) is added to the patient health history questionnaire.
- Ensure that the informatics team builds a physical activity vital sign (PAVS) in the electronic health record (EHR).
- Work with informatics team or guide staff in uploading the [EIM Rx for Health series handouts](#) into the EHR to be selected by medical staff or included in order sets.



Practice Manager:

- Conduct needed staff training for EIM activation.
- Ensure that clinical/medical assistants are asking the PAVS in a standardized way and assisting with follow-up.
- Task someone in the practice to identify community-based PA resources and customize the [EIM Our Physical Activity Resources](#) handout.



Front Desk Staff:

- Provide health history form to patients in waiting area.
- Ensure that [EIM posters](#) or handouts are available in the waiting area.

Exercise is Medicine® | A Clinical TEAM Approach

Utilize all the members of your health care team to activate Exercise is Medicine® (EIM). The efficient use of staff allows everyone, especially busy health care providers, to integrate the routine assessment and promotion of physical activity (PA) into clinical care.



Clinical/Medical Assistant:

- Ensure that the PAVS is obtained and entered into the EHR.
- At the end of the visit, provide the patient with PA resources/education as directed by the health care provider, for example:
 - [EIM Physical Activity Rx form](#)
 - [EIM Rx for Health series handout\(s\)](#)
 - [EIM Our Physical Activity Resources handout](#)
 - Triage patients to community-based PA resources (programs, places, professionals), physical therapy, cardiac rehabilitation, etc.
- Assist with PA counseling and support.



Physician or Advanced Practice Provider:

- **Use the "5 As" approach:** ask, assess, advise, assist and arrange to promote PA.
 - **Ask** - about PA with every patient at every visit.
 - **Advise** - in a clear, strong, and personalized manner how PA will help the patient improve their health.
 - **Assess** - if the patient is willing to make a change in their PA at this time (stage of change)? Assess barriers to success, including previous attempts to increase PA - what worked and what didn't?
 - **Assist** - by providing counseling. Personalize recommendations to start, increase, or modify PA. Provide PA Rx. Provide info on PA resources or a PA referral.
 - **Arrange** - follow-up contact, in person or by phone.
- Let the patient know that you will ask about their PA on the next visit. At minimum, they should be sitting less and moving more! (["Sit Less. Move More." handout](#))