



12-05-2017 The Secret to Better Health and a Longer Life for Millions of Americans: Getting Moving, Feeling Good (CCSQ Grand Rounds Live Webinar)

Continuing Education (CE) Activity Information & Instructions (Enduring Activity #: WE-E12052017-GR)

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Continuing Education Credit Information

Continuing Education Credit

Accreditation Council for Continuing Medical Education (ACCME)

The Centers for Medicare & Medicaid Services (CMS) designates this **enduring activity** for a maximum of 1.75 AMA PRA Category 1 Credit™. Physicians should only claim credit commensurate with the extent of their participation in the activity. Credit for this course expires at midnight on December 5, 2018.

International Association for Continuing Education and Training (IACET)

The Centers for Medicare & Medicaid Services (CMS) is authorized by IACET to offer 0.2 Continuing Education Unit (CEU) for this activity. CEU will be awarded to participants who meet all criteria for successful completion of this educational activity. CEU credit for this course expires at midnight on December 5, 2018.

Accreditation Statements

[Please click here for accreditation statements.](#)

Instructions for Continuing Education Credit

The Medicare Learning Network® (MLN) recently upgraded its Learning Management System (LMS).

If you were already registered in the former MLN Learning Management System (LMS), you do not need to create a new login or password. However, the appearance of the system and instructions for registering, logging-in, accessing courses, and obtaining certificate information have all changed.

For more information on the new LMS, please visit <https://www.cms.gov/Outreach-and-Education/Medicare-Learning-Network-MLN/MLNProducts/Downloads/LMPOS-FAQs-Booklet-ICN909182.pdf>.

Learning Management System (LMS) Instructions

In order to receive continuing education credit for this enduring activity, you must pass the session post-assessment and complete the evaluation. The continuing education post-assessments and evaluations are being administered through the Medicare Learning Network®.

The post-assessment will be available on the Medicare Learning Network® (MLN) Learning Management System (LMS). Participants will need to login or register, to access the post-assessment.

Registering To Take a Post-Assessment

If you have previously taken Medicare Learning Network® (MLN) web-based training (WBT) courses, you may use the login ID and password you created for those courses. If you are a new user, you will need to register.

To register (if you do NOT have an account):

1. Go to the LMS Homepage <https://learner.mlnlms.com>
2. Click on “Create Account”
3. Enter information for all the required fields (with the red asterisks) and click “Create”

***NOTE:** When you get to the ‘Organization’ field, click on Select. From the ‘Select Organizations’ screen, leave the ‘Find Organization’ field blank and click Search. Select ‘CMS-MLN Learners Domain - Organization’ and click Save.

Please add MLN@cms.hhs.gov to your address book to prevent MLN communication from going into your spam folder.

To login (if you already have an account):

1. Go to the LMS Homepage <https://learner.mlnlms.com>
2. Enter your login ID and password and click on “Log In”

Finding the Post-Assessment:

1. Go to the LMS Homepage <https://learner.mlnlms.com>
2. Enter your login ID and password and click on “Log In”
3. Click on “Training Catalog” in the menu beneath the MLN logo
4. Enter **“The Secret to Better Health and a Longer Life for Millions of Americans: Getting Moving, Feeling Good”** in the “search for” box and click "search"
5. Click on the title
6. Click “Enroll”
7. Click “Access Item”
8. Scroll down on the page and click on the link titled “Post-Assessment”
9. Click “Open Item”
10. A new window will open. Click “Post-Assessment” in this new window for it to display
11. Complete the assessment and click “close”
12. Click the grey and white “x” in the upper right-hand corner to close the window
13. Click “OK” when prompted about closing the window

Accessing Your Transcript and Certificate

To complete the course and get your certificate, you must complete the course evaluation.

[Please click here for instructions for completing the evaluation and accessing your transcript and certificate.](#)

For questions regarding continuing education credit contact CMSCE@cms.hhs.gov via email.

Hardware/Software Requirements

[Please click here for hardware and software requirements.](#)

CMS Privacy Policy

[Please click here for CMS’ Privacy Policy.](#)

Help

For questions regarding the content of this activity, or technical assistance with the Medicare Learning Network® (MLN) Learning Management System (LMS), your assessment, or certificate, contact CMSCE at CMSCE@cms.hhs.gov via email.



Activity Information

Activity Description

This Grand Rounds event recognized the importance of physical activity and identified examples of how programs at the Federal, health system, and clinician levels are helping to promote physical activity.

Please click here to access the webinar:

https://econometrica.webex.com/econometrica/onstage/playback.php?RCID=fd0ce96168dff8dc_d9fbe3e5459271a2

Target Audience

This activity is designed for physicians and other health care professionals.

Learning Objective

By the end of this presentation, participants should be able to:

- Recognize the importance of physical activity
- Identify examples of how programs at the Federal, health system, and clinician levels are helping to promote physical activity

Participation

Register for the webinar, participate in the webinar, and access and complete the assessment and evaluation.

Speaker Bios & Disclosures

No one in a position to control the content of this activity has anything to disclose. The planners/developers of this activity have signed a disclosure statement indicating any relevant financial interests. This activity was developed without commercial support.

Dawn Alley, PhD, presenter, is the Director of the Prevention and Population Health Group at the Center for Medicare & Medicaid Innovation (the Innovation Center), where she directs innovative payment and service delivery models to improve quality and reduce costs, including the Million Hearts® Cardiovascular Risk Reduction Model, the Medicare Diabetes Prevention Program Expanded Model, and the Accountable Health Communities Model. Prior to joining the Centers for Medicare & Medicaid Services (CMS), Dr. Alley served as Senior Advisor in the Office of the U.S. Surgeon General and served as Faculty of the University of Maryland School of Medicine. She has published extensively on issues related to population health and older adults, including more than 50 publications in journals such as the New England Journal of Medicine (NEJM), the Journal of the American Medical Association (JAMA), and the American Journal of Epidemiology.

Dr. Alley earned a Doctor of Philosophy degree in Gerontology from the University of Southern California.

Irfan M. Asif, MD, presenter, is the Director of the Primary Care Sports Medicine Fellowship and Vice Chair of Academics and Research for the Department of Family Medicine at Greenville Health System and the University of South Carolina School of Medicine, Greenville. Dr. Asif has been a teacher of medicine since his graduation and has presented in multiple venues. His

current investigations explore several domains within sports care. Dr. Asif is certified in both family and sports medicine. He is an Associate Editor for "Sports Health: A Multidisciplinary Approach and the British Journal of Sports Medicine." His experience includes serving as a team physician for all levels of athletics, including high school, collegiate, and professional sports programs.

Dr. Asif currently serves on the American Medical Society for Sports Medicine (AMSSM) Board of Directors. He has served on the AMSSM Research, Fellowship, Public Relations, and Annual Meeting Program Planning Committees, including serving as the Program Chair for the Annual Meeting Program Planning Committee from 2014 through 2015. Dr. Asif's research has earned him honors within the sports medicine field, including the 2010 AMSSM Best Overall Research Award and the 2011 Harry L. Galanty Young Investigators Award. He also won awards for primary care research as a whole, such as the 2014 University of Tennessee Graduate School of Medicine's Excellence and Leadership in Clinical Research and the 2012 Society of Teachers for Family Medicine Best Overall Research Paper.

Dr. Asif earned a Doctor of Medicine degree from the University of Cincinnati.

Nina Brown-Ashford, MPH, CHES, presenter, has been employed as the Deputy Director of the Prevention and Population Health Group at the Centers for Medicare & Medicaid Services (CMS) since August 2016. She has also served as the Director for the Division of Health Care Delivery since November 2015. In addition, Ms. Brown-Ashford served as a Health Insurance Specialist at CMS from February 2013 through November 2015.

Ms. Brown-Ashford led the development and implementation of the Medicare Diabetes Prevention Program Expansion. She has almost five years of experience developing and implementing prevention focused chronic disease models at the Center for Medicare & Medicaid Innovation (the Innovation Center). She earned Certified Health Education Specialist (CHES) designation from the National Commission for Health Education Credentialing, Inc., and a Certificate in Business Administration from Georgetown University.

Ms. Brown-Ashford earned a Master of Public Health degree in Community Oriented Primary Care from the Milken Institute of Public Health at George Washington University, and is currently a Doctor of Public Health degree candidate.

David Sabgir, MD, FACC, presenter, serves as the Medical Director for Cardiac Rehabilitation at Mount Carmel Clinical Cardiovascular Specialists, a member of the for Mount Carmel Health System. Dr. Sabgir is a Practicing Cardiology Physician and Board Certified Cardiologist.

Dr. Sabgir is the Founder and Leader of Walk with a Doc, a free, unique, physician-led program that incorporates seven major components of good health. Walk with a Doc puts doctors in parks across the country and around the world. Walk with a Doc began in 2005 at a park in Westerville and has expanded to more than 331 sites around the United States (U.S.) and 14 countries. The U.S. Surgeon General Vivek Murthy is using Walk with a Doc as an example of preventative health care. The program has been featured in the Wall Street Journal, AARP, and Medical Economics.

Dr. Sabgir earned a Doctor of Medicine degree from the Medical College of Ohio. He completed his Internship, Residency, and Fellowship at the Ohio State University Medical Center.

Janet S Wright MD FACC, presenter, is the Executive Director of Million Hearts®, a National initiative co-led by the Centers for Disease Control and Prevention (CDC) and the Centers for Medicare & Medicaid Services (CMS). The goal of Million Hearts® is to prevent one million heart attacks and strokes in the United States over a five year period. Dr. Wright works closely with teams at CMS and CDC to design and launch the five year effort to improve cardiovascular health and care through widespread implementation of a few high-value interventions in communities and healthcare settings across the country. Dr. Wright participated in the synthesis of modeling results, the analysis of the literature, and provided subject-matter expertise that resulted in the inclusion of physical activity in Million Hearts® 2022 Initiative.

Dr. Wright's previous experience includes serving as the Senior Vice President for Science and Quality at the American College of Cardiology (ACC) from 2008 through 2011. In this role, she provided medical and scientific oversight of clinical guidelines, performance measures, health policy statements, and appropriate use criteria. She also provided oversight for quality improvement projects and the National Cardiovascular Data Registry, a suite of databases containing more than 12 million patient records in both inpatient and outpatient care settings.

Dr. Wright also worked as Practicing Cardiology Physician for many years in Chico, California. During those years, she served on ACC's Board of Trustees, the National Committee for Quality Assurance's (NCQA's) Physician Program Committee, and the Center for Information Therapy, a non-profit organization committed to the provision of personalized health information during each health encounter. Her primary interests are the design and implementation of systems of care to achieve optimal outcomes for patients and the full deployment of hooks, tricks, and cues that help people get and stay healthy.

Dr. Wright earned a Doctor of Medicine degree from the University of Tennessee Center for Health Sciences.