

Prescription for good health

Referral for medically based health and fitness activity



Patient: _____ Phone: _____

Email: _____

Physician (print): _____

Physician signature: _____

Practice: _____ Phone: _____

Recommended activities

- Fitness consultation
- Land or water arthritis classes
- Group fitness classes
- Yoga, tai chi, Pilates
- Acupuncture
- Therapeutic massage

This patient may participate in a fitness consultation and personal fitness program with the TriHealth fitness professionals:

- Without restrictions
- With the following restrictions:

I would like a copy of this patient's fitness consultation results.

Medical exercise programs

- Cancer wellness
- Exercise is Medicine®
- Balance
- Chronic Pain Management
- Weight management
- Nutrition consult with registered dietitian

Exercise is Medicine program

Guided by our TriHealth certified athletic trainers, our Exercise is Medicine program is designed to assist you in developing a more active lifestyle or in managing any chronic condition. A physician referral is required for participation in the Exercise is Medicine program.

Getting started is easy:

Print

Print this referral form and take it to your physician to complete and sign. Copies of this form are also available when you take your tour at the center. Forms can be submitted to us by fax or in person.

Contact

Please contact Karen Sims at 513 246 2622 for more information or to schedule an appointment.

Consult

The consult fee is \$25 and can be applied to any Exercise is Medicine program. The consult may include a health risk assessment, review of your current exercise habits, personal limitations and your wellness goals.

513 246 2611 | 513 852 1497 fax
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